

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## CONSTRUCTION UPDATE

Great news! We are thrilled to announce that we are about to start the relocation to the renovated part of our facility. High ceilings, bright windows, world-class equipment! But, we'll need your help from Thursday-Sunday, Jan. 18-21. We need volunteers to move equipment and help us clean mats and surfaces to make sure the new area is sparkling for our athletes! Please call the gym to sign up for a volunteer shift!

## Happy New Year!

### A NOTE FROM YOUR RIDEAU TEAM

Happy New Year and welcome back to all our athletes and families! We hope everyone enjoyed a well-deserved break over the holidays. There was no down time at Rideau Gymnastics, where our competitive teams continued to train, we hosted regular drop-ins for toddlers and there was always lots of excitement in the gym when our winter day-campers were in the house (science projects and slime, anyone?). Behind the scenes there was also a lot of action in our construction zone as we prepare for our new expansion and impending move. For those of you who have been with us from the beginning, we thank you for your patience as we move into the final stretch. We also want to welcome all our new athletes to the Rideau family. Some of you are new to gymnastics and some of you are already accomplished gymnasts. For those of you who have just made Rideau Gymnastics your home — thank you for your faith in us ... you have only seen a fraction of what we will have to offer! To everyone, we are looking forward to a gold-medal year in 2018. Thank you for taking this journey with us and may you have a happy and healthy new year.

— The Rideau Team

### IMPORTANT DATES

**Jan. 7:** Winter session resumes

**Jan. 26:** PD Day Fun Day. Registration is open now.

**Jan. 19-21:** MAG 2nd Ontario Cup, Kitchener

**Jan. 26:** PD Day camp

**Jan. 26-28:** WAG Envol at Les Sittelles

## Good luck!

### RIDEAU'S COMPETITIVE TEAMS HIT THE ROAD

Best of luck to all our Rideau competitive athletes who are competing this month. Several of our MAG gymnasts will be making the trek to Kitchener for the Second Ontario Cup the weekend of Jan. 19-21. And our WAG athletes are preparing to compete at Les Sittelles for the First WAG Qualifier. All our athletes have been training hard over the holidays, so we know that, with the support of their coaches, they will be ready!

## Tumbling Team

### THE LATEST FROM COACH MIKE

The Rideau Tumbling Team is off to a great start after tryouts were held in November and December.

"In the pre comp group, we have seven children from ages five to eight years old," says Coach Mike. "They are working hard on perfecting basics and round-offs and connecting roundoff back-handspring. They enjoy conditioning because they want to become stronger and make it into the provincial levels." Not only have the teams been formed, but they're already preparing for their first competitions.

"As for the Competitive groups, Hayley and Emma are off to their first competition, called First Qualifier, it's in Markham, and they will be competing Provincial Level 2. The others ( Dan, Finn and Maggie ) are working on piecing together Level 1 routines for the next Qualifier (2nd Qual)," says Coach Mike.

And how are the new tumbling teams enjoying all this hard work?

"Everyone in the program is loving it and we're eagerly awaiting our rod floor to arrive from China!"

If you're interested in finding out more about our tumbling teams, simply contact the club and we'll put you in touch with Coach Mike for lots more details.

## Adult gymnastics

### GET. OFF. THE. COUCH. (AND HAVE FUN!)

Looking for a fun way to stay fit, meet new friends and challenge yourself? Gymnastics isn't just for kids! Join Coach Tamara as she leads an adult gymnastics class every Friday at 8:15 p.m. — no experience necessary! Register online or call the gym for more info. All welcome!



## PD Day Fun Day: Jan. 26

### SCIENCE, ART, AND LOTS OF GYMNASTICS!

Registration is now open for our Jan. 26 PD Day Fun Day camp. Children five years old and up will enjoy an exciting day of programming with our new Children's Coordinator, Dr. Olga Kiseliova (see a full profile of Olga in this newsletter!). Olga has lots of activities planned, from science experiments, arts and crafts, games and, of course, at Rideau our PD Days are always filled with lots of gymnastics! Whether your child is on his or her own or wants to bring a friend or sibling, we have the perfect adventures planned to keep them busy until you're ready to pick them up. Register now by calling the gym or checking out our online registration at [rideaugymnastics.org](http://rideaugymnastics.org).

# Meet the newest member of the team!

## FIVE QUESTIONS WITH DR. OLGA KISELIOVA

Olga Kiseliova joins the Rideau family as the coordinator of our children's programming. Olga speaks English, Russian, Romanian and even some French, guaranteeing that she's also an excellent communicator with all our parents and coaches in our international gym!

### 1. Tell us a bit about yourself and your background.

I'm originally from the Republic of Moldova. I am a Biologist and Environmental Scientist, and I am very passionate about science education and communication. I have an MSc in Biology, Teaching of Biology and Chemistry, and more than 16 years of teaching experience working with students from elementary school to university graduate students. I also have a PhD in Biology, and an MSc in Environmental Sciences and Policy. I am a learning facilitator ... my main goal working with students is to teach them how to learn.

### 2. What is your experience working with children?

While working as a lecturer at the Moldova State University, I coordinated a program in Biology and Chemistry for gifted children. For many years I also tutored kids of different ages in Biology, Ecology, and English. These experiences complemented my knowledge of the psychology of different ages and helped me develop a personalized approach to every student.



### 3. What do you enjoy most about the children's programming at Rideau Gymnastics?

Children are amazing by their natural curiosity, and the children's programming at Rideau Gymnastics is not just supporting this curiosity, but also boosting it by being very diverse and complementing physical development with educational activities.

### 4. You have a very advanced background in science. Tell us about your thoughts on how academic studies can help improve an athlete's performance?

I see a mutual type of relationship. Academic studies, on one hand, help athletes stay focused, to develop respect for details, and regular practice. On the other hand, physical activity increases blood circulation that brings more oxygen to the brain, thereby facilitating greater understanding and better comprehension of new academic material.

### 5. Who is your favourite gymnast?

My favourite gymnasts come from Russian and Romanian gymnastic schools: Olga Korbut and Nadia Comaneci. I really admire their fantastic levels of performance and stamina.

# Marvellous mock meet!

## OUR PRE-COMP TEAM IS GETTING READY

On Sunday, Dec. 17 our pre-comp girls had a chance to show off their skills for their coaches and parents in Rideau's inaugural mock meet. It was an excellent opportunity to learn what a real competition feels like, but without the pressure. Each gymnast went home with a certificate of achievement and a beautiful Rideau medal — well done, everyone! A big thank you to Coach Tamara, Coach Michael and Head Coach Siarhei and to our senior girls for making this possible.





# Team Rideau in the medals

## OUR MAG ATHLETES BRING IT HOME!

Congratulations to our MAG competitors! We came home from the First Ontario Cup with two bronze for Nathanael (All Around and pommel horse) and one silver for Aidan (pommel horse). In Level 3, Alex was ranked sixth all around with third-place rankings on vault and P-bars. Thank you to Coach Michael and Head Coach Siarhei for all their support and encouragement of our athletes. Way to go, Team Rideau! Next stop: the Second Ontario Cup in Kitchener, where we know our MAG athletes will have another great showing.

