

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



Nathanael



Vishva



Jaiman



Mia



Aidan



Suzana



Philopateer

## Rideau's Spectacular Seven

**OUR CLUB'S PROVINCIAL TEAM AMONG BEST ATHLETES IN ONTARIO**

Rideau Gymnastics is very proud to have seven athletes qualify for the Ontario Provincial Artistic Gymnastics Championships for the 2017-2018 season.

They are truly our "Spectacular Seven!" The best of the best will compete on April 5-8 at Amherstburg's Libro Credit Union Centre. Suzana and Mia will be competing for our WAG competitive team. Both gymnasts have been training with Rideau Gymnastics since we opened our doors. This is the seventh time Suzana has qualified for provincials and she will be competing in Level 9.

This is Mia's first year at Provincials and she will be competing in Level 7.

On the MAG side, Jaiman, Nathanael, Philopateer, Aidan and Vishva will be representing our club. Jaiman, Nathanael and Philo will be competing in the National Open category, Aidan will be competing in Junior Elite and Vishva will be competing Level 4.

"We wish all our athletes the best of luck," said club co-founder Atanas Popov. "They and their coaches have been working hard all year and we know their dedication will pay off and they will be great ambassadors for our club!"



## Happy spring!

### A NOTE FROM YOUR RIDEAU TEAM

Spring has sprung at Rideau Gymnastics — a new session has started, we have athletes headed to the Provincial Championships and our construction is proceeding full steam ahead.

(A reminder that it's not too late to join our spring session. And, if you sign up three athletes together, we are offering a 10% discount for all three!)

Welcome to all the new athletes and families who have joined Rideau this session, and thanks to all those who have been with us from Day 1. We have come a long way since we first opened our doors in Carleton Place and we are looking forward to even greater progress in the seasons ahead.

We wish all our families, old and new, a wonderful spring season filled with hope and renewal for the year ahead.

— The Rideau Team

### IMPORTANT DATES

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**April . 5-8:** Ontario Provincial Artistic Gymnastics Championships

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**April 28:** Tumblers ODP event for pre-comp girls

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**May 21:** Gym closed for Victoria Day holiday

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**June 30-July 15:** Summer break, gym closed

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# Summer spectacular!

## REGISTER NOW FOR CAMPS

Rideau Gymnastics will be offering incredible camp options this summer — no gymnastics experience required! Let your camper choose from nine AWESOME programs: Lego, Fashion Designer, Scratch Coding, Gems and Minerals Explorer, Discover Science, 3D Animation, Pottery Design and Painting, Detective Camp and even Back-to-School-Prep camp! No matter what your child's interests, we have a session that will spark the imagination, with plenty of time for physical activities, too. Get more information and register online at [rideaugymnastics.org/summer-camps/](http://rideaugymnastics.org/summer-camps/)





# Rideau strikes gold again

## MORE MEDALS FOR TUMBLING AND GYMNASTICS

We are very proud of Coach Mike, who heads up our tumbling program, and our MAG competitive athlete Philopateer. Coach Mike, a member of Canada's national tumbling team, took first place at the recent Tumbling Qualifier in Pickering, Ontario. Philo competed at the University of Calgary International Cup and, despite tough competition, Philo bested more than 30 other athletes to take Gold in floor exercises and bronze on Pommel Horse and All Around. As well, as part of Team Ontario, Philo and his teammates also took home the team Gold Medal. Congratulations to Coach Mike and Philo!



# Rideau Tumblers on a roll

## WITH A NEW LOOK, OUR TUMBLING TEAM IS ON FIRE!

More congratulations are in order for our amazing power tumbling team. Under the direction of Coach Mike, they are really building momentum. With new competition leotards and singlets (thank you for the excellent work, Saucy's World!), our team was set for their big competition at the Second Ontario Cup in Pickering last month. Congratulations to Emma, Hayley and Sonia for their participation and special shout-outs to Sonia, who placed 5th and Emma, who tied for 6th. Well done, everyone! If you're interested in learning more about tumbling or trying out for our team, be sure to contact Coach Mike.





## Have we got a deal for you ...

### TRIPLE THE FUN FOR SPRING!

It's not too late to register for our spring session. And if you register three or more athletes, you'll receive a 10-per-cent discount for each gymnast. All you have to do is email [admin@rideaugymnastics.org](mailto:admin@rideaugymnastics.org) and we'll take care of the registration for you!



## Good luck!

### PRE-COMP GIRLS READY TO COMPETE

Coach Michael and Coach Tamara are helping some of our pre-comp girls prepare to compete at Tumblers for the annual ODP Lollipop Meet on April 28. For many of our girls, this will be their first competition, and they are very excited. Good luck to Lilyanna, Sienna, Charlotte, Alia, Emily and Maura ... we wish you a wonderful competition experience and, most important of all, lots of fun!

