

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



Rideau Coach off to Worlds

COACH MICHAEL CHAVES HEADS TO RUSSIA WITH TEAM CANADA

One of Rideau's own has been selected to represent Canada at the World Championships of Tumbling. Coach Michael Chaves — Coach Mike — will be heading to St. Petersburg, Russia, in November where he will face the best tumblers in the world.

"I was the highest ranked Canadian tumbler at the Training camp in Edmonton, which ensures me a secure spot for World Championships this year," Coach Mike explains.

"My biggest competitors are Russia, China, England, U.S.A. and Denmark. My goal this year is to finish Top 8 in the world, and make a team finals. Team finals is when they select the highest-ranked competitor in individual trampoline, double mini, synchro trampoline, and tumbling to compete against the other countries' teams."

Coach Mike has faced a demanding schedule of competing and attending training camps to show strength, consistency, and high scores. At the recent trials in Edmonton, Coach Mike had an incredible score of 72.6.

"Because I hit 72.6, this means I managed to hit higher than Merit score, which means I will be going to Worlds as one of the top athletes of Canada and also being fully funded as a national team member of Canada," he says. "I want to continue to train my best leading up to this competition and maintain a healthy mindset and body."

Congratulations, Coach Mike — we are so proud! Read more about Coach Mike and the Rideau Tumblers inside this newsletter, and watch our Facebook page for info about an upcoming television interview with Coach Mike on CTV!



Fall is the time to aim high

A NOTE FROM YOUR RIDEAU TEAM

What a summer! We hope that everyone enjoyed the summer season as much as we did — our summer camps were a great success (thanks to all those who made them so much fun), our competitive athletes continued training, and we made excellent progress on our renovations.

We also welcomed some new coaches to Rideau — we'll be profiling each one in upcoming issues of the Rideau Report.

At long last, we have also launched our dream project, the Resolute Centre. Gymnastics will always be what we're about, but with the Resolute Centre we will be able to offer new activities and challenges — from art and music classes, math and physics instruction, and so much more. Please see our website for all the details, and watch our social media for updates.

This fall promises to be an exciting start to a brand new season. With a new coaching team in place, our renovations nearing completion, and expanded programming in tumbling, trampoline, acro, and artistic gymnastics, the sky is truly the limit for Rideau in 2018-2019.

— The Rideau Team

IMPORTANT DATES

Now!: Register for Fall 2018 & Winter 2019 seasons.

Sept. 3: Labour Day holiday, gym closed

Sept. 4: First day of Fall 2018 season

Sept. 21-23: Rideau Gymnastics at Carp Fair!

Oct. 5: PA Day camp

Oct. 7 & 8: Thanksgiving, gym closed

Welcome to our new coaches

INTERNATIONAL EXPERIENCE, COMPETITIVE EXCELLENCE

We are so pleased to welcome three new coaches to our team, with each bringing new skills, experience and enthusiasm to our competitive ranks.

"It took some time to bring these coaches to our team, but we think everyone will agree that it was worth the wait," says club co-founder Atanas Popov. "We already had a strong coaching team in place, but these new additions will really take Rideau to new heights and give our athletes the best possible start to the competitive season."

We were first joined by Coach Holly-Rae Mousseau for summer training. Coach Holly is certified in Level 3 for women's artistic gymnastics and trampoline. She has represented Team Canada and Team Ontario at international, national and provincial competitions as a team coach. Coach Holly has a decade of experience coaching gymnasts, cheerleaders and dancers and was an artistic gymnast herself since the age of four.

Later in the summer we welcomed Coach Feng Zha. Coach Feng has more than 10 years of coaching experience in many countries, including China, Qatar, Singapore, Saudi Arabia and most recently coaching a MAG elite team in Thailand.

And most recently we were joined by Coach Alexander Stankov, who has been ranked one of the best gymnasts in his home country, Ukraine — a powerhouse in the gymnastics world. In 2008 he was a Ukraine National Competition team-meet gold medalist and in 2015 he was the bronze team-meet medalist. He was also the MAG all around (individual) silver and bronze medalist in 2010 and 2011.

A warm #RideauFamily welcome to all our new coaches for the 2018-2019 season. We are so glad that you chose to make Rideau your new coaching home.

We will be featuring Q&As with all our coaches in upcoming issues of the Rideau Report. And watch for more news about our coaching staff in upcoming issues — we are eagerly awaiting the arrival of yet another coach, who will be joining us all the way from Singapore.

Stay tuned!



Coach Holly is able to coach gymnastics and tumbling skills.



Coach Feng works with one of our MAG athletes on bar skills.



Coach Alexander works with MAG athletes on strength and flexibility.



Summer celebration!

WE HAD A SUMMER TO REMEMBER THANKS TO OUR AMAZING CAMP STAFF AND ENERGETIC CAMPERS!





New season? Bring it on!

**WE'RE TRAINING HARD
TO HELP ALL ATHLETES
REACH THEIR POTENTIAL**





Get ready for fall fun

REGISTER NOW FOR THE NEW SEASON

The fall season has already started — we offer training in trampoline, acro, tumbling and, of course, artistic gymnastics for all ages. Our toddler drop-ins are back in session and we are even offering classes in adult gymnastics so Mom and Dad can get a workout, too! See our website or call us for all the details!

PA Day savings!

BUNDLE YOUR PA DAYS AND SAVE

Rideau Gymnastics offers PA/PD Day camps for children ages 5-12 who love to jump, dance, climb and play. Previous camps have included scavenger hunts, obstacle courses, fort building, arts and crafts, science experiments, and opportunities to learn gymnastics skills on world-class equipment. Day camps are \$55 or you can bundle all nine and pre-pay to save nearly \$150. No more stress about what your child will be doing when school is out — we've got you covered!

New after-school program

ACADEMICS • ATHLETICS = SUCCESS

We are pleased to announce that Rideau's after-school program is starting this September. Designed to offer a positive environment where children can do homework, exercise, and socialize with their peers, our after-school program is designed to blend academics, gymnastics, and lots of fun for children in kindergarten to Grade 6. Children will have access to gymnastics equipment, space to play, and encouraging instructors to guide them academically and athletically — the perfect solution for busy families.





Join us at the Carp Fair!

RIDEAU WILL HAVE FULL DISPLAY, DEMOS

We are very excited to take part in the 2018 Carp Fair. One of the most popular fall fairs in the region, the Carp Fair attracts thousands of people for agricultural displays, concerts, a midway and now, Rideau Gymnastics. We will be there throughout the weekend, so be sure to stop by and say hello to our staff and volunteers, as well as to our hard-working coaches and athletes who will be doing several gymnastics demonstrations on the Saturday and Sunday. We will have some cool giveaways, informational brochures and some great deals, too. It promises to be a weekend of fun and new friends – see you at the Fair!

Follow us on social media

GET THE LATEST NEWS ABOUT RIDEAU ONLINE

If you're not following Rideau Gymnastics online, you are missing out on all the latest news about our club. Be sure to follow us on Facebook (Rideau Gymnastics) and on Instagram (rideau_gymnastics) to see galleries of our athletes in action, find out about the latest promotions and deals, and get advance notice about all the amazing upcoming events.



Tumblers ready to roll!

EXPANDED TUMBLING TEAM SET FOR A SEASON OF SUCCESS

The Rideau Tumblers are expanding again! After a summer of training (and a little relaxation and fun — see the Provincial team's pool party pic below!), the Tumblers are set to build on the tremendous success of their inaugural year.

Under the direction of Coach Mike, a member of the national team, we are looking forward to large numbers in our Precompetitive group and Provincial A group where all athletes will be competing in both Provincial A and Provincial B.

"It will total to about 15 Provincial athletes this year alone," says Coach Mike.

He explains that the difference between Provincial A and Provincial B is that Provincial A is for Levels 3 and 4 where athletes compete eight skill routines with layouts and full twisting dismounts and double twisting dismounts.

"Our goal is to see some athletes complete routines and hopefully make National Level within this year and next year."

Provincial B, he says, is for athletes who are competing beginner provincial levels — Levels 1 and 2 — which requires them to compete in five skill routines with back tucks, pikes and layouts as endskills and plenty of backsprings.

Pre-comp athletes will compete Interclub — Levels 1-3 — connecting roundoff backspring and possibly two to three springs at these entry-level competitions.

Competitions start in February 2019 and go until July.

"We look forward to a dominating year in numbers and in athlete success at these comps and a super-fun time!" says Coach Mike, who will also have a new partner-in-crime on the rod floor this year.

"Coach Holly will be involved with coaching tumbling and help a lot with training and competitions," he says. "I am so very lucky to have such a great working partner to guide athletes to success and balance coaching strategies."

We wish Coach Mike, Coach Holly and all our tumblers great success in Year 2 of our program, and we know we'll be seeing great things from the entire team in the 2018-2019 season.

If you are wondering if tumbling might be a good fit for your child, please call and make an appointment to learn more, meet our coaches or schedule a try-out.

And watch our social media for more great photos of our tumbling team in action!

