

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## Acro is in the house!

### COACH CRISTINA BRINGS NEW SKILLS TO RIDEAU AS OUR ACRO TEAM SETS PROVINCIAL GOALS

First we started with artistic gymnastics and then we added tumbling and trampoline to our programming. Now, we have another incredible team to brag about as Coach Cristina takes the helm of our new acro program. Under her direction, we have already doubled the size of the team and are working on provincial-level skills. Some of the team members had a bit of recreational gymnastics experience, but many are completely new to the sport ... but they're learning quickly and making their coach very proud! "We are trying really hard to build a strong provincial Acro competitive team," says Coach Cristina, who is putting together a first showcase for the group before the winter holiday, followed by a second showcase at the end of the year.

## Back into the swing of things

### A NOTE FROM YOUR RIDEAU TEAM

It has been an incredibly busy fall for everyone here at Rideau Gymnastics and for all of our athletes and their families. It isn't always easy getting back to the fall routine, but our coaches and athletes are working hard, developing routines and focusing on all the details for the competitive season. We are also seeing increasing numbers of recreational athletes and are expanding our recreational programming. Welcome to all those who have just joined our club. Whether you are new to gymnastics or are joining us from elsewhere, we are pleased that you have decided to make Rideau your new home. We believe athletes and their families, in consultation with coaches, are best at choosing the right path, whether that's artistic gymnastics, acro, tumbling, or trampoline. As we head into the winter season, we wish all our families the very best in exploring all the options we have to offer.

— #TeamRideau

### IMPORTANT DATES

**Now:** Registration is now open for our winter session.

**Oct. 27:** Halloween fun night and fundraiser for Coach Mike's trip to the World Championships. Please join us!

**Nov. 16, 23:** PA Day day camps. Go to our website to register.

**December:** Register now for our Holiday day camps in December and January.



# Get spooky with us!

**JOIN OUR HALLOWEEN  
DANCE PARTY ON OCT. 27  
AND HELP COACH MIKE  
GET TO WORLDS**

We are celebrating Halloween in ghoulishly good style this year with a fun night for all your little goblins. Parents can drop their children off on Saturday, Oct. 27 from 5-8 p.m. for a night of arts and crafts, gymnastics and a thriller of a high-energy glow-in-the-dark dance party to all the Halloween hits. Admission is only \$20 per child but includes a pizza dinner and drink. Best of all, proceeds from the party will go towards funding Coach Mike's upcoming trip to the World Championships in Russia next month. "I'm very humbled," says Coach Mike. "I couldn't have gone this far without this support. This is my family and even in the hardest of times I can push myself because I have them to back me up."





# New coaches join our Rideau Gymnastics family

## VETERAN COACHES BRING WEALTH OF EXPERIENCE TO OUR CLUB

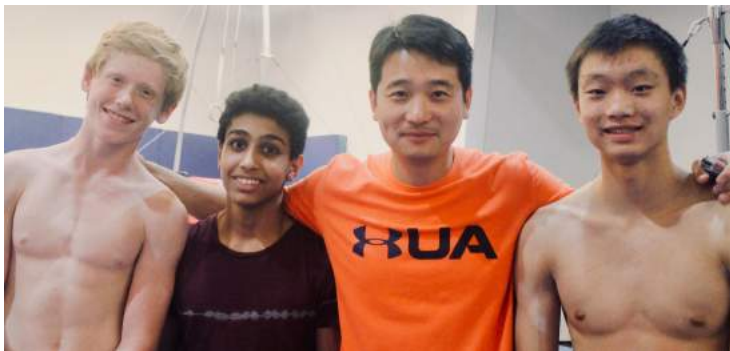
Rideau Gymnastics is pleased to welcome **Coach Wendy Lynn Silverthorn-Duggan**. Gymnastics has been a part of Coach Wendy's life for as long as she can remember and she trained and competed until she retired at age 20. She studied gymnastics for two years at Seneca College under four National-Level Coaches. She now has Level I and Level II as well as Level III technical and theory in women's artistic gymnastics, Level I and II in trampoline, Level I and II in men's artistic gymnastics and is also a qualified judge for ballet, tap, jazz, contemporary, lyrical and Ukrainian dance. "Being a military spouse, I have had some amazing opportunities to travel and work at different gymnastics clubs in Canada and the U.S.," says Coach Wendy. "I have also coached a variety of classes from Parent-N-Tot to National-Level gymnastics. "Looking back at my career I am pleased with my work and I cannot believe that it has been already been 30 amazing years!"

We are also thrilled to welcome **Coach Zhang Ruoping**, who joins us from coaching the national team of Singapore. Coach Ruoping began gymnastics when she was only four years old and went on to compete in several National competitions in the People's Republic of China where she was an elite athlete. Other highlights of her career include leading the national team of Thailand to compete in the SEA Games and World University Games and coaching Jiang Tong from China, who placed third in balance beam at the 2006 National Youth Championships held in Yunnan. "Gymnastics is a multi-disciplinary sport which requires both physical and mental strengths, as well as a combination of technical precision, artistry, and creativity," she previously told Singapore Gymnastics. We are privileged to have both of these incredible coaches available to mentor our athletes of all ages. Welcome to our #RideauFamily!



# National Coaches' week 2018

**RIDEAU SAID A BIG #THANKSCOACH TO ALL OUR AMAZING COACHES**





## Mighty Twisters

### NEW PROGRAM FOR AGES 3-5

This class is a wonderful way to introduce your child to a fun and exciting program which introduces them to two disciplines in one environment. The class incorporates the fun of music and rhythm explored through ballet, jazz and hip hop, while also including creative play with scarves, rhythmic ribbons, parachutes and more. To march, hop, skip and jump are some of the fundamentals that your little dancer will learn. In the second half of the class your little ones will get to explore the gym and learn the fundamentals of gymnastics through circuits while building their confidence, balance, strength, coordination and flexibility.



## Mighty Athletes

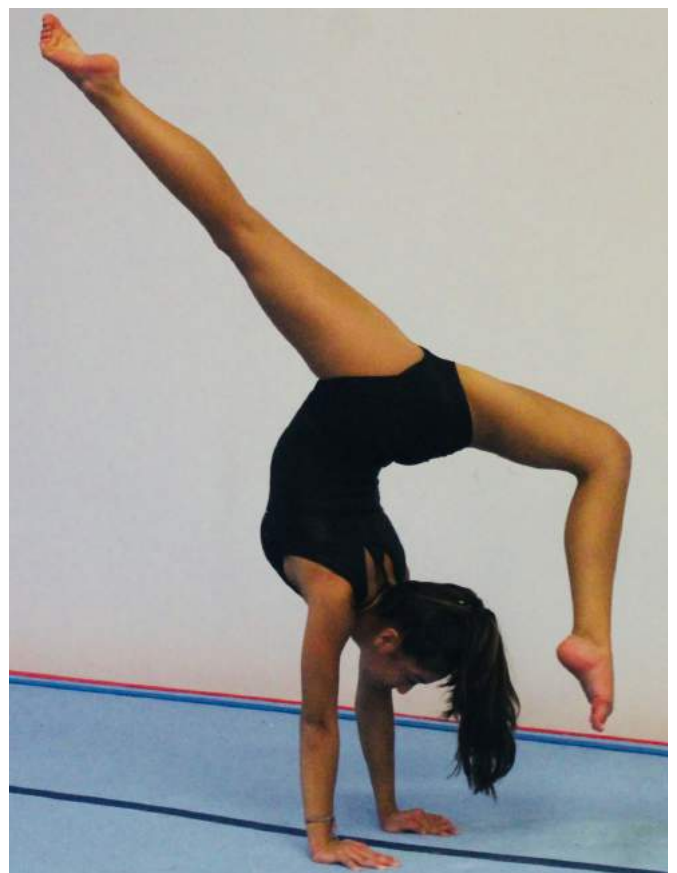
### NEW PROGRAM FOR AGES 3-5

A fantastic class designed to allow children to participate in a variety of sports — soccer, football, volleyball and bowling are just some of the sports your children will be introduced to in our 25,000-sq. ft. indoor year-round facility. Then, for the second half of the class, your little ones will get to explore the gym and learn the fundamentals of gymnastics through circuits while building their confidence, balance, strength, coordination and flexibility.



# For the love of gymnastics

**AT OUR CLUB, WE KNOW HOW TO WORK HARD, AND PLAY HARD!**





# Rideau goes to Carp Fair

**WE HAD TONS OF FUN AND MADE LOTS OF NEW FRIENDS**

