

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## Bringing home the bronze

### RIDEAU COACH BRINGS HOME MEDAL FROM WORLD CHAMPIONSHIPS

Rideau Gymnastics is proud to welcome home Coach Michael Chaves, who returns to Ottawa with a bronze medal from the World Tumbling Championships in St. Petersburg, Russia.

Coach Mike, who heads up Rideau's exceptional tumbling program, was part of the Canadian team that claimed third place in the first all around team final in a battle with Portugal, China, Russia, and the United States on Nov. 8. The team was made up of the top qualifier in each discipline.

As Gymnastics Canada reported, Canada ended with 24 points – the same as Portugal and the U.S.. The tie was broken by adding up the actual total scores for each routine, which resulted in Portugal edging out Canada, and Canada bumping the Americans out of the medals.

"Everyone nailed their routines and we were able to beat out Russia and the States for a great all around score," said Coach Mike shortly after the event.

Coach Mike nearly didn't make it to Worlds after he injured his ankle only a few weeks before the championships. He managed to persevere and continue training through the injury, with doctors finally giving him the green light to participate.

"We are very proud to have a world-class athlete like Coach Mike on our team," says Rideau Gymnastics co-founder Atanas Popov. "His medal is proof of his hard work and dedication to his sport, and we know he is going to continue inspiring our athletes."

Congratulations again, Coach Mike. Everyone at Rideau has been cheering you on this month and we look forward to working with you throughout the season ahead.



## Light at the end of the tunnel

### A NOTE FROM YOUR RIDEAU TEAM

We are going back to school — literally. As of this month, we were pleased to announce a new venture for Rideau Gymnastics. We will be partnering with the Conseil des écoles catholiques du centre-est to open the first sports-study gymnastics program in the west end of Ottawa. You can learn more about this inside this month's newsletter, but we are very excited about the high-quality educational and athletic environment we will be able to offer.

Part of that is because our expansion is rapidly nearing completion. This past month we have made great progress on construction and, with the help of our Rideau families, we have installed a second spring-floor, added a new vault runway, a new pit, multiple balance beams and unwrapped tons of equipment that had previously been in storage. It has been great to see how excited our coaches and athletes have been with each new addition and improvement — and we're not done yet! Keep an eye on more renovation reveals in the next few weeks.

We want to thank everyone for the patience and help as we continue on our journey. If there is one thing we can all learn from this experience it is that you can never give up, no matter what challenges you face. Good things are often just around the corner ...

— The Rideau Team

### IMPORTANT DATES

---

**Now!:** Register for Winter 2018-2019 seasons.

---

**Nov. 16:** PA Day Camp

---

**Nov. 17:** Rideau in the Kanata Santa Claus Parade

---

**Nov. 18:** TRA & TUM Quinte Bay Interclub Cup and WAG Qualifier & Canada Winter Games Trial #1

---

**Nov. 23:** PA Day camp

---

**Dec. 15:** Rideau's holiday potluck...more details to come!



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

# Taking the leap

## A MOM FINDS JOY IN COACH HOLLY'S ADULT CLASS

By Amanda McClelland

Watching my son doing gymnastics I often thought, "I think I could do that?"

I had never done gymnastics as a child and this was my first real exposure to the sport of gymnastics. When an adult class was introduced I took the leap to try it and have fallen in love. It is certainly not as easy as I had hoped, for this newbie in her 40s, but it is a great challenge, a fantastic work-out and above all super fun.

It's great to be able to measure progress class to class as new skills are learned, and I love sharing my new skills with my son, who is in the pre-competitive boys' program here at Rideau, and seeing him get so excited for me.

Now with my daughter, who started the Kindergym program at Rideau, I can encourage her and guide her. It is so fulfilling to share something with both my kids that is so good for us, both physically and mentally.

At Rideau, Coach Holly is fantastic at working with our different skill levels. From teenagers to older adults, from beginners to having past experience, she guides us and encourages us safely and with tons of enthusiasm. Rideau Gymnastics is for the whole family. I would encourage anyone to sign up for a trial class!



Coach Holly, centre, runs the adult gymnastics class at Rideau.



# Designing our future

**RIDEAU FAMILIES AND COACHES WERE OUT IN FORCE TO HELP US WITH THE RENOVATIONS**





## Rideau goes back to school

### LEARN MORE ABOUT OUR NEW INITIATIVE

In September 2019, students in the west end of the city will have the opportunity to experience a new partnership with Rideau Gymnastics and the CECCE. This specialized program will provide students with a flexible schedule that combines education and training in a positive, inclusive, and safe school environment. The program will also give students the opportunity to develop their sporting skills and discipline, while improving their mental and physical health, too. This program will be similar to the one currently offered to CECCE students in Orléans, in collaboration with Les Sittelles Gymnastics Club. The sport-gymnastics program will be available for students in Grades 4 to 12. For elementary students, the terms and conditions of the program will be developed at a later date according to the needs of families. For students in Grades 9 to 12, the model will be tailored to the student as needed.



## It's in the bag!

### SNAZZY NEW GYM BAG NOW AVAILABLE

We are now selling Rideau some pretty fancy gym bags for pre-competitive and competitive athletes. At just \$29.99 plus tax, they're a steal of a deal. Perfect for storing your gear during practice, as well as taking to competitive meets this season. If you're interested, please see front desk to make a purchase.





## Join our Santa parades

### RIDEAU WILL BE HANGIN' WITH THE BIG GUY

Rideau Gymnastics will be participating in two Santa Claus parades this holiday season. Be sure to join our parade contingent or simply cheer us on along the route. The parades are great fun and a chance to let our community know about our club. The first will be the Kanata Santa Claus parade on Saturday, Nov. 17 and the second will be the Stittsville Parade of Lights on Dec. 1. We hope we'll see you there!

## 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.

