

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## IMPORTANT DATES

**Dec. 16:** Holiday potluck and athletes' showcase

**Dec. 21:** Break begins

**Dec. 24:** Training continues for comp teams

**Dec. 24, 27, 28, 31, Jan. 2-4:** Holiday day camps (space still available)

**Jan. 7:** Regular classes resume for everyone

**Jan. 8:** Mock meet for Jr. Comp teams (J1 & J2) to be held at Rideau

## Merry and bright!

### A NOTE FROM YOUR RIDEAU TEAM

The last few months have seen our club continue to grow — both in the amount of space available to our athletes as well as in the number of registrations. Each month, we get a bit bigger and a bit stronger.

The winter season is well underway and even though we are approaching the holidays, our competitive athletes will continue training in preparation for meets in the new year. Our recreational programming is expanding and our incredible coaches continue working hard to bring out the best in each and every athlete. It is that joy and love of gymnastics that we try to capture in every practice. As we take a few days to rest with family and friends, we want to wish all our athletes and their families the very best of the season. May your days, now and tomorrow, be merry and bright..

— The Rideau Team



## Rideau Tumblers have great start to the new season

### TUMBLERS TRAVELED TO QUINTE BAY INTERCLUB CUP

Our Rideau Tumblers had lots of success in Belleville at the TRA and TUM Quinte Bay Interclub Cup last month. Congratulations to all the athletes who participated (for some it was their very first competition!) and to the head of our tumbling program, Coach Mike Chaves, for his leadership. Great to see such confidence — and several medals were the icing on the cake!



# Here comes Santa Claus!

## RIDEAU GYMNASTS LIGHT UP LOCAL PARADES

For the third year, Rideau Gymnastics took part in annual Santa Claus parades, showing our communities what makes our club special. First up was the Kanata parade, which featured the debut of our very own float! Carollers on board serenaded the crowds with holiday favourites while our gymnasts kept everyone cheering. And, of course, our Rideau elves kept busy handing out candy for all! Next we attended the Stittsville Parade of Lights, and our gymnasts lit up the night sky with their dazzling displays. The crowds roared every time our MAG athletes (also known as the Lords a-leaping!) did synchronized back tucks, and our WAG athletes soared with the reindeer as they performed aerials and graceful split jumps along the route. Thank you to all the athletes and family members who made both parades so much fun, and to all who braved the temperatures to cheer us on!



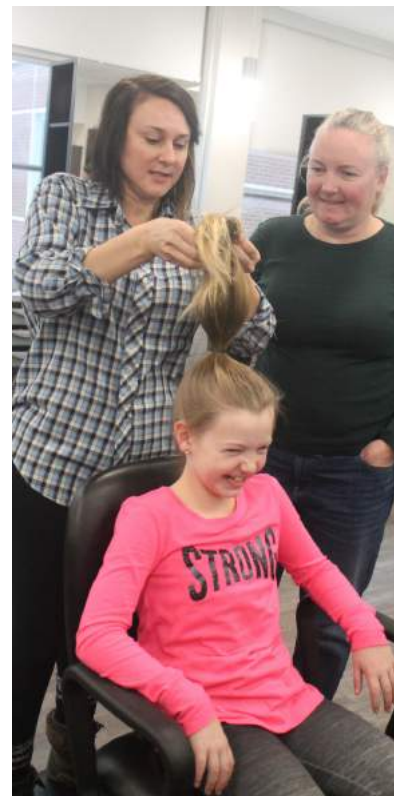


## Holiday potluck and showcase

### A TIME TO CELEBRATE #RIDEAUFAMILY

Our annual holiday potluck for our competitive teams was a great success. This year, we also included a skills showcase so that our WAG and MAG athletes could show off some of their new skills to their families. The highlight, of course, was when the athletes turned the tables on their parents and invited them out on the floor for some training. It all ended with a family potluck of wonderful food that reflected many different traditions. Thank you to all those who attended and brought delicious treats to share. It was a fantastic way to celebrate our families and athletes.





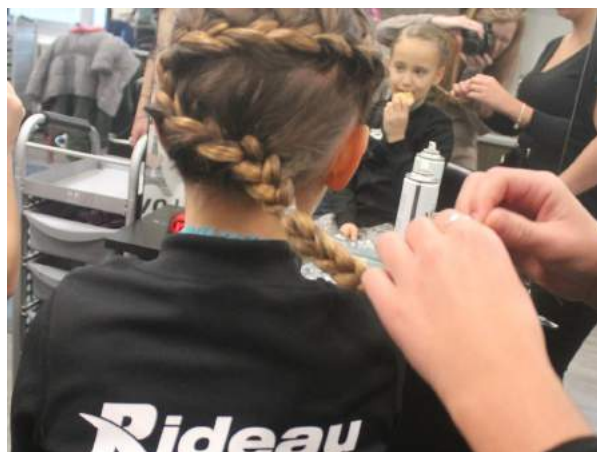
# Jr. Comp girls send moms back to school

## A DAY AT THE SALON AND SPA FOR TEAM BONDING AND FUN

Our gym moms went back to school recently to get some lessons on competition hair styles at the AC Salon, Spa and Boutique at Algonquin College. The College opened the Salon exclusively to Rideau Gymnastics for the morning and our girls and their moms had a lesson in hairstyling that they won't soon forget!

The gymnasts acted as models as the moms got hands-on practice learning how to do buns, braids and more. All of the work was done under the supervision of an Algonquin College hairstyling professor and two of her students, who showed the moms lots of tricks to keep every hair in place (without using bobby pins!).

It was a great morning of team bonding and all the girls left with beautiful new styles that they were able to try out at practice, which immediately followed the trip to the salon. Thanks to Algonquin College for hosting such a fun event, and congratulations to all the moms for being such good students. Can't wait to see the results of your homework at the girls' first meet in January!





## Need holiday childcare? Rideau camps still available!

**REGISTER NOW FOR ALL THE FUN**

Looking for options to keep your children busy over the winter break? Try our Winter Break Camps here at Rideau Gymnastics! We are offering both full and half-day Camps, for individual days, half week, or a full week. Each day will offer an exciting array of group activities, fun gymnastics, crafts, scavenger hunts, games, and more! Check out our website for all the details and find out more about all the fun we have to offer.

## March Break camp registration now open

**DON'T DELAY...SPACE IS LIMITED!**

It's not too early to start thinking about March Break plans. If you're going to be working, or just need some fun activities to keep the kids busy, Rideau Gymnastics will be offering full day camps for individual days, half-week, or a full week. Our experienced counsellors will lead children through arts and crafts, games and, of course, gymnastics. At the end of the day, everyone goes home happy and tired ... and with lots of new friends.

## Congrats, Coach Suzana!

**RIDEAU COACH AT PROVINCIAL QUALIFIER**

Congratulations to our Coach Suzana, who took fifth all-around at a provincial qualifier in Burlington Gymnastics Club earlier this month. Coach Suzana competed Level 10 and her highest score was on Balance Beam, where she received a 9.0 and was ranked third. We are very proud of you!



## Follow us on social media

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If you're not following us on social media, you're missing out! Like our Facebook and Instagram pages for all the latest news about Rideau Gymnastics, including special events, promotions and deals. You'll also get up-to-the-minute news about all our athletes and coaches. What's not to like?!