

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



IMPORTANT DATES

Feb. 8-10: T&T First Ontario Cup, Oshawa

Feb. 15-17: WAG Winter Cup, Nepean

Feb. 15: PD Day Camps, registration now open

March 1-2: MAG Third Ontario Cup, Mississauga

March 11-15: March Break camps, registration now open!

A gym for all

A NOTE FROM YOUR RIDEAU TEAM

In choosing this month's cover art, we wanted something that reflected our vision of Rideau Gymnastics, and nothing illustrated that better than a photo of Coach Sofia, a national-level athlete, with one of our tiniest gymnasts. We have always dreamed of a gym that could take people on an exciting journey, no matter their age or aspirations. Whether you are an adult looking for a new way to get fit, a toddler who needs space to run and jump, a teenager looking for a safe space to be with friends, or a child with Olympic-sized dreams, we are truly a gym that is meant for everyone. Our coaches are here to guide you on that journey, whether you are here for recreational fun or competitive sport.

And above all, we want to share our love of gymnastics with you. Nowhere was that more evident than at our recent Grand Opening, when athletes and family members of all ages gathered to celebrate this vision. We thank you for being part of this grand dream.

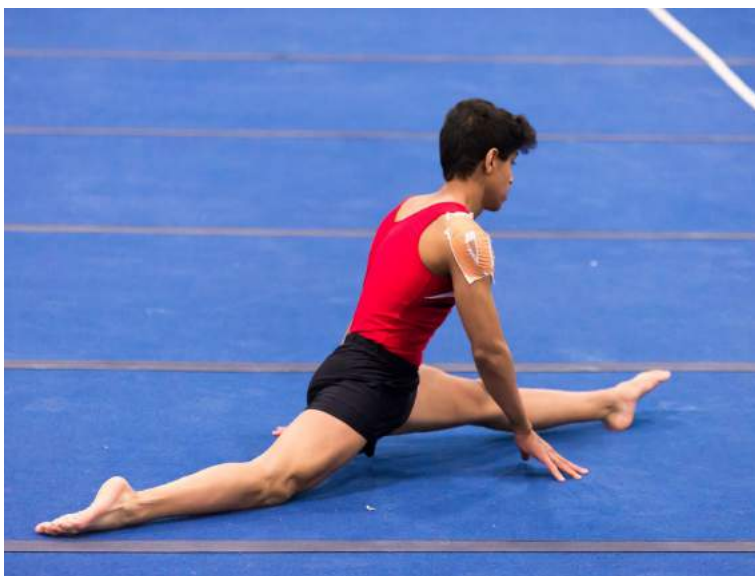
— The Rideau Team



MAG team rocks 2nd Ontario Cup

**COACH FENG IS TAKING
OUR MAG TEAM TO THE TOP**

Congratulations to our MAG team for a very strong showing at the Second Ontario Cup in Kitchener on Jan. 25 and 26. Guided by Coach Feng, our team of Vishva, Alex, Fisher, Philo, Nathanael, Jaiman, and Aidan showed strength, endurance and power. Special congrats to Alex, who received bronze for Floor, Aidan, who received silver on Pommel Horse and bronze on Parallel Bars, and Nathanael, who took bronze on Pommel Horse and High Bar, and Philo, who claimed the silver medal on Floor. Well done, #TeamRideau!





Alia D. represents Rideau at Level 4. Here she leaps to a silver medal on Floor at the Cotton Candy Classic in Cornwall, Ontario. For Alia's mom, Rideau has given her daughter the right mix of competitive focus and everyday fun.

Why I love Rideau Gymnastics

A GYM MOM EXPLAINS WHY OUR CLUB IS THE BEST FIT FOR HER FAMILY

Gym Mom Column

By Danielle D.

Why does my competitive gymnast daughter want to spend her PD days at Rideau gymnastics after she trains there 14 hours per week?

Well, that answer can be summarized in three words: fun, flexibility, and friends.

Let me explain. Rideau offers a safe and effective training program while maintaining the fun-loving atmosphere that most kids ages three to 12 are really looking for in a gym. My daughter, although competitively talented, is equally looking for a place where she can have free play and build forts from gym mats. Rideau encompasses the "gymnastics-should-be-fun" motto while delivering both their training programs and their camps.

Next, when I am referring to flexibility, I'm not talking about my daughter's ability to do the splits while flying through the air, but rather to Rideau's ability to tailor experiences to each family and each child's needs. An organization that offers flexibility for families trying to juggle their crazy schedules of kids' activities is a top priority in my books. Lastly, I can't think of a better place for my daughter to enjoy PD-day camps because of all the friends she has there. Sure, she and her sister have school friends who take lessons at Rideau and who also attend the PD-day camps, but it's the friends from gymnastics classes they've made over the years and the coaches who they consider in their circle of friends as well. How cool is it to have provincial and national-level athletes/coaches be your camp counsellors and end up as your gym friends, too?



In a competitive sport, especially at a gym like Rideau where friendships are fostered and encouraged, deep meaningful relationships can develop between the kids. They have such commonalities, it's really wonderful to see.

So in summary, both my daughters have fallen in love with Rideau, one in competitive, one in rec, and both with the camps. I am confident if you give it a try for your child they, too, will experience the fun and friendships while you enjoy the flexibility.

Gym Mom/Dad is a new semi-regular feature of the Rideau Report. Please contact Rideau Admin if you would like to submit a column for the next issue!



Tumblers off to strong start

TUMBLING AND TRAMPOLINE SEASON STARTS ON POSITIVE NOTE

The Rideau Tumblers competed in Oshawa on Feb. 8-10 at the T&T First Ontario Cup.

All Provincial B and A tumblers and Provincial-level trampolinists participated in the competition.

"Our athletes had a fantastic time at their first provincial meet this year," said Coach Mike Chaves, who recently won a bronze medal at the World Championships. "We are all looking forward to the second cup in Niagara Falls next month."

Congratulations to Tasia, who placed 11th in Level 4, Dan who placed 7th and Logan who placed 6th in Level 2. Unfortunately three of our athletes scratched from competition due to injury, but everyone intends to come back strong for the next meet.

Coach Mike noted what an asset Coach Andy has been to the entire team, especially on trampoline. "Andy has been a fantastic assistant coach at the competition and the athletes and I love her help," he said. Congratulations to all our athletes and to Coach Mike and Coach Andy. We look forward to more great news from Niagara Falls in just a few more weeks!

A truly grand opening

OUR #RIDEAUFAMILY GATHERED FOR A DAY OF FUN AND GYMNASTICS AS WE SHOWED OFF OUR EXPANSION





March Break registration now open

FREE BEFORE/AFTER CARE AVAILABLE!

We are excited to offer March Break Camp on March 11-15. Our camps offer a great balance of gymnastics, arts and crafts, and educational activities. We also offer complimentary before and after-care at 8:30 a.m. and ending at 5:30 p.m. Check out our website for all the details.

Get in on PA Day fun!

REGISTER ONLINE TODAY

A day off school is a day to play and make new friends! Our PA Day camp is intended for children 5-12 who love to tumble, climb, bounce, and explore with many fun and exciting physical and mental games, activities and challenges in our new facility.

