

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



Spring is just around the corner

A NOTE FROM YOUR RIDEAU TEAM

Spring is always a time of new beginnings. This is also true of gymnastics, as spring inches us closer to the end of the competitive season, but propels us forward to the beginning of the championship season, new skills and new goals.

And those goals will be much closer to our grasp now that our expanded space has finally opened. Our gym is now one of the biggest in Eastern Ontario, so there is plenty of room for every athlete, from the tiniest kindergym tots all the way up to national-level athletes. No waiting for equipment, no feeling crowded.

Our club has already brought home many medals and had lots of success this season, and we're only just beginning. So many improvements and personal bests have been achieved ... not to mention many athletes who are competing for the very first time this year.

And even though we are very proud, we are proudest of the great sportsmanship and dedication we see in each and every one of them!

— The Rideau Team

Thank you, Ottawa!

RIDEAU WINS FAVOURITE SUMMER CAMP, YOUTH SPORTS PROGRAM IN ANNUAL GOLD DAISY AWARDS

Rideau Gymnastics was honoured to take home top honours in this year's Gold Daisy Awards in not one but two categories: Favourite Summer Day Camp and Favourite Youth Sports Program. Thank you to our community and Ottawa Capital Region Macaroni Kid for this recognition. "Congratulations to Rideau Gymnastics — winning a Gold Daisy Award means that Rideau was voted the best of the best in its categories by families across Ottawa," said Sara-Lynne Levine, editor of Ottawa Capital Region Macaroni Kid. "We're so happy to be able to let people know about the places parents love. We're lucky to live in a city with so many great resources for kids." You can see all the Gold Daisy award-winners and nominees, plus a free event calendar and a resource to find the best family fun in Ottawa at ottawacapitalregion.macaronikid.com.



IMPORTANT DATES

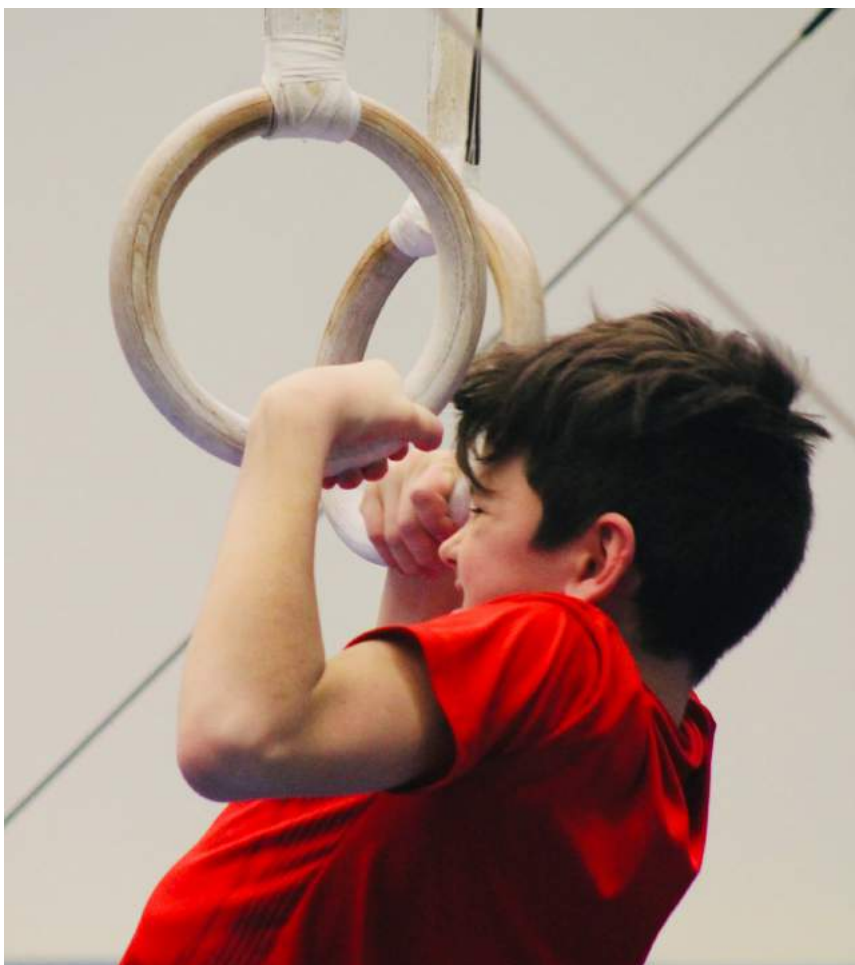
Now!: Spring session registration begins

March 11-15: March Break camp

April 19: Gym closed for Good Friday holiday

May 20: Gym closed for Victoria Day holiday

July 1-July 12: Summer break, gym closed for competitive and recreational programming. Summer camps will run as usual.





Register for spring

NEW SESSION IS ABOUT TO START!

It's hard to believe but there are already lots of signs that spring is just around the corner ... including the fact that our spring-session registration is now open! If you haven't already, now is the time to secure a spot for the upcoming session. Call us to get all the details!

Summer day camps

SIGN UP FOR OUR AWARD-WINNING CAMPS!

The time has come to start thinking about registration for our summer camps. We're offering many options this year, from Secret Agent Training Camp to Robotics Camp, to Fashion Design. So many creative options to keep your kids busy and learning this summer! Of course, we also offer lots of gymnastics options, too. Make sure you check out our website to explore all the exciting camps we're offering this year, then register online at rideaugymnastics.org.

New developmental group

AIMED AT GIRLS 6-7 WITH SERIOUS INTEREST

We are delighted to announce that Coach Ruoping is starting a new developmental WAG group. Intended for girls aged 6 to 7 years old, the group will train on Tuesdays and Sundays and is aimed at young girls who aspire to join competitive gymnastics as they get older. Interested? Speak with Atanas to organize a try-out and discuss if this might be a good fit for your daughter.



Winter Classic wins!

CONGRATS TO OUR WAG SENIOR & JUNIOR TEAMS

Our WAG Senior and Junior teams represented Rideau Gymnastics at the Winter Cup at the Nepean-Corona School of Gymnastics on Feb. 15-17. Congratulations to everyone for such a great meet and special mentions to the following medalists: Charlotte (Level 4): Bronze on Vault, Bronze on Beam and Bronze AA

Maura (Level 4): Bronze on Bars, Silver on Floor

Alia (Level 4): Gold on Vault, Gold on Floor

Emily (Level 4): Gold on Bars

Sienna (Level 5): Gold on Vault, Gold on Bars, Gold on Beam and Gold AA

Sydney (Level 7): Bronze on Vault, Silver on Beam, Bronze on Floor

Mia (Level 7): Bronze on Vault

Thanks also to Coach Michael, Coach Ruoping and Coach Alexander for their work preparing our athletes for this meet, and for supporting them all season long.

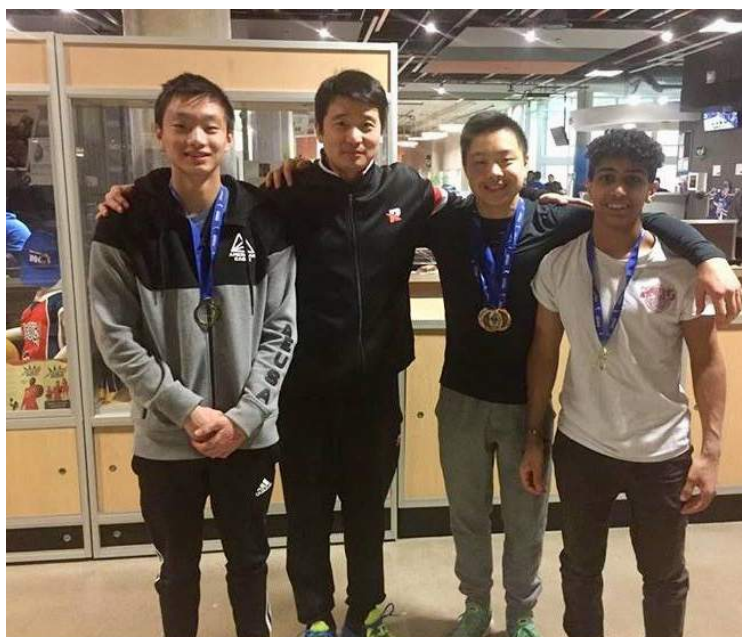


Triumph at Third Ontario Cup

MAG TEAM EXCELS AT CHALLENGING MEET

Our MAG team had an excellent meet at the Third Ontario Cup on March 1-3, hosted by Gymnastics Mississauga. With Coach Feng to support them, our team brought home the gold in several categories, including an outstanding All Around finish for Nathanael, who bested 28 other competitors in the 14+ Gymnastics Ontario Open category! Congratulations to all our competitors and special thanks to Coach Feng. Special congrats to the following medalists:

- Nathanael (Gymnastics Ontario Open): Gold AA, Bronze on Floor, Silver on Pommel Horse, Silver on P-Bars
- Aidan (Gymnastics Ontario Junior): Gold on Pommel Horse
- Philo (Gymnastics Ontario Open): Gold on Floor
- Alex (Level 4): Bronze on Rings





WAG team blooms at Tulip Classic

RIDEAU'S WAG ATHLETES SHOWED THEY WERE UP TO THE TASK

Our WAG teams showed they were once again up to the task as they took on athletes from across Ontario at the Ottawa Gymnastics Centre's Tulip Classic, one of the most popular meets in the region. A big thank you to Coach Michael and Coach Ruoping who were on hand to coach them through the meet — with excellent results. Special congratulations to the following medalists:

- Suzana (Level 10): Gold on Balance Beam, Bronze on Vault and Bronze AA
- Taylor (Level 6): Bronze on Floor
- Sienna (Level 5): Bronze on Balance Beam
- Isabelle (Level 3): Bronze on Uneven Bars and Bronze on Floor





Rideau Tumblers ramping up

GREAT SUCCESS AS TASIA MOVES TO NATIONAL LEVEL

The Rideau Tumblers are preparing for the final push of the season and continue to experience great success under the coaching of World medalist Mike Chaves.

The Tumblers next competition will be March 22 at the Second Ontario Cup in Niagara Falls.

Rideau will be represented by 16 athletes competing both in trampoline and Tumbling.

"Our goal is to hit scores to qualify to provincials and/or Eastern championships in Montreal," says Coach Chaves.

And the Tumblers celebrated the results of the Second Cup in Drummondville Quebec earlier this month, when Tasia scored high enough to mobilize to the National level. With this new ranking, Tasia will be eligible to compete at Nationals in Oshawa in July and at Elite Canada in Calgary in May. Congrats to Tasia and all the Tumblers. With Coach Chaves, the sky is truly the limit for this hard-working group of athletes!



International Women's Day 2019

RIDEAU MARKS THE DAY WITH FREE CLASSES

Rideau Gymnastics was proud to celebrate International Women's Day 2019 with a series of free classes for family members of Rideau athletes. We offered classes in cardio-fitness, stretching and strength and adult gymnastics. It was a great evening for everyone and a special way for Rideau to say thank you to all the women who contribute to our club and our community. Special thanks to Coach Michelle and Coach Wendy for leading these classes.

