

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## Summer fun is here!

**LET THE SUN SHINE IN — OUR BIG, BEAUTIFUL GYM IS READY FOR SUMMER TRAINING AND CAMPS!**

Summer is here, but there are still plenty of ways to stay active at Rideau. We have recreational classes for all levels for our summer session, plus drop-ins for little ones daily from 10 a.m. till noon. And, of course, we also have our AWESOME summer camps, voted the best in the city! After a demanding competitive season, we are ready to have some serious fun — join us for a summer season of friends and fitness ... with a little bit of ice cream on the side!

## Celebrating our successes

### A NOTE FROM YOUR RIDEAU TEAM

Just a over two years ago, we made the hard trek from Carleton Place to Kanata. We faced months of construction before we were ready to truly focus on growing our club and helping our competitive teams shine. But look at us now!

With our newly expanded facility, we are seeing incredible growth. In fact, we have more than doubled our enrolment in the past year alone and are seeing new athletes joining us every week.

Our competitive teams enjoyed incredible success this past season, with both our MAG and Tumbling teams sending athletes to Nationals, and numerous gymnasts qualifying for regionals and provincials. We also have a newly expanded coaching staff, a full dance studio, huge new change-rooms for boys and girls, new equipment (our mini trampolines will be ready soon), two new foam pits and two expanded viewing areas for parents.

We also started a fantastic new Sport Study program with the Conseil des écoles catholiques du Centre-Est, allowing new athletes to discover gymnastics at a recreational level while simultaneously opening new training hours for our competitive athletes — it is a win-win partnership that we are very excited to host in the coming school term.

Since we moved, we haven't stopped — building, expanding and learning how to best serve our families. Thank you to all those who have continued to support us, and to those who have recently decided to make Rideau their new home.

Now, after much hard work, planning and organizing, it's time to celebrate our many accomplishments with sunshine and summer fun — we hope you'll join us!

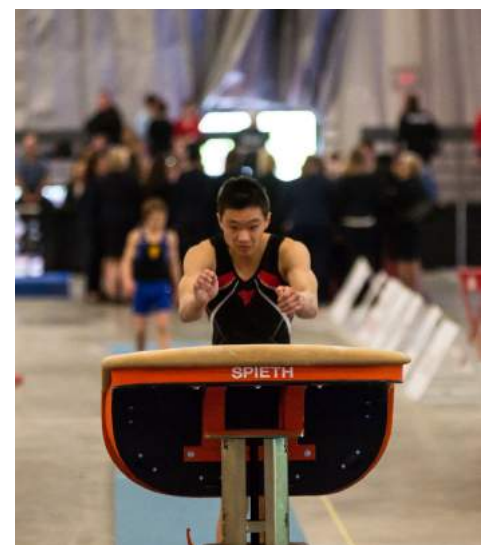
— #TeamRideau



# MAGnificent!

## RIDEAU'S MAG TEAM AMONG THE BEST IN CANADA AT NATIONAL CHAMPIONSHIPS

We are so proud of our MAG gymnasts, who are ranked among the best in Canada. At the Canadian Championships at Carleton University in late May, our team, under the direction of Coach Feng, had great success. Aidan was 9th on Vault and Pommel Horse in the Junior Division/16-17, Jaiman, was 12th on Rings and 20th on Floor in the Senior Division — for the whole country — and Nathanael, was Gold on Pommel Horse and Bronze AA in his qualifier, and Bronze on Pommel Horse in the finals for National Open. Congratulations to these fine athletes and their dedicated coach!







# Rideau Tumblers end season on a high note

## RIDEAU'S TUMBLING TEAM CONTINUES TO IMPRESS JUDGES

We are very proud of our Rideau Tumblers and especially Coach Mike, who did a fantastic job directing this still-new (and growing) team, and Coach Andy for her continued support. In their sophomore year, the team continued to impress judges — here's some of the most recent results:

### Ontario Championships:

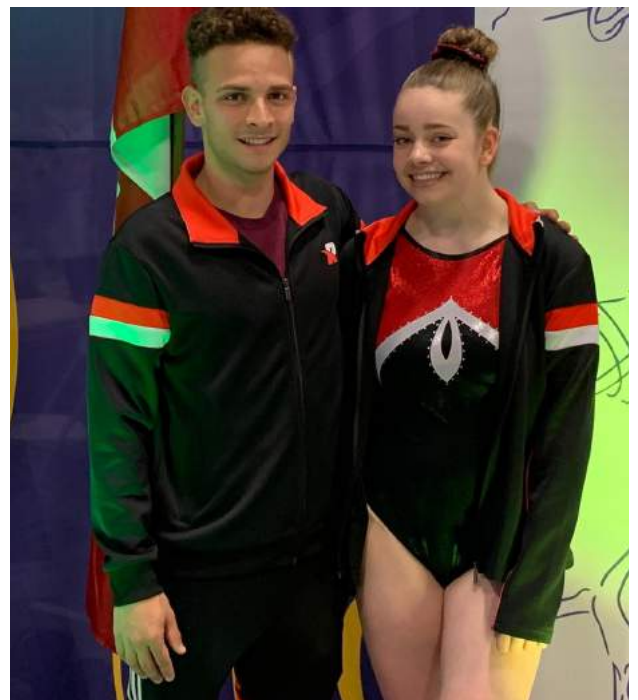
- Tasia, Silver
- Emma, Bronze
- Hazel 6th
- Hayley, 7th
- Reagan, 8th
- Adrianna, 9th
- Maggie 13th
- Morgan 14th.

### Eastern Canadian Championships

- Emma, 10th

### Elite Canada

- Tasia, 7th





# Rideau in the news

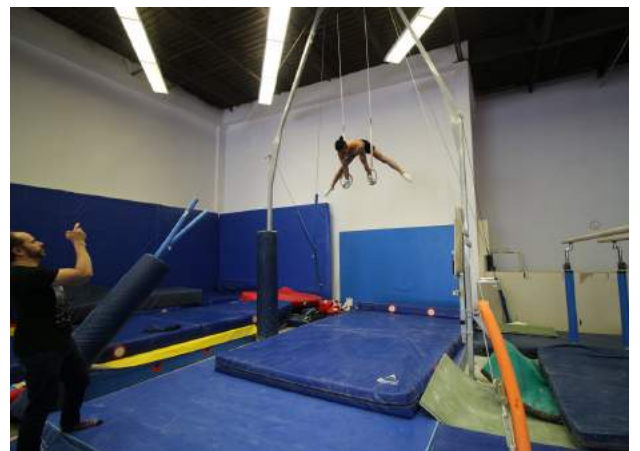
## OUR CLUB WAS FEATURED ON CBC RADIO AND CBC TV

Rideau Gymnastics was in the news several times this spring with great stories featuring our club on both CBC Radio and CBC television.

The first story was for CBC's popular All In A Day drive-home radio program, hosted by Alan Neal. Neal made the trek from his downtown studio to our club to meet our senior MAG athletes and Coach Feng, interviewing them about what it took for them to qualify for the Canadian Championships in May. Neal interviewed our athletes at length and the segment, which ran about a week later, ran well over 10 minutes (and our athletes gathered around the radio to listen and support their teammates, of course!).

The second story was also for CBC, but this time it was for television show Our Ottawa, hosted by Adrian Harewood. Harewood interviewed Nathanael about his excellent performance at the Canadian Championships, and his hopes for the future.

If you missed either segment, you will find links on our Rideau Facebook page.





# Rideau launches Sport-Study program for fall

**'THIS PROGRAM IS TAILORED TO EACH CHILD, ACADEMICALLY AND ATHLETICALLY'**

Rideau Gymnastics, in partnership with the Conseil des écoles catholiques du Centre-Est (CECCE), announced the official launch of its new Sport-Study initiative in June.

The program, which will begin this fall, is a unique collaboration between the school board and the gymnastics club that will allow students in Grades 3-12 to receive coordinated academic and athletic instruction — leaving more time for other extra-curricular activities, homework and family. The program is intended for those who are just starting gymnastics as well as those who have received previous instruction.

"We are very proud to partner with the Conseil des écoles catholiques du Centre-Est," says Atanas Popov, co-founder of Rideau Gymnastics. "Gymnastics, with its emphasis on strength, coordination and balance, is a foundation sport, so starting it at an early age leads to success in other sports. This makes our program ideal for beginners, but also provides new options for athletes in our community who would like to study and train during the day and keep their evenings free."

In the mornings, student-athletes in the program will attend one of the board's designated elementary, middle or high schools and then will train with some of the city's top gymnastics coaches in the afternoons. Popov says the new program will help families find more balance in their hectic schedules.

"This program is tailored to each child, both academically and athletically," he explains.

"Participants can be serious recreational athletes or they can train all the way to national-level gymnastics if they wish — but they will still have lots of time for their studies and to be with their families."

In addition to building strength and improving coordination and flexibility, gymnastics also teaches discipline, patience and focus, skills that can help students thrive in an academic setting.



# Lights, camera, gymnasts!

**WE BROUGHT IN A PRO  
TO CAPTURE  
OUR RIDEAU TEAM SPIRIT**

Our competitive teams had a blast at our recent Photo Day. Professional sports photographer Jana (who also happens to be the official photographer of the Ottawa Senators) turned our dance studio into a photo studio fit for supermodels and got to work.

Some of our athletes are so new to the club (we are expanding every day!) that they didn't even have their competitive uniforms yet. But we didn't mind — they will have their gear in time for the new season, and for now, we had just one objective: making memories!









# #RideauFamily

**WE CELEBRATED THE END OF THE SEASON WITH AN OLD-FASHIONED BARBECUE AND ICE-CREAM SOCIAL!**

