

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## IMPORTANT DATES

**Dec. 15:** Mock meet for WAG Levels 4 & 5

**Dec. 15:** Potluck for competitive teams

**Dec. 23, 24, 27, 30, 31:** Holiday camps

**Jan. 2, 3** Holiday camps

**Jan. 17-19:** WAG Muskoka Classic, Bracebridge

**Jan. 24-26:** WAG Envol, Les Sittelles, Orléans

**Feb. 7-9:** T&T Second Ontario Cup, Niagara Falls

## Holiday magic

### A NOTE FROM YOUR RIDEAU TEAM

After a fall of hard work (and lots of fun) the festive season is finally upon us! It has been a busy season for everyone — parents have been mobilizing behind the scenes to plan parades and potlucks, coaches have been busy creating imaginative new training plans and putting the finishing touches on athletes' routines. And our gymnasts have been working hard to perfect the skills they gained over the summer months.

Our Rideau Tumblers and MAG teams have had great meets already and our WAG team is really beginning to shine as they prepare for their first qualifiers in the new year.

We also got into the community for the Kanata Santa Claus Parade as well as the Stittsville Parade of Lights and some of our athletes banded together for our first-ever chalk photo shoot (see the sneak preview above — we'll share more details in our January Rideau Report!).

January promises to be even busier for our club, but until then, all of us wish our Rideau families the very happiest of holidays. No matter what you celebrate, we wish you peace and joy now and in the year to come.

— The Rideau Team



# WAG team shines in new leotards

## DAZZLING NEW DESIGN FOR A NEW SEASON

Our WAG competitive teams have a whole new look this year — beautiful custom leotards from DNA Performance Wear, a Canadian company based in Saskatchewan.

When our WAG competitive team doubled in size over the summer, it was time for a new leotard that included Rideau's traditional colours combined with a stylish new update (and a little more bling!). There were three different designs on the shortlist for consideration, but the final pick incorporated a number of elements that made it the clear winner.

"There are many wonderful features of the new leotards," says Julie Kelly, one of our parent volunteers who spearheaded the leotard design and order. "The upper body has an ombre effect which is created by sublimating the fabric. The lower portion of the leo is a solid black Lycra fabric which allows for more durability in the lower body area. Soft four-way stretch mesh was sublimated to match the upper body, creating a continuous look to the leotard."

The finishing touch?

Stunning high-quality Aurora Borealis rhinestones were added to the body and arms to give extra, multi-coloured sparkle.

"My favourite part of the new leotard is the ombre colour and design. It reminds me of sun rays of light. I find the design very visually uplifting," says Kelly.

The end result was appreciated by all — especially the gymnasts.

"The athletes had squeals of excitement when they first saw the new leotards," Kelly recalls. "There were lots of comments that it was "so sparkly!"

But we didn't stop with new competitive leotards. The team also celebrated the arrival of new trainer leos.

"The final trainer leotard design was chosen from three graphic-design layouts and various colour combinations, all keeping in mind the club colours: red, black, grey and white," Kelly recalls. "A process of elimination from the coaches and Rideau management narrowed down the options and the final design was approved for production." The trainer leotard was an optional purchase, but once everyone saw the design, most could not resist. Kelly said the final result was a hit.

"The athletes and parents have said that the trainer design was much nicer than they expected. Sometimes getting a real sense of the printed design and colour is difficult when looking at a computer-generated design."

The intricate pattern and striking colours definitely make it stand out. "The most interesting feature of the new trainer leotard is the unique design of the printed pattern," says Kelly.

"The colour combination and design looks stunning up close as well as from across the gym. These leotards are one-of-a-kind. You won't see this pattern in this colour combination at any other club."





Veteran teacher Barb Clarke is now at the helm of Rideau's after-school program. Drop by Rideau's after-school classroom to say hello!

# Rideau excels in after-school fun

## MEET THE CERTIFIED TEACHER WHO IS SHAPING OUR AFTER-SCHOOL PROGRAM

Rideau was thrilled to welcome Barb Clarke to the club this fall to run our growing after-school program.

A certified teacher with more than three decades of experience in the classroom, Clarke has taught kindergarten, Grade 1, Grade 2 as well as elementary ESL.

"I will be working with the children during their non-gym time each day," she explains.

"Each day the children will have the opportunity to paint, craft, create, build, read, and work on homework."

There is also plenty of time for children in the program to follow their own passions.

"While some activities may have more structure, most will be guided by the interests of the children, giving them the opportunity to create and inspire one another," Clark says.

"Stories and movement games are also part of the day for the younger children."

The after-school program features a big, bright space with views of the gym — with lots of tables to set up crafts and projects and floor space to build and move around.

Clark says Rideau families can also contribute to the after-school program by donating unwanted craft supplies or common household items, such as egg cartons or yarn.

"We all have bits of leftover craft and art supplies that end up in the garbage and recycling bins. As well, children outgrow certain games and books," she says. "Please consider donating these unused and unwanted items to our after-school program rather than throwing them out. It gives you the chance to clean out your cupboards and your unwanted trash becomes our treasure!"

Also on the list? Board games (complete, please) such as Scrabble Jr., Rush Hour, Bananagrams, checkers or chess, puzzles, and books for ages five to 13. Children's books in French are also appreciated for children in our Sport-Études program.

For a more detailed list of supplies that are being sought please see our wish list and stop by the after-school classroom to drop off your donations and say hello!

And if you are interested in enrolling your child in our after-school program there are still spots available — simply inquire at the reception desk for details.

## AFTER-SCHOOL WISH LIST

- Scrap of fabric
- Yarn or ribbon
- Gift wrap
- Cardboard tubes
- Paper plates and cups
- Straws
- Craft sticks
- Coffee filters
- Card stock
- Rubber bands
- Tape
- Balloons
- Foam shapes
- Buttons
- Pipe cleaners
- Beads
- Felt
- Feathers
- Pompoms
- Sequins or glitter glue
- Tissue paper
- Small boxes (nothing that had contained a nut product please)
- Books and board games



# Tumblers start season on high note

## RIDEAU TUMBLERS WOW AT INVITATIONAL AND T&T FIRST ONTARIO CUP

The Rideau Tumblers participated in their first invitational of the season at Unigym in Gatineau in early November — and had great success with multiple podium finishes.

"Overall we did amazing and each athlete shone doing great routines," said Coach Mike Chaves.

Hazel finished with a silver for Level 2 Trampoline, Ava L., finished 4th and Ava S., finished 8th (both in Level 1 Trampoline). All three girls were working under the direction of Coach Andy Ménard.

Later in the month the Tumblers travelled to Mississauga for the T&T First Ontario Cup. It was another fantastic meet for the Tumblers with Tasia taking home a silver medal, and Hazel and Philo bringing home the gold.

"They did awesome! I'm very proud of them," said Coach Mike. "It's very early in the year, but I'm happy that they're all able to pull together for their routines."

"Coach Mike noted that the early part of the competition brought lots of success.

"Friday and Saturday were especially great days for the tumblers and the trampolinists," he said.

"We had a lot of podium finishes. Sunday, not too many podium finishes, but overall an excellent weekend."

As for the future, Coach Mike says it's just a matter of "cleaning up routines, especially in double mini...it's a new event for us."

The team will be working on sharper kick outs and better stuck landings but Coach Mike notes that "we have a lot of time until the second qualifier in February so we look forward to even better results!"

Congrats to Coach Mike, Coach Andy and all our Tumblers.



## Cold and flu season: A friendly reminder

### HELP US KEEP OUR ATHLETES HEALTHY!

Just a reminder that cold and flu season is upon us. With the competitive season already in full swing, we want to guard against unnecessary illness — our athletes only have a handful of qualifiers and they don't want to be sick for any of them. Please ask your children to wash their hands regularly when they are at the gym and use hand sanitizer to help us prevent the spread of germs.

## Get in the know at Rideau

### DON'T MISS THE LATEST CLUB NEWS

At our club, we believe strong communication is key — that's why we have developed several ways for our Rideau families to stay in touch. Follow our social media channels — Rideau Gymnastics and Resolute Center are both on Facebook. Our Competitive families are also invited to join the parent-administered Rideau Comp Families page, and anyone who would like to contribute to volunteer activities can join our parent army of helpers on Rideau Volunteers. You'll also find some of our favourite athlete photos and videos on Instagram, @Rideau\_Gymnastics. And finally, don't forget to spread the word about the Rideau Report, our monthly newsletter with all the latest news and events.

## Competitive tryouts

### HELP US SPREAD THE WORD!

Is your child interested in the world of competitive gymnastics, tumbling or trampoline? Working with veteran coaches, they'll learn focus, discipline and goal-setting skills that will last them a lifetime. Simply email [competitive@rideaugymnastics.org](mailto:competitive@rideaugymnastics.org) to set up your tryout!

# MAG team soars to success

## FIRST ONTARIO CUP PUTS MAG TEAM ON PATH TO REACH NEW GOALS IN 2020

Congratulations to our MAG team for an excellent showing at the First Ontario Cup in Mississauga earlier this month. Representing Rideau were Jacob and Owen, and under the direction of Coach Feng, they didn't disappoint. Despite a recent injury, Jacob (Level 2, 12-15 years) fought for it and ranked 12th AA with particularly impressive showings on Vault (5th) and Floor (9th). Owen (Level 1, 10 years) also had a great meet ranking 9th AA, 5th on the P-Bars and took home the bronze medal for Vault with a fantastic score of 9.466. Well done, boys — your season with Coach Feng is off to a great start!



# Practice makes progress

**OUR MOCK MEET PUT OUR WAG L4 & L5 GIRLS ON THE RIGHT TRACK**





# A Kanata tradition

**RIDEAU ALWAYS LOOKS FORWARD TO THE KANATA SANTA PARADE!**







# Lighting up Stittsville

**OUR CLUB SPARKLED ALL THE WAY  
IN THE ANNUAL PARADE OF LIGHTS!**





# Return of the Rideau Elf!

**OUR RIDEAU ELF WAS SPOTTED HERE, THERE, AND EVERYWHERE!**

