

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



Olympian comes to Rideau

SIX-TIME OLYMPIAN, WORLD CHAMPION TO HOST SERIES OF SPECIAL CLINICS

Six-time Olympian Jordan Jovtchev is coming to Rideau Gymnastics in March to host a series of special clinics for gymnasts.

The clinics, which will be held in Rideau's 26,000 square-foot facility, will give athletes a chance to train with one of the world's most celebrated gymnasts.

These clinics will allow young gymnasts to learn from the very best — Jovtchev won four Olympic medals, four gold World Championship medals, five silver World Championship medals, and four bronze World Championship medals, and numerous European Championship medals — gold, silver, and bronze.

"This is a once-in-a-lifetime opportunity for gymnasts to train with a legend," says Rideau founder Atanas Popov.

"These clinics will not only provide an opportunity for gymnasts to meet Jordan, but to actually work with him and benefit from his knowledge and experience."

Popov says that Rideau's athletes are not the only ones who will benefit from the clinics — the club is throwing open its doors to share the experience with athletes from any club. Already there has been interest from several Eastern Ontario clubs, as well as clubs in Toronto and Montreal.

Clinics will be available for MAG and WAG athletes on all apparatuses with a maximum of eight athletes per session, ensuring maximum attention for all participants. More information and registration links can be found at rideaugymnastics.org.



IMPORTANT DATES

Feb. 28-March 1: WAG
Jubilee Celebration, Ottawa

March 6-8: MAG Third
Ontario Cup, Ottawa

March 6-8: T&T Third
Ontario Cup, Oshawa

March 16-20: March
Break camps (register
now!)

April 3-5: WAG L7+ Ontario
Championships and MAG
Ontario Championships,
Waterloo

April 19: WAG Level 6
Ontario Championships,
Amherstburg

Going for the gold

A NOTE FROM YOUR RIDEAU TEAM

We are so proud to be hosting six-time Olympian Jordan Jovtchev at Rideau Gymnastics this March. Not only is he a gymnastics legend, but he can teach us so much that goes far beyond gymnastics. Jovtchev teaches us that it's never too late to chase your dreams. Just shy of his 40th birthday, Jovtchev competed at his sixth Olympic Games in a sport that favours youth. Despite the risks, despite the odds, Jovtchev showed the world that age doesn't have to matter. The other thing he can teach athletes is the power of perseverance. Jovtchev won an incredible three bronze Olympic medals and one silver medal — but the gold was always just out of reach. But Jovtchev never gave up, pushing himself through an incredible six Olympic Games, reminding us that some things are worth more than gold.

Finally, Jovtchev exemplifies the spirit of community and giving that we try to make part of our club every day. By becoming the president of the Bulgarian Gymnastics Federation, coaching, and travelling the world to share his love of the sport, he is inspiring a new generation of athletes to strive to be the best they can be. We are honoured that he has chosen to share his gift with us, and we hope you will join us for this unique opportunity.

— The Rideau Team

Sweet success at Cotton Candy

LEVEL 3-5 WAG TEAM TRAVEL TO CORNWALL FOR 2ND MEET

Rideau's compulsory WAG team, supported by Coach Holly and Coach Michael, travelled to Cornwall, Ontario, on Feb. 8 for their second provincial qualifier at the Cotton Candy Classic. It was another successful meet for our compulsory girls, with Rideau athletes bringing home All Around gold in Level 3, Level 4 and Level 5.

Congratulations to all our athletes, with shout outs to our medalists: Emily (L4, gold on Bars), Savannah (L4, silver on Bars, silver on Floor), Alia (L5, silver on Vault, silver on Bars, gold on Beam, gold on Floor and gold AA), Lilyanna (L5, silver on Floor), Maggie (L4, silver on Bars, bronze on Floor), Charlotte (L4, silver on Beam, gold on Floor, gold AA), Alison (L3, bronze on Vault, bronze on Bars, gold on Beam, gold on Floor and gold AA), Penny (L4, bronze on Bars, gold on Beam, gold on Floor and gold AA), Jenna (L4, gold on Vault, gold on Bars, silver on Beam, gold on Floor and gold AA), Maura (L5, silver on Beam), Neve (L4, bronze on Vault). It was excellent experience for all the athletes, and each girl walked away with at least one medal — and even greater confidence. The compulsory WAG team will next compete at the Ottawa Gymnastics Centre for the Jubilee 60th event, their final qualifier of the season.

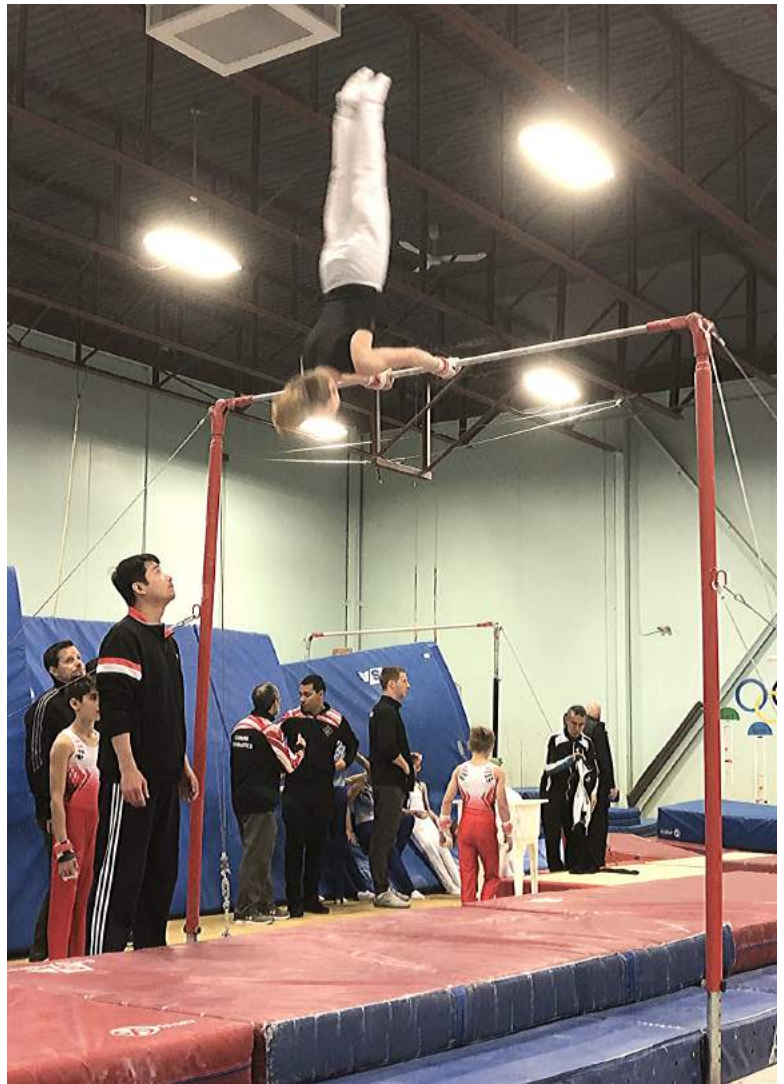


MAG team in the medals

MORE SUCCESS FOR THE TEAM AT SECOND ONTARIO CUP

It was a great weekend for our MAG team at the Second Ontario Cup in Kitchener-Waterloo on Feb. 7-9. Special thanks to Coach Feng for all his work preparing our athletes, and for his support at the meet. Congratulations to all our athletes, especially our medalists: Alexandre (P4 13+, bronze on Vault), Jacob (P2 12-15, silver on Floor and Vault, and bronze on P-bars and High Bar), and Owen (P1 10, bronze on Floor, silver on Vault and P-bars).

Bravo, boys!





Tumblers take Niagara Falls

RIDEAU'S TUMBLING TEAM FLIES HIGH AT SECOND ONTARIO CUP

Our Rideau tumblers journeyed to Niagara Falls on Feb. 7-9 to compete in the Second Ontario Cup. Supported by Coach Michael and Coach Camille, the athletes rallied against some strong competition. Congratulations to all our athletes and shout-outs to our medalists — Hazel won bronze for double-mini trampoline and Tasia won silver in tumbling. And thank you to our amazing T&T coaches for supporting and encouraging our athletes! The tumblers will compete at the Third Ontario Cup on March 6-8 in Oshawa.





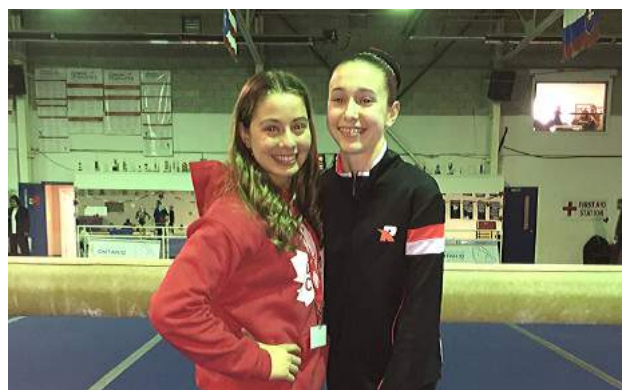
WAG team aims high at Gemini

MEDALS AND MEMORIES AT REACH FOR THE SKY MEET

Rideau's senior WAG team made the journey to Oshawa on Feb. 13-16 to compete in their second provincial qualifier at Gemini's Reach for the Sky meet.

It was a tough meet, but we were proud to see our Rideau girls shine through competition on each apparatus and bring home multiple medals. Supported by Coach Ruoping, Coach Alex and Coach Suzana, the athletes had a great time showing off all their skills and even had a chance to meet World silver medalist and Canadian Olympic hopeful Ana Padurariu (photo below). Rideau congratulates all our athletes and sends special congrats to our medalists: Sarah (L7, silver on Vault, silver on Bars, bronze on Floor), Victoria (L7, gold on Floor), Nur (L7, gold on Vault, gold on Beam), and Mia (L7, bronze on Beam).

The senior girls will next compete at the Ottawa Gymnastics Centre's Jubilee 60th meet on Feb. 28-March. 1.



Letter from a gym mom

RIDEAU MOM SHARES WHAT SHE'S LEARNED AFTER 7 YEARS IN THE SPORT

By Danielle D.

I was once a brand new gym mom, with no experience at all. Today I can say that I am still a novice gym mom but over the past seven years, I've learned a lot. Here are a few things I can share:

1. You're never too young or too old to start. My daughter started at the age of two, but I've seen young teens starting out and flying through the levels. Don't let age be a barrier to trying the sport.
2. There will be good practices and ones that leave your child in tears. Don't overreact on any emotions unless they appear to be a consistent theme. You and your child will know when it's right and when it's maybe time to take a break or try something new.
3. Gym friends are some of the best friends. Help them foster those relationships and chat with the parents waiting beside you at the gym.
4. As you move up the levels, be prepared to spend a lot of time in the gym. Feed your gymnast well, and add some extra rest into their hectic schedules.
5. It's OK to miss the odd class, don't feel guilty — but do talk to the coaches about it so they understand the reason for the absence and aren't left waiting for your child to arrive.
6. Try not to be late, it's no fun to warm up by yourself and they really need the warm up for protection of their muscles.
7. Learn how to pull hair up into a bun, ponytail or braid. Competition hair takes lots of practice.
8. Don't coach (or wave like a crazy person) from the sidelines but check in every once and a while to see their progress and offer praise.
9. Everyone progresses at different rates and each have their own strengths and challenges — never try and compare to other children.
10. Make sure your child is having fun. Talk to them about positive attitudes early on in their training. You might be surprised to learn that gymnastics is as challenging mentally as it is physically! Wishing you and yours as much happiness as mine continues to have at Rideau!

From,

Just your average gym mom



Alia D. has been in gymnastics since she was two years old. She is now training Level 5. Her mom, Danielle, says that fun has to be at the heart of it all.





Register now for our March Break camp!

REGISTRATION IS NOW OPEN

Working during March Break? Enrol your children in our March Break Camp. We are offering full-day and half-day camps for individual days, full day/full week and half day/full week camps. Our camp offers a great balance of gymnastics, arts, and crafts — all led by experienced coaches. Register now at rideaugymnastics.org!

Happy birthday to you!

CELEBRATE WITH A PARTY AT RIDEAU

Help us spread the word — Rideau offers unique birthday options for ages five and up. Try ceramics, LEGO, pottery, science, fashion designer, parkour and even MineCraft parties. With a giant facility full of equipment to bounce, dance and climb, we have the perfect place for your child to invite their friends and have a great time!

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 Rolute 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.





It's summer camp time!

DON'T FORGET TO REGISTER ASAP

Our camp registrations are now open and we're offering more options, more variety and more fun than ever before! Not to mention that Rideau Gymnastics won the Gold Daisy Award for the city's favourite summer camp program, meaning that parents across the city said our camps were the best of the best! This summer we'll be hosting camps for four age groups — from little ones aged four and a half all the way up to pre-teen and teen.

Campers can choose from three styles of camp experience. The first combines a single camp activity (Gymnastics, Parkour or Acrobatics for Dance and Cheer) with some outdoor activities.

The second set of camps is by far our largest, with an extensive number of themes combined with gymnastics and some outdoor activities, too:

ArtSmart - Painting & Drawing + Digital Painting

Pottery & Sculpture

iCanDesign & Fashion

3D Animators

iCanCode: Programming for Children

Programming Fundamentals 9 to 12 or 12+

Robotics and Mechatronics Camp 9 to 12 or 12+

Discover Robotics Ages 6 to 9

Lego (4.5y.o to 9)

Secret Agent Training Camp (4.5y.o to 9)

Photography & Videography/Movie Creator 10+

Resolute Ninja Training

Acting & Dance Camp. Mamma Mia!

Creative Writing

Leadership Prep

CampNerf Battles

Gems, Minerals, and Precious Stones Cutting Camp

Science Wiz and Space Explorer

iDiscover Music Theory, Piano, Guitar, Drums, Trumpet & Violin

iCanSing Music theory, Solo and Group Singing

A third category of camp will offer extensive outdoor activities. Campers can choose from two options: Morning Soccer/Afternoon Gymnastics and Soccer Drills or Morning Tennis/Afternoon Gymnastics and Tennis Drills.

That's more than 25 options to choose from!

Registration is simple — just go to rideaugymnastics.org and click on summer camps to browse all the options.





Family Day fun!

WE OPENED OUR DOORS TO CELEBRATE

We are all about families, so we made sure that Family Day was extra special at Rideau Gymnastics. We invited the community into our club to experience all the great activities we have to offer. The Kinderzone was buzzing with activity as little ones enjoyed the colourful equipment that's just their size! Thank you to everyone who visited us — we hope you'll join us for more fun soon!

