

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



IMPORTANT DATES

Feb. 2: New recreational session begins!

Feb. 7-9: MAG Second Ontario Cup, Kitchener

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

Feb. 8-9: WAG L4&5 Cotton Candy Classic, Cornwall

Feb. 13-16: WAG L6+ Gemini's Reach for the Sky, Oshawa

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

One for all, and all for one

A NOTE FROM YOUR RIDEAU TEAM

The new year has barely begun and already we are seeing so much activity — and success — at our club. This month alone saw competitions for our national tumbling athletes and our Women's Artistic Gymnastics teams, with both resulting in gold medals for Rideau. Congratulations to all our athletes and coaches, and best of luck to those who are preparing for meets in February.

On the recreational side, our new session begins on Feb. 2, so we're excited to welcome lots of new athletes of all ages to Rideau.

Even though there is a lot going on right now, we are also planning months ahead. You'll find a sneak preview of our summer-camp lineup in this edition of the Rideau Report, with lots more details to come in the weeks ahead.

Finally, we are so proud of all our athletes who have been supporting each other in this competitive season by cheering each other on, encouraging each other and making the extra effort to be in the stands when a teammate is competing. You all make #RideauFamily a reality.

— The Rideau Team

Triple medals for tumblers

NATIONAL-LEVEL TUMBLERS CONQUER 1ST QUEBEC CUP

Our national-level tumblers had an impressive showing at the First Quebec Cup in Montreal on Jan. 26, with all three athletes making the podium.

Philo and Tasia returned to Rideau triumphant, having captured gold medals in their respective events, with Courtney making it a triple crown with her incredible bronze-medal finish.

Coach Michael Chaves, himself a world medalist, said that even though it was a great competition, the best is yet to come for the Rideau team.

"I'm really proud of these athletes — they have been working very hard and it's paying off," said Coach Michael Chaves. "The best part is that the season is only just beginning and so we know they are only going to get stronger in the weeks ahead. The whole team is really coming together and I'm excited for all the upcoming meets."

The tumblers will be competing at the Second Ontario Cup in Niagara Falls in early February.





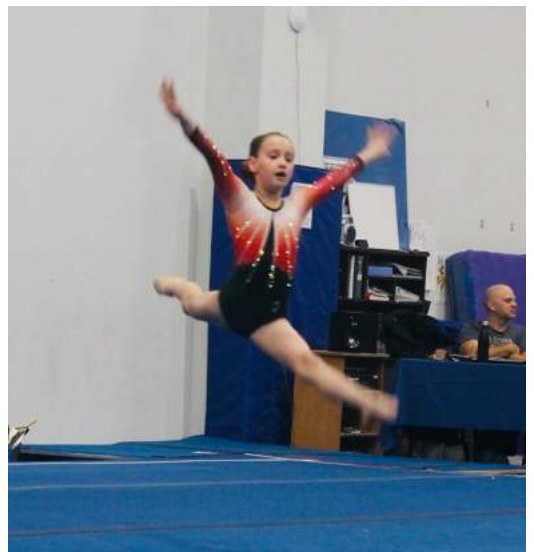
Compulsory girls sparkle at Envoy



LEVEL 4 AND 5 WAG TEAM TAKE HOME MEDALS IN ALL DISCIPLINES IN FIRST MEET OF SEASON

Rideau's compulsory WAG team, supported by Coach Holly and Coach Michael, proved they were ready for their first meet of the season, returning home with medals on Vault, Balance Beam, Uneven Bars, Floor Exercise and even the coveted All Around. The competition, Envoy, was hosted by Les Sittelles.

Congratulations to our medalists: Savannah (L4, silver on Beam), Alia (L5, silver on Vault, bronze on Bars, silver on Beam, gold on Floor and silver AA), Lilyanna (L5, gold on Beam, gold on Floor), Charlotte (L4, silver on Beam), Penny (L4, bronze on Vault, gold on Beam, gold on Floor and gold AA), Jenna (L4, silver on Beam, silver on Floor and silver AA), Maura (L5, bronze on Vault, bronze on Floor).



Rideau's golden girl!

RIDEAU ATHLETE CLAIMS GOLD AFTER PAINFUL INJURY

Rideau athletes and coaches were cheering in the stands on Jan. 26 when one of their own stunned the crowd with an incredible comeback from injury on the Floor Exercise at the Envol provincial qualifier at Les Sittelles.

Lilyanna, a Level 5 athlete, suffered a severe injury to her ankle during the warmup session. She was immediately assisted by Coach Suzana Diaconescu and then carried off the floor by Coach Michael Figotin while Coach Alex Stankov also rushed to her side. For a time it appeared she might need to withdraw from the competition, but after some recovery time and the addition of an ankle brace, Lilyanna decided, in consultation with her coaches, that she would go for it.

And go for it, she did. With the cheers of her coaches and teammates behind her, she went on to execute a beautiful routine, earning a score of 9.375 — claiming not only the gold medal, but also a special award for the Best Jumps on Floor. She also returned home with the gold medal on Balance Beam.

"I was so proud of Lilyanna," said Coach Michael Figotin. "Even though she was in pain, she still did her very best and she achieved excellent results."

Lilyanna is now taking time to rest her ankle and give it time to fully recover before her second provincial qualifier in February. Congratulations to Lilyanna from all of us at Rideau — you exemplify great determination and we are very proud of you!





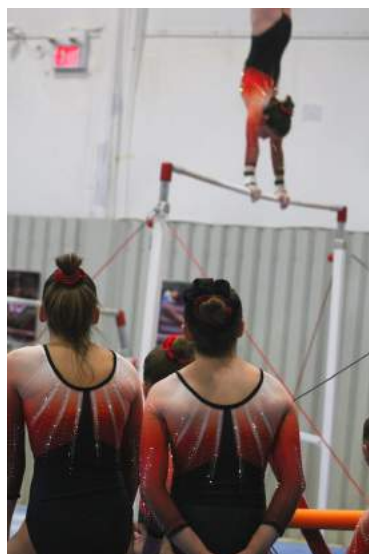
Gold rush for Rideau WAG

SENIOR WAG TEAM SWEEPS PODIUM IN BALANCE BEAM AT PROVINCIAL QUALIFIER

For the first time, the Rideau WAG team swept the podium at a provincial qualifier, claiming the gold, silver, and bronze medals in one discipline. The medal sweep revealed Rideau to be the new powerhouse in balance beam for Level 7 (13-14 year olds).

But the success didn't end at the balance beam. With their teammates cheering them on, the senior team also picked up medals for Floor Exercise, Vault, and Uneven Bars. Several athletes also scored personal bests — Emma (L7, 14-15) scored an incredible 9.6 on Vault, taking home the best score of any of our athletes at the optional level.

Supported by Coach Ruoping, Coach Alex and Coach Suzana, the Rideau team had an exceptional debut to the competitive season. Congratulations to all the competitors and special mentions to our medalists: Sarah (L7, bronze on Vault, bronze on Beam, silver on Floor and bronze AA), Victoria (L7, gold on Vault, silver on Floor), Nur (L7, silver on Vault, silver on Beam), Olivia (L6, silver on Bars, silver on Beam, bronze AA), Emma (L7, gold on Vault, silver on Bars, silver AA), Sophie (L6, silver on Beam), Sydney (L7, bronze on Floor, bronze on Beam), Tehya (L7, silver on Beam), Emmee (L7, gold on Vault, silver on Bars, gold on Beam, gold on Floor, gold AA), Mia (L7, gold on Beam, bronze on Floor, gold AA). The team's next qualifier will be Feb. 13-16 in Oshawa.





Register now for our March Break camp!

REGISTRATION IS NOW OPEN

Working during March Break? Enrol your children in our March Break Camps. 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!

New to you! Watch for our leotard sale

SAVE MONEY, SHOP FOR BARGAINS!

Our Rideau parents are planning a used leotard sale for early February. If your child needs new gymnastics attire, or if you'd like to sell items your child has outgrown, be sure to watch our Facebook page for all the details!

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.



Coach Andy takes athletes to new highs

IN ANOTHER "MEET THE COACH" CHAPTER WE INTRODUCE ANDRÉANNE MÉNARD

Look up ... look waaaay up!

That's where you'll often find Coach Andréanne Ménard, one of Rideau's trampoline coaches, as she soars high above the gym floor — practising her own skills or demonstrating something for one of her athletes.

An artistic gymnast from the age of seven until she was 15, Coach Andy (as she is affectionately known) is now in her sixth year of coaching.

"When you're a competitive gymnast, the gym becomes your second home," she says. "So coaching became a way for me to stay connected to the sport that I loved, just in a different way."

Coach Andy is now a certified Level 2 artistic gymnastics coach and a Level 3 trampoline coach. She also has NCCP (National Coaching Certification Program) qualifications to coach competitive soccer.

Coach Andy also loves tumbling, but says that she found her calling in coaching trampoline.

"I love that it is a sport that older kids can pick up so easily and that is interconnected with older disciplines such as ski/snowboard freestyle," she says. "Many of my kids have started in their early teens and are now competing, which is not something as common in Women's Artistic Gymnastics."

She also takes great care to ensure her athletes are thriving, encouraging journaling once a week to reflect on goals and track accomplishments.

"At the beginning of every season I ask my athletes to write down their own goals for the upcoming season and we work together to achieve them," she explains. "Sometimes it may be a specific skill they want to compete and other times they choose a more general goal, such as sticking a full routine during a meet. We try to avoid focusing on placements ... I find this decreases a lot of the stress associated with competitions as they feel they are competing against themselves rather than against a dozens of other athletes."

The best part of the job, though, is seeing her athletes' improvement over time ("and working on new skills is always fun.")

Coach Andy is now finishing her Bachelor of Science degree at the University of Ottawa, studying biomedical sciences and psychology with a career goal of becoming a high-school teacher.

For her students of trampoline, she says she tries to teach life skills such as "self-confidence, perseverance and leadership," which help them be their best inside and outside the gym.

Even though she has trained in several different cities, she says she is very glad to call Rideau home.

"We are all a big family. I love the people that I get to work with and the parents of my athletes are absolutely fantastic," she says.

"We have so many coaches who go above and beyond to make sure that everyone feels welcomed and have the best time when they walk through our doors."

Coach Andy says she is also grateful for the support of Rideau parents. "We are very lucky to have this kind of support. The people are really what make the club feel like home for everyone!"





Bring on summer!

A SNEAK PREVIEW OF OUR CAMP LINEUP

It may be cold outside now, but we are already preparing for a summer of fun! Rideau's award-winning summer camps are back — but we've introduced lots of new themes and options while still providing the flexibility you need.

This summer we will offer 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!

But this is just a preview of what's to come — stay tuned for lots more details about all the fun and excitement we have planned for summer 2020!





Chalk Magic

A STUNNING RAINBOW IN OUR STUDIO

Our dance studio was once again transformed for a photo shoot last month — this time our pro photographer captured the strength and elegance of our gymnasts mid-flight. The results were stunning. All photos by Jana.



