

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



Stay positive!

A NOTE FROM YOUR RIDEAU TEAM

There is no question that the past month has been filled with challenges. Like other gymnastics clubs across Ontario, we have been working around the clock to adapt and meet changing requirements related to the return to a modified Stage 2 on Oct. 10. This has required changes to the way we have configured our gym, changes to schedules and changes to the way we coach our athletes. We would like to thank our entire #RideauFamily for being so understanding, as well as the volunteers who have helped us made adjustments to follow government and public-health requirements. Keeping athletes safe is always our first priority, but we are also determined to help our athletes stay healthy — mentally and physically — by allowing them to continue to train in-person and socialize. With hard work, almost no training time was lost by our competitive or recreational athletes. The large size of our facility and its unique layout have also played a role in helping us make these changes. Finally, we want to say a word of special thanks to our incredible athletes for rolling with all these changes. They continue to show that they are flexible and resilient, and we are so proud of their progress, despite the many challenges they have faced.

— The Rideau Team



COVID-19 reminders for health and safety

HELP US KEEP OUR GYM OPEN

If your child is feeling sick, please be sure to follow the guidance of Ottawa Public Health. Please do not bring your child to the club if they have a sore throat, runny nose, fever, shortness of breath or any other COVID-related symptoms. Please do not permit your child to return to the club until he/she has a negative test or symptoms have cleared. Please do not permit your athlete to enter the club if they have a household member who is awaiting a COVID-test. The club also asks that all athletes wash their hands/use hand sanitizer upon entering and that masks be worn at all times — including upon entry, exit and in common areas such as the lobby and washrooms. In short, unless it is dangerous for an athlete to be wearing a mask while performing a skill, masks should be worn. Thank you for helping us follow the guidelines required for us to stay open!

Pssst! Stay in touch!

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 Facebook with 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.



The Martin family has athletes in both disciplines: Emmee, right, in WAG, Abby, centre, in T&T, and Jacob in MAG and T&T. Photo by Jana.

The best of both worlds

WHETHER IT'S TUMBLING, TRAMPOLINE OR ARTISTIC GYMNASTICS, RIDEAU OFFERS SOMETHING FOR ALL

Canada's celebrated double-gold Olympian Rosie MacLennan once told Canadian Living magazine that her favourite quote is "Chase the dream. Love the journey."

For many gymnasts, chasing their dreams involves different journeys in different disciplines — all uniquely suited to different kinds of athletes. Many gymnasts, for example, have found their home in Trampoline and Tumbling (T&T).

At Rideau, home of the largest tumbling-focused program in the region and the only club in Ottawa with a full-sized rod floor, T&T gymnasts work with MacLennan's former Team Canada teammate at the 2018 World Championships, Michael Chaves. Some of these gymnasts got their start in Artistic Gymnastics.

"We welcome athletes from the artistic gymnastics stream — they bring a power and strength to T&T that makes them a great fit. They also have the discipline and work ethic to be successful," says Chaves, who made Canadian T&T history by landing the first triple pike in competition. "We have already seen several of these athletes make a seamless transition to tumbling, with many of them achieving national and provincial-level status

very quickly. It's hard work, but we have the equipment and support in place here at Rideau to make it happen."

One of the athletes who recently made the switch was Grace Kelly, who worked her way up to Level 10 in the WAG program, competing at both the Provincial and Eastern Canadian championships.

"I made the switch because I was excelling in the floor apparatus, and found the love and desire for WAG was fading," she says.

"Tumbling offered a new and exciting challenge I was seeking, along with a better balance of training hours and school work." Grace's mom, Julie Kelly, says her daughter was glad she made the switch.

"She was ready for a change and we were thrilled that Rideau had a T&T program with a talented and enthusiastic coach, Michael Chaves," says Kelly.

"She loves going to the gym and her teammates are a close family."

Kendra Lee Martin has three children training at Rideau: one in WAG, one who recently made the switch from WAG to T&T, and one who does both MAG and T&T, so she knows both disciplines and the advantages to each.

"The great thing about Rideau is that there are



Grace started in Artistic Gymnastics and moved to T&T. Photo by Jana.

so many options to suit the personality and skills of each athlete. Artistic Gymnastics is just one option. Some athletes are far more suited to the power and strength and speed components that come with T&T," says Martin. "And the best part is that they can still train at a very high level with a fantastic coach who has represented Canada internationally. For us, it has been the best of both worlds."



Smiles behind the masks

OUR GYM MAY LOOK DIFFERENT THESE DAYS BUT OUR ATHLETES KEEP OUR SPIRITS HIGH!

