

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



IMPORTANT DATES

Dec. 19: Tryouts for Developmental programs and T&T

Dec. 20: Tryouts for WAG & MAG Programs

Dec. 21, 22, 23, 24, 29, 30, & 31: Holiday camps

Dec. 25, 26, Jan. 1: Gym closed to all athletes for statutory holidays. Happy holidays to all!

Dec. 21-Jan. 3: No recreational classes

Let it snow!

A NOTE FROM YOUR RIDEAU TEAM

We haven't had a lot of snow just yet, but here at Rideau we are ready for the winter season. In fact, our winter recreational programs have already started and our competitive teams are training as hard as ever. And don't forget our annual holiday camps — our Winter Fun camp offers a great balance of gymnastics, arts, and crafts. Full-Day Camp is offered from 9 a.m. -4 p.m. with before- and after-care options. Sign up online for single or multiple days.

Once again, thank you to all our Rideau families for their ongoing support through the ups and downs of 2020. It has been a year like no other, but we have so many great things to look forward to in the new year. By staying positive and celebrating our many successes, we will be ready for whatever comes our way.

From the entire Rideau team, we wish our athletes and their families the very happiest of holidays. No matter what you celebrate, we wish you peace and joy — now and especially in the year to come.

— The Rideau Team



Competitive season will go ahead

GYMNASTICS ONTARIO PLANS VIRTUAL MEETS

The competitive season will go ahead this year despite the setbacks and delays caused by COVID-19 — providing Rideau athletes with as much chance to shine as any other year.

However, this season will look a little different from others since all in-person competitions originally scheduled from Jan. 2-March 14 2021 will now be done virtually with Gymnastics Ontario acting as host.

"We recognize there are many unknown factors involved regarding the viability of actually hosting in-person competitions in 2020-2021. We also know that many gyms in the province are simply trying very hard to rebuild and or maintain their competitive programs and recreational programs," said Gymnastics Ontario Chief Executive Officer Dave Sandford in a letter to Ontario clubs. "Our goal, regardless of the particular circumstances of any one club, is to do everything we can to provide qualifying competitions for all of our gymnasts, coaches and their clubs safely during the COVID-19 pandemic."

Many of the details of the virtual meets are still being organized, but a rough timeline of decisions was released to Ontario clubs in November.

Sandford explained that a decision will be made in mid-January, or approximately 60 days prior to a scheduled date of Ontario Championships in each discipline as to whether or not these events will be held in-person or virtually. By the end of January, or the first week in February, Gymnastics Ontario will make a decision on how to proceed with competitive opportunities.

Rideau co-founder Atanas Popov said that whether meets are virtual or in person, athletes will be prepared.

"We have said throughout the summer and fall that we would remain optimistic and continue training as usual — the best thing for young people right now is consistency and security, and sticking to our regular training schedules has provided that," he said. "Despite the challenges, we have lost almost no training time and our coaches and athletes have been working as hard as ever, so we will be ready no matter what."

Gymnastics Ontario will be communicating virtual competition protocols with all clubs, which coaches will share with athletes in the new year.

"This is a new system and we are going to do our very best to adapt and help our athletes thrive," said Popov. "It might require learning some new ways of doing things, but I know our coaches and gymnasts are up to the challenge!"

Popov says that competitive athletes will be updated as new information becomes available.





World medalist Michael Chaves heads up Rideau's T&T team, which continues to grow under his leadership. FILE PHOTO

T&T team gets set to take flight

TUMBLING AND TRAMPOLINE ATHLETES PREPARE TO SOAR IN COMPETITION

Rideau's T&T team is continuing to aim for national-level competitions this year, even though the coaches expect to find themselves behind the camera.

"There will be competitions that will be happening at the beginning of February all the way until April," says Coach Michael Chaves, who heads up Rideau's T&T program. "It will all be done on video stream, which means judges will be watching through a computer and the coaches will be videoing the routines, so it will all be done virtually... that's how we're doing our first three competitions." Chaves says that Nationals and Elite Canada are still up in the air right now, but athletes are preparing all their routines and determining the best levels for each gymnast. Despite the challenges, Chaves says his athletes are staying positive, and being at the gym has played a large role in helping maintain normalcy for many.

"They love it and they're motivated still even though coronavirus is happening,"

Chaves adds. "I feel like the gym is such a great outlet for them because of all the craziness and negativity and all the scariness that they're dealing with every day ... they get to come to the gym and just have a great time and forget about everything that is happening around them."

Chaves credits his colleague, Coach Pam Budge-Carvish, with helping him build up a strong trampoline team this year, too. Athletes in this group will also be aiming to participate in three qualifiers this year at Levels 1 and 2.

"Her athletes are more competing in trampoline and doing double mini on the side," Chaves explains. "They're super great, awesome, kind, athletes and they love Pam and Pam's a great coach and she's very patient with them but also pushes them."



Join the Rideau Rec Stars and you could win!

WILL YOU WIN A SPECIAL SURPRISE?

Every month, our coaches will submit names of athletes that meet the following criteria: arrives ready and excited for gymnastics, a good listener who follows instructions, asks questions, is kind to others, and puts in all the effort they can with each skill. We will post the list of names to our website to inspire other athletes to show up ready to listen, work hard, and have fun through gymnastics! Every Star athlete will win a reward and one name will be drawn to win a special Rideau surprise!

Watch for e-certificates

GET ALL THE INFO ABOUT YOUR REC LEVEL

Our athletes have adapted to our new layout and rules with ease while continuing to learn and have fun through gymnastics. We love seeing the smiling faces and new skills being achieved every week. E-Certificates will be presented to athletes during the last week of classes. This will provide information on the badge / level they achieved and are currently working on.

Ho, ho, ho! Shop Rideau

SUPPORT OUR CLUB WITH PURCHASES

A few small sized leotards are available if you need a new practice leo. They are in the window by the check-in kiosk. Come have a look to see if there is anything you might want. This year we will have a limited supply of Rideau Gymnastics merchandise that would be perfect for your family and Rideau fans. Items include t-shirts, sweaters, and possibly other items. Keep an eye out on our social media sites for more info.



Join our Rideau team!

TRYOUTS FOR OUR MAG, WAG AND T&T TEAMS TO TAKE PLACE DECEMBER 19 AND 20

Would your child enjoy a chance to be part of a competitive team? We are looking for candidates to join our Women's Artistic Gymnastics, Men's Artistic Gymnastics and Trampoline and Tumbling teams, with tryouts to take place this month.

Dec. 19: Women's Artistic Gymnastics, Developmental, ages 4-8. Reserve a spot by emailing admin@rideaugymnastics.org.

Dec. 19: Trampoline and Tumbling, male and female athletes of all ages who can do cartwheels, handstands and bridges and any kind of flips. Book an appointment by emailing Coach Michael Chaves at michael.chaves@rideaugymnastics.org.

Dec. 20: Women's and Men's Artistic Gymnastics, ages 4-17. Reserve a spot by emailing admin@rideaugymnastics.org





Rideau Elf returns!

FOR THE 4TH YEAR IN A ROW, OUR ELF FRIEND PAID US A VISIT

