

# RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



## Rideau on top of the world

### PHILO AND COACH MICHAEL CHAVES REPRESENT AT WORLD CHAMPIONSHIPS

Rideau Gymnastics is very proud to be represented by athlete Philo Malek and Coach Michael Chaves on the world stage this month.

Philo recently qualified for the 2021 Trampoline Gymnastics World Championships in Baku, Azerbaijan, where he will compete in tumbling.

Thirty-one nations are set to contend for medals, with Philo competing in the junior level. Last month he claimed the junior national title in Canada, qualifying for Worlds with an impressive score of 64.2. (he needed only 61.2 to qualify).

"Amazing, 100 per cent surreal because we've been aiming for this for about a year now, since before lockdowns started," Philo told CBC Radio. "After months and months and months of trial and error, routine changes, all the nitty-gritty corrections, injuries and stuff like that that we finally caught a break."

Philo's coach, Michael Chaves — himself a world medalist in tumbling — told CBC that although he misses the sport

himself, he's happy to help up-and-coming athletes like Philo find their own path to the top.

"I enjoy just watching and being able to correct and help the next generation of power tumblers in Canada," Coach Michael told journalist Hallie Cotnam.

The pair have become media celebrities of late, also drawing a camera crew to the gym for a segment on CTV Ottawa. And everyone at Rideau has been cheering them on — a recent fundraiser at the club saw lineups out the door as supportive Rideau families queued up for a fun night of tumbling and dance demonstrations followed by an open house of activities for kids of all ages. (See pictures inside this edition of the Rideau Report).

Rideau's T&T teams have been on fire this season. In addition to Philo's success, Tasia placed third and Courtney placed 7th at the National Championships. Philo competes on Nov. 26 — be sure to watch Rideau's social media for all the updates and breaking news! Follow us on Facebook and Instagram.



### IMPORTANT DATES

**Dec. 25-26, Jan. 1:** Gym closed

**Jan. 28-30:** WAG Qualifier (optionals), Les Sittelles

**Feb. 4-6:** MAG First Ontario Cup

**Feb. 21:** Family Day, gym closed

**Feb. 25-27:** WAG Qualifiers, Plckering (all levels) and Milton (Aspire 2)

**March 14-18:** March Break

# Best is yet to come

## A NOTE FROM YOUR RIDEAU TEAM

It's hard to believe how much we've all been through in the past two years. After months of lockdowns, there is no question that we are open, we are ready, and there is not enough room in one newsletter to celebrate all our good news.

Our recreational programs have seen massive growth, with more registrations than ever before. Our after-school program has been a great success and our enrichment programs are beginning to take off. New athletes have joined our competitive ranks and our WAG and MAG teams are looking forward to their first competitions since 2020. And, of course, our T&T teams, as our cover story mentions, have been on fire, with athletes at all levels shining and Philo Malek qualifying for the World Championships — a Rideau first.

Thank you to all our Rideau families who have continued to support us through thick and thin. Volunteers continue to contribute to improvements throughout the gym, host consignment sales, and support our recent fundraiser, when we were thrilled to see so many families come out to support one of our own.

There are still challenges ahead and much work to be done, but we move forward with the knowledge that the best is yet to come.

— The Rideau Team

# Bravo, Rideau athletes!

## HARD WORK LEADS TO SUCCESS FOR T&T AND WAG ATHLETES

Rideau is celebrating so much success this month. Not only did Philo qualify for the World Championships, but our T&T team had a fabulous showing at Nationals with Tasia placing third and Courtney placing seventh. We are so proud of these athletes and their hard work and dedication, not to mention the excellent coaching they received from Coach Michael Chaves — congratulations to all! And Philo, Courtney, and Tasia now have company at the national level with both Grace and Nur moving up to National Level 5 at their recent mobility meet. This brings our total number of National T&T athletes to five, an incredible number considering that Rideau's T&T program was started by Coach Michael Chaves only four years ago. Congratulations to Nur and Grace as they join this elite group! Finally, we also want to give a shout out to Emmee and Jordana in our WAG program. They were invited to take part in one of Gymnastics Canada's special Aspire Camps, which are for the long-term elite development of upcoming athletes and coaches. Emmee and Jordana travelled to Mississauga with Coach Michael Figotin in order to receive specialized coaching. The camps "target young female gymnasts who are identified as talented athletes who could enter into the pool for 2024 and beyond." A well-deserved honour for these hard-working gymnasts who train 23 hours a week with Coach Michael and Coach Ruoping — congratulations!



Emmee, Coach Michael Figotin, and Jordana recently attended Aspire Camp in Mississauga.



Nur and Grace are Rideau's newest National athletes.



Tasia came third at Nationals, Courtney came seventh and Philo qualified for the World Championships in T&T.



# Welcome, Coach Yevgeny

**FIVE-TIME JUNIOR NATIONAL ALL-AROUND CHAMPION OF UKRAINE JOINS RIDEAU**

Last spring, Rideau was pleased to welcome Yevgeny Molyev to our coaching ranks. Coach Yevgeny is no stranger to the sport, having started gymnastics at age five in his home country of Ukraine. By 16, he had joined the Junior National Team of Ukraine and was a five-time Junior National All Around Champion. As well, he won apparatus titles in various championships around the world and in 2002 he represented his country at the Junior European Championships in Greece. He has worked as a coach for 17 years and worked with athletes in Ukraine who were on both the junior and senior national teams.

"In coaching, I like the progress," he says. "I like the happiness of the athletes finally learning new skills and, of course, successfully performing at the competitions."

Now at Rideau, Coach Yevgeny works with both WAG and MAG groups and says what he likes most about the club is its "friendly environment" and well-equipped facility.

Our entire club is thrilled to welcome this exceptional coach: Ласкаво просимо до Rideau Gymnastics! (Welcome to Rideau!)





# New at Rideau: Enrichment

**NEW PROGRAMS FOCUS ON ART, MATH, DANCE AND MORE — FOR KIDS OF ALL AGES!**

Due to increased demand, Rideau is proud to offer lots of new programming this fall and winter — including several enrichment classes in a variety of subjects. Our twice-weekly math enrichment program can help students build confidence, accelerate beyond their current grade level and prepare for curriculum at school. With math puzzles and contests, our enrichment program makes math fun. Budding artists will enjoy our art enrichment classes in Mixed Media (acrylic, charcoal, pencil, watercolour and more), Digital Arts (photography, digital art, social media), and Drawing and Painting. And if you want to stay active over the winter, we're also offering a Dance enrichment program, too. Programs are available for all ages — with adult classes available for seniors interested in watercolours and drawing and paint nights for get-togethers with friends. Not sure which program is right for you? Head on over to the Resolute Center's website and check out all the options! ([resolutecenter.ca](http://resolutecenter.ca))



# Trunk or treat

**OUR INAUGURAL HALLOWEEN EVENT WAS A SPOOKY HIT!**

We had an amazing Halloween weekend with our first-ever trunk or treat event. Competitive families created magic in their trunks with a friendly competition — there was music, candy, and a downpour made the evening complete! Even though some of our trunks got a little waterlogged, everyone had great time. Many thanks to the organizers of this spooktacular event — and congratulations to the winners of our trunk or treat prizes!





## Welcome back to our amazing drop-ins!

### SO MUCH FUN, SO MUCH SPACE TO PLAY

Join us Monday to Friday, 10 a.m.–12 p.m. with kids up to age 10 (accompanied by one caregiver to help us with capacity limits). Only \$5 per child (per visit) or \$45 for a 10-visit pass (please email [admin@rideaugymnastics.org](mailto:admin@rideaugymnastics.org) or purchase at front desk when you come). Caregivers and infants 0-12 months are FREE!

## Birthday parties are back

### CELEBRATE WITH A PARTY AT RIDEAU

Help us spread the word — Rideau offers unique birthday options for ages five and up. Try fashion designer, parkour, Ninja, and even MineCraft parties. With a giant facility full of equipment to dance and climb, we are the perfect place for your child and their friends. Mention you heard about our parties in the Rideau Report and you'll get \$10 off your next party!

## 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!





## Register now for our winter session

**CLASSES ARE PRORATED: SIGN UP TODAY!**

We've got fun classes for ages 0-9g! Our winter session just started and runs until Feb. 6, so it's the perfect time to sign up. Plus, you can receive a 10-per-cent discount on the second class when registering for two or more classes at the same time. The best part is that you can register at any time — we prorate all our sessions, so you can choose the start time that's convenient for you!

## Join our after-school fun

**SO MUCH MORE THAN HOMEWORK!**

Our unique program is designed to provide a positive learning environment and help children develop to their full potential. We offer a balance between a variety of physical and learning activities for children from kindergarten to Grade 8. Your child will have access to the gymnastics facility, a dance studio, playroom and Lego, a fine arts and pottery studio, an online homework computer lab, and much more! Our licensed instructors guide and empower your child to achieve academic, athletic, and visual-arts success. We offer the perfect solution for parents who are trying to balance their career and the activities of their children. Give us a call to find out more!





# Family fun night

## A SPECIAL FUNDRAISER FOR RIDEAU

On Nov. 13, Rideau families had their first get-together in what felt like, well, forever. It was so great to see parents and athletes together again under one roof. And it was all for a great cause — to raise funds to support T&T coaches attending national and international competitions. Families were treated to an amazing display of tumbling and trampoline and our WAG teams showed off their dance skills with choreography by Coach Irina. It was a fantastic night and we thank everyone for this incredible support of all our athletes.





# Not just for kids!

## NEW CLASS FOCUSES ON 50+

It's never too late to try gymnastics! Rideau Gymnastics is excited to offer a new gymnastics class for athletes — and aspiring athletes — aged 50+. This class is intended for anyone at any level looking to improve strength, flexibility, balance, and coordination in a fun and unique way. With a certified coach you can learn new skills in a safe environment — and it's a great opportunity for active seniors in the community to come out and socialize and connect with others, especially in the long winter months. Coach Robyn has a curriculum tailored to a range of abilities, from fit and strong to those just needing to stretch their muscles and stay active. "We are so excited to offer this option for seniors in our community," says Rideau manager Jocelyne Chan. "Everyone thinks that gymnastics is only for young people, but Coach Robyn makes the course accessible and inclusive. It's about having fun, staying active, and trying new things." For more information and to register for upcoming classes, check out [rideaugymnastics.org](http://rideaugymnastics.org)!

