

RIDEAU REPORT

The Newsletter of Rideau Gymnastics at the Resolute Centre



IMPORTANT DATES

NOW! Registration open for Winter Session 2

Jan. 27-29: WAG qualifier at Les Sittelles

Jan. 28-29: T&T 1st Ontario Cup at Quinte Bay

Feb. 3-5: MAG 2nd Ontario Cup in Kitchener-Waterloo

Feb. 20: Family Day! Drop-in fun day with games, races, art, dance and more. See our social media for details soon!

Stronger than ever

A NOTE FROM YOUR RIDEAU TEAM

The Rideau Report is back! After a hiatus, we're happy to share the 30th edition of our club newsletter, and we want to start by wishing everyone a happy new year.

And what a year it has been. Last spring we ended our most successful competitive season yet. And we've had even more good news since then – we expanded our recreational programs and summer camps to include more activities and fun, we opened the Rideau Dance Studio, our after-school program continues to flourish, we have welcomed several new coaches, and we have been nominated in multiple categories in the annual Ottawa Awards.

As we ring in the new year, we're looking forward to another season of accomplishments, new friends, and a lot of fun. Despite the challenges of the past few years, our club is emerging stronger than ever, thanks to the support of our Rideau family. We wish all our athletes and coaches a safe and successful season, and we look forward to the promise of 2023.

— The Rideau Team



Coach Michael C.



Coach Isabella



Coach Nicolas



Coach Michael F.



Coach Yevgeny



Coach Kat



Coach Sarah



Record nominations for Rideau!

OTTAWA AWARDS GIVE CLUB NODS IN MULTIPLE CATEGORIES

Thank you, Ottawa! Thanks to votes from our fans across the city, we are happy to announce that our club received a record number of nominations in the annual Ottawa Awards.

This year we are especially proud that seven of our coaches are nominees for Best Gymnastics Coach – a number unmatched by any other club in Ottawa.

"This is a testament to the hard work of these dedicated professionals," says club co-founder Atanas Popov. "Each coach is passionate about sharing their love of gymnastics, and these nominations show that this is noticed by our athletes and their families. We are very proud of all of our coaches."

But the good news doesn't stop there. This year our club has been nominated in the following categories:

- **Best coach:** Ekaterina Baranova
- **Best Coach:** Sarah Case
- **Best Coach:** Michael Chaves
- **Best Coach:** Isabella De Sordi
- **Best Coach:** Michael Figotin
- **Best Coach:** Yevgeny Molyev
- **Best Coach:** Nicolas Wieczorek
- **Best Gymnastics Facility**
- **Best Summer Camp**
- **Best Youth Sports Program**
- **Best Recreation Centre (Resolute Center)**
- **Best Dance Studio (Resolute Dance Studio)**

Voting in the annual competition, which is hosted by FACES Magazine, began on Jan. 15 and winners will be announced at a special gala at the Shaw Centre on Feb. 18. You can show your support for our club by voting for your favourites each day – and we encourage you to support local by also voting for your favourites in numerous other categories. Thank you to everyone who nominated our coaches and club – and keep those votes coming! You can vote for Rideau daily at facesmag.ca/awards/



Register now for winter Rec classes

RIDEAU OFFERS ACTIVITIES FOR ALL AGES AND LEVELS

It's not too late to sign up for our Winter I session, which goes until Feb. 5. We've got fun classes for all ages and you are eligible to receive a 10-per-cent discount on the second class when registering for two or more classes at the same time. And you can register at any time, since we always prorate our sessions.

If you'd prefer to start next month, our popular Winter II session gets rolling on Feb. 6.

Gymnastics is the ultimate foundation sport, helping children with balance, strength, coordination, and endurance while also promoting healthy lifestyle choices, focus and concentration, and opportunities to make new friends and learn about sportsmanship.

But if you're still not sure if gymnastics is right for your child, we offer free trial classes so you can see our facility, meet our coaches, and watch the action from our parent-viewing areas (we've got lots of room for you to relax, do some work on your laptop, or watch our big-screen TV!).

Looking for more activities for siblings? Check out the Resolute Center's fantastic winter and spring lineup – with dance, art, math, and lots more, there is truly something for everyone! Register online at rideaugymnastics.org or resolutecenter.ca!





Oliver Fong has been at Rideau since he was seven years old. Now 10, Oliver, trains under the direction of MAG coach Yevgeny Molyev.

A new provincial champion

OLIVER FONG TAKES GOLD ON FLOOR, VAULT, RINGS, P-BARS AND AA

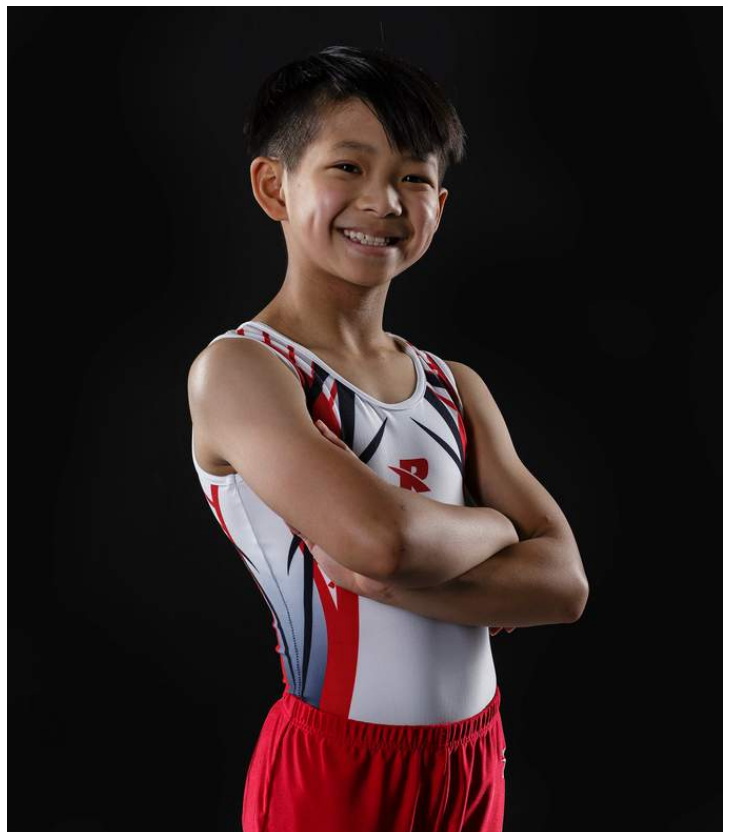
Oliver Fong started gymnastics because his parents worried that he was a late walker. This year, at age 10, he walked away with a provincial championship title.

Oliver started gymnastics when he was only 18 months old as his parents sought ways for him to work on his gross motor skills. It was clear from this age that he loved to hang upside-down, run, and climb, and his parents continued to register him in recreational classes until he was seven, when a friend recommended that he try out for Rideau Gymnastics' men's competitive program.

Motivated by learning and perfecting new skills, and developing peer friendships at the club, Oliver has excelled under the direction of Coach Yevgeny Molyev.

At the 1st Ontario Cup in early April 2022, Oliver placed an impressive first on parallel bars, second on floor, second on high bar and second All Around in a strong field of 23 athletes from across the province. But it was at the Ontario Championships, here in Ottawa in May and June 2022, that Oliver really turned heads, claiming first place on floor, rings, vault, and parallel bars – achieving the highest All Around score and the championship title. Even more impressive was that Oliver finished more than a full point ahead of the nearest competitor in a field of the best 18 gymnasts from across the province. In a sport that often measures victory in hundredths of a point, Oliver had scored a decisive win with gold medals in four of the six apparatus finals.

"Oliver's win at the Provincial Championships was just the beginning," says Coach Yevgeny, himself a national champion and national junior champion in Ukraine. "His hard work, dedication, and love of the sport are positioning him for even greater success in the future." Congratulations, Oliver, and good luck to you and our entire MAG team in the season ahead!



How to fuel your gymnast with food

AN EXCLUSIVE SEMINAR WITH SPORTS DIETITIAN FOR RIDEAU COMP FAMILIES



Ashley Armstrong has a Bachelor of Science in Nutrition and Dietetics and a Masters in Sport and Exercise Science.

Gymnastics is a sport like no other – and gymnasts have unique nutritional needs to help them achieve peak performance. With hectic schedules, early-morning and late-evening training, and the demands of school, some of our athletes are away from home more than 12 hours at a time, making it difficult to know how to assemble a portable meal plan that not only provides maximum nutritional value, but that also tastes great.

Sports nutrition expert **Ashley Armstrong** is here to guide us, with a goal of helping our athletes nourish their bodies to enhance health and well-being, build confidence in food choices, and ultimately reach their athletic potential.

A registered dietitian and sports nutritionist, Ashley has more than a decade of experience working with development and elite athletes, including Provincial, National, Olympic and Paralympic athletes both in British Columbia and Ontario. She holds a Bachelor of Science in Nutrition and Dietetics, a Masters in Sport and Exercise Science, and a diploma in Sports Nutrition from the International Olympic Committee (IOC). She is a Certified Specialist in Sport Dietetics and has advised athletes from numerous sports, including rugby, triathlon, cycling, rowing, diving, figure skating as well as athletes of the Canadian National Rhythmic Gymnastics team.

We are very pleased to welcome Ashley to Rideau Gymnastics to provide a 90-minute workshop and Q&A that will cover the following topics:

- Nutrition timing around training
- Building optimal snacks to help fuel a growing athlete
- How to fuel and help hydrate your athlete during competition

You'll have a chance to ask questions in a Q&A session and Ashley will also provide some helpful handouts and recipes for you to take home. We encourage all our competitive families to attend this session – the competitive season is upon us and this is a great opportunity for all of us to learn together.

To register to attend, please see your email invitation. Note that this session is for the parents and guardians of competitive athletes and our coaches only at this time. If there is demand, we hope to offer a follow-up session that will be tailored to our athletes.

What: A chance to learn about healthy eating for gymnasts

Where: Rideau Gymnastics

Who: All competitive families in MAG, WAG and T&T. This session will focus on parents/guardians and coaches – we hope to hold a future session for athletes.

When: Monday, Jan. 23, 2023

Cost per family: \$10 (at the door)





Inaugural craft and bake sale a great success

FUNDRAISER ORGANIZED IN DECEMBER

Congratulations to everyone who took part in our inaugural bake sale and craft fair in December. Organized by Coach Wendy – who was assisted by a small army of gym moms who baked and crafted up a storm to help out – it was a great way to get the festive season started and raise funds for our competitive teams. Proceeds from the sale were used to purchase a T-trainer, which can be used for training skills for vault, bars, balance beam mounts, tumbling and more. Thank you to all who helped (especially Ginger for coordinating the bake sale and Connor and Jocelyne for all their organizing) and all who shopped! Let's do it again!





MAG teams hold first mock meet of the season

ATHLETES WORK WITH COACHES TO PERFECT ROUTINES FOR UPCOMING COMPETITIONS

Our Men's Artistic Gymnastics teams held their first mock meet of the season on Dec. 3 – it was a great way to start the season as the athletes had a chance to show off their skills for family and friends and get important feedback about their routines. Under the direction of Coach Yevgeny, supported by Coach Michael F., Coach Saif, and Coach Noel, the boys did a great job and kept our audience on the edge of their seats. There were lots of fantastic routines, many personal bests, and lots of fine-tuning and polishing to get everything just right. Congrats to all the athletes (who received medals and some very nifty Rideau toques) and a big thank you to all the coaches (and Coach Hayley!) for organizing this excellent day.





Striking gold at 1st Ont. Cup

MAG TEAMS SHOW GREAT CONFIDENCE AND SKILL AT FIRST MEET OF THE 2023 SEASON

What a weekend! On Dec. 10 and 11, our MAG team soared to new heights at the 1st Ontario Cup in St. Catharines.

With the encouragement of Coaches Yevgeny, Michael, Saif, Noel, and Alex, our athletes had one of our best MAG performances ever. Not only is our team growing, but these results show that under the direction of Coach Yevgeny, our athletes are getting stronger, more confident, and more skilled.

Thank you to all the parents who came out to cheer on our team, to the coaches for their dedication, and especially to our athletes for a job well done!

Special congratulations to our All Around medalists, Oliver (gold), Ivan (gold), Axiom (silver), Edrick (silver), Antony (bronze), and Ilya (bronze) in a very competitive field.



MEDALS AND HIGHLIGHTS

P1/8-9

Alexander: silver on Floor, bronze on Pommel, bronze on High Bar
 Antony: bronze on Floor, gold on Pommel, bronze All Around
 Axiom: bronze on Pommel, silver on Rings, silver on Pommel, silver on High Bar, silver All Around
 Praxis: 4th on High Bar, fifth on Pommel

P1/10

Ivan: gold on Floor, gold on Pommel, gold on P-Bars, gold on High Bar, gold All Around

P1/11

Ryan: 8th on Floor, 8th on High Bar

P2/U13

Oliver: gold on Pommel, gold on Rings, gold on P-Bars, gold All Around
 Triton: bronze on Floor, silver on Vault
 Lucas: silver on Pommel, bronze on Rings
 Edrick: silver All Around
 Kazuya: gold on Floor
 Gavin: silver on Pommel

P2/13+

Ilya: silver on Pommel, gold on Rings, silver on P-Bars, bronze All Around
 Owen: bronze on Pommel, bronze on P-bars
 Luke: bronze on Pommel

P3/13+

Kyle: silver on Vault

P4/13+

Finn: gold on Rings
 Eduard: silver on Vault

JR/16-18

Pavel: 8th on Floor, 8th on Vault



Celebrate your big day at Rideau Gymnastics

BOOK YOUR BIRTHDAY PARTY

Looking for a great way to celebrate your child's birthday without the stress – and mess? We've got you covered. Parties can be booked on Saturdays or Sundays – we'll keep the party going with games and activities, plus your own party room to enjoy snacks and cake. Gymnastics, parkour, ninja, and more. Check out all the options under our special programs tab at rideaugymnastics.org.

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. You'll also find some of our favourite athlete photos and videos on Instagram, [@Rideau_Gymnastics](https://www.instagram.com/Rideau_Gymnastics).

Under the weather?

STAY HOME AND REST UP!

As we enter the competitive season, we ask that everyone help us keep our athletes healthy – many of our gymnasts are headed into qualifiers. If you're feeling sick, please take the time to recover before entering the gym. We wish everyone a healthy new year!



Join our after-school program

ACADEMICS AND PHYSICAL ACTIVITY IN A WELCOMING ENVIRONMENT

Have you heard about our amazing after-school program? It's a place where kids can burn off steam, tackle their homework, and learn new skills – all in the same convenient location.

Our primary goal is to emphasize our students' athletic growth while fostering creative play and building new friendships. Offering a learning environment for all levels and ages, our well-trained staff provide hands-on lessons for all our gym-based programs. Children are challenged to the best of their abilities to gain the experience necessary to master a variety of new skills, from gymnastics and parkour to ninja and dance. And while our coaches encourage children to reach their athletic goals, they also make sure that everyone is having lots of fun.

Sometimes that means curling up with a book in our library area, taking part in STEAM projects, learning a basic coding language, playing a board game, or doing arts and crafts with friends.

The program also provides an excellent environment to work on school tasks with opportunities to collaborate with peers or get a helping hand from one of our program co-ordinators.

The after-school program emphasizes the development of new friendships, talents, and hobbies, too. We provide lots of special activities each month, from unique crafts, to fun games, to special events.

Find out more about our after-school options and meet our team at resolutecenter.ca/after-school/





T&T teams at invitationals

TRAMPOLINE AND TUMBLING ATHLETES BUILDING MOMENTUM

Congratulations to T&T athletes Caleb, Maxwell, Jordan, Gibson, Milo, Abigail, Reagan, Courtney E, Victoria, and Kayla who competed in the Oakville Gymnastics Club invitational in October. Everyone had a great time – building skills, gaining experience and, with Coach Michael Chaves leading the way, lots of success, too!

This was followed by more success in December with another excellent meet at the Tumblers Invitational in Ottawa. A big shout out to Coach Pam and Coach Michael for all their support.

Our T&T teams are looking very strong and we can't wait to see what the season has in store for these promising athletes.



COACH PROFILE



Introducing ... Coach Cassidy

A PROVEN ATHLETE AND A BELOVED COACH TO OUR DEVELOPMENTAL TEAMS

After a successful career as a competitive gymnast, Coach Cassidy is ready to pass on what she learned to a new generation of athletes. New to Rideau in 2021, Coach Cassidy has quickly become a favourite among our developmental WAG groups.

"I love coaching because it is so fulfilling teaching and seeing kids learn and have fun in a safe and positive environment," she says. "What I love about Rideau is the positive community and supportive environment." Coach Cassidy started competing in artistic gymnastics when she was 10, winning lots of medals and soaring to fifth place on floor and eighth place all around at the provincial championships.

With such a great finish on floor, is that her favourite event?

"My favourite apparatus is balance beam!" she says. "I think it showcases grace and elegance while also displaying the power and difficulty of skills that can be performed."

Coach Cassidy loves working with our young gymnasts who are preparing to enter competitions in the future.

"My advice for young gymnasts is to remember why you started the sport in the first place and to always do your best!"

Thanks for this great advice, Coach Cassidy, and for your dedication to your athletes!



Chalk it up!

INCREDIBLE IMAGES CAPTURED AT OUR IN-HOUSE POWDER SHOOT

It was very messy – but very fun. We gave our competitive athletes an opportunity to feel like super models as we converted one of our dance studios into a photo studio. Our secret ingredient was a little "chalk" (also known as flour) combined with a lot of patience as our pro photographer (who is also an official photographer of the Ottawa Senators and specializes in sports photography) had to fire her camera at the exact moment the chalk was released. Let's just say that when the session was over, we had some serious cleanup to do! Thanks to all our parent volunteers and to our amazing photographer, Jana, who created memories to treasure – despite the mess.







