



## RECREATIONAL NEWSLETTER

### Welcome back to a new season!

I am very excited to begin my very first season as Recreational Program Coordinator with the Sapphires Rhythmic Gymnastics Club. It is my pleasure to welcome all new gymnasts and parents, as well as all returning from last season. I look forward to getting to know you and your daughters this year, and hope that they have as much fun being a part of this club as I have. I am thrilled to have the opportunity to watch our young gymnasts learn new skills and routines, and look forward to seeing everyone perform at our Winter Display! If you ever have any questions, comments, or concerns, please don't hesitate to contact me directly at **(204)-229-9079** or email us at: [SapphiresRGC@gmail.com](mailto:SapphiresRGC@gmail.com)

Mikayla Trojan

### Sapphires Winter Display

This event has been tentatively scheduled for  
**Saturday, December 5<sup>th</sup>, 2015**  
**Tec Voc High School**  
**Show starts at 2:00pm**

#### What is the Winter Display?

At this event, all of the recreational gymnasts will be showcasing what they have learned over the last 10 weeks. Every IRG class will perform two routines, and will have the opportunity to watch the competitive gymnasts perform as well. All parents, family, and friends are invited to come and watch, and to share in the gymnasts' accomplishments. More information coming soon.

#### Will my daughter have to attend?

Attendance at the Winter Display is very important, as choreography is inclusive of the whole class.

**Please advise your daughters coach ASAP if your daughter will be unable to attend.**

## **DATES TO REMEMBER:**

**Monday October 12<sup>th</sup> and Monday October 19<sup>th</sup>:** No classes at Montrose School. Make up classes will take place following the display on **Monday December 7<sup>th</sup> and 14<sup>th</sup>.**

**Wednesday October 14<sup>th</sup>:** No classes at Assiniboine School. A make up class will take place on **Thursday December 10<sup>th</sup> at Isaac Brock School** due to facility cancellations.

**Wednesday November 11<sup>th</sup>:** No classes at Assiniboine School. A make up class will take place following the display on **Wednesday December 9<sup>th</sup>.**

**Thursday November 19<sup>th</sup>:** No classes at Lansdowne School. A make up class will take place following the display on **Thursday December 17<sup>th</sup>.**

**Thursday November 19<sup>th</sup>:** No classes at Isaac Brock School. A make up class will take place following the display on **Thursday December 10<sup>th</sup>.**

**Saturday December 5<sup>th</sup>: Winter Display at Tec Voc High School. More information to follow.**

## **Closed Gym Policy:**

Just a reminder to all parents that the Sapphires Rhythmic Gymnastics Club has a "Closed Gym" policy for all B and Advanced classes. Parents are more than welcome to bring a book and wait outside the gym during their child's class. Please respect the coaches, and abide by this rule.

## **What is the Prism Program?**

The Prism Program is a levelized program that is used for evaluating our recreational (IRG) gymnasts. The program is divided into 7 different levels from beginner to advanced: Rainbow, Red, Orange, Yellow, Green, Blue and Violet. Each color level has 23 - 44 skills.

Gymnasts progress through the levels and earn a colored sticker when they can successfully perform at least 90% of the skills in that level. As the levels are earned, gymnasts can place the sticker on their Prism Certificate.

Prism Certificates are given to athletes at the end of their first session with the Sapphires. Returning gymnasts will not receive a new Prism Certificate after each session.

Gymnasts work at their own pace towards achieving the next level and they will not necessarily complete one level each session.

The levels become increasingly difficult therefore it may take two or three sessions before an athlete completes some of the higher levels.

Prism Certificates and stickers (for those who achieve a level) are handed out to the gymnasts at the Sapphires Winter Display and at our Year End Show. Those who do not achieve a level will receive a participation certificate.

If you have any questions about the Prism Program please speak with your daughter's coach.

## **If you have to miss a class...**

If your daughter is going to be absent from a class, please call ahead and let her coach know.

### **Mondays at Montrose School**

Coach: Erin (204)-899-9485

### **Tuesdays at Inkster School**

Coach: Mikayla (204)-229-9079 &  
Mamie (204)-806-7637

### **Wednesdays at Assiniboine School**

Coach: Erin (204)-899-9485

### **Thursdays at Lansdowne School**

Coach: Samantha (204)-804-2995

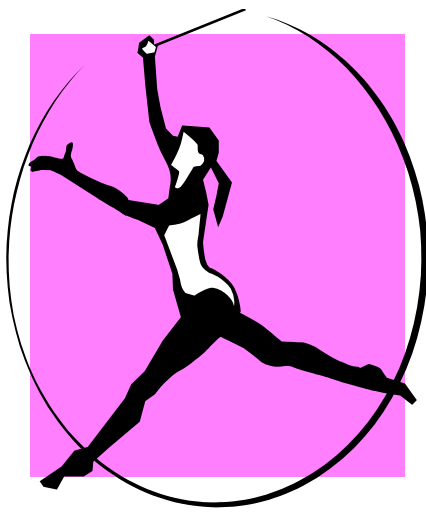
### **Thursdays at Isaac Brock School**

Coach: Emma (204)-797-4649 &  
Mamie (204)-806-7637

HAVE YOU EVER MISPLACED A NEWSLETTER AND COULDN'T REMEMBER THE DATE OF THE WINTER DISPLAY? WE HAVE THE SOLUTION! **THIS NEWSLETTER** AS WELL AS LOTS OF OTHER INFORMATION IS AVAILABLE ON THE SAPPHIRES WEBSITE!!

CHECK US OUT AT  
[WWW.SAPPHIRESGYMCLUB.CA](http://WWW.SAPPHIRESGYMCLUB.CA)

CHECK OFTEN FOR NEW INFORMATION!



## **Ponytails Please!**

Just a reminder to parents to please put your daughters hair up before practice! Also, gymnasts should not be wearing socks to gymnastics. Bare feet are ideal, as we do not want the gymnasts slipping.



## **SAPPHIRES COLORING CONTEST!!**

Calling all artists! The Sapphires will be having a coloring contest for all of the gymnasts in our IRG (10 week) programs. Coloring sheets will be distributed from Monday November 2<sup>nd</sup> – Thursday November 5<sup>th</sup> and will be available from all coaches. All gymnasts wishing to enter the coloring contest should return their completed coloring sheets to their coach during the week of November 23<sup>rd</sup>. Please remember to write your daughter's name and age on the back of your coloring sheet. We will be awarding prizes at the Winter Display in each of the following age categories:

**Ages 4, 5 & 6**

**Ages 7 & 8**

**Ages 9 & up**

All entries will be on display at the Winter Display (December 5<sup>th</sup>). Gymnasts wishing to keep their entry can pick them up following the show.

## **CHILDREN'S FITNESS TAX CREDIT:**

All parents will be receiving receipts from the Sapphires Rhythmic Gymnastics Club eligible for the new Children's Fitness Tax Credit. Receipts will be issued by February 2016. Information regarding this new tax credit can be found online through Sport Manitoba's website under the Resources section.

## **Bodysuits**

We are strongly recommending that all gymnasts purchase a bodysuit, however this is not mandatory. Keep in mind that all gymnasts will be performing at our Winter Display. We suggest a tank bodysuit (any color is fine) that fits snugly to the gymnast's body. If you are purchasing a bodysuit, please ensure the gymnast tries the suit on before buying it. If you are choosing not to purchase a bodysuit, tight shorts and a t-shirt are required. If you have any further questions about bodysuits, please direct them to your daughter's coach.

## **Winter Session**

We are offering another 10-week program that will begin early February. More information and registration forms will be available at the display, and online on our website under the 'Recreational' tab.

We will be running our program out of the same locations; Montrose, Inkster, Assiniboine, Lansdowne and Isaac Brock. Make sure you register at the display to receive the early bird discount!

## **Picture Opportunity**

On December 5<sup>th</sup>, we will have a photographer available at Tec-Voc High School prior to the start of the Winter Display to take the Sapphires' gymnastics pictures. For a sample of our pictures, please see us on Facebook! More information to come!