

February, 2013



RECREATIONAL NEWSLETTER

Welcome back to a new season!

We are very excited for the upcoming season as Recreational Program Co- Coordinators with the Sapphires Rhythmic Gymnastics Club. It is our pleasure to welcome all new gymnasts and parents, as well as all returning from last season. We 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 we have. We are thrilled to have such strong interest in our introductory programs, and look forward to seeing everyone perform at our Spring Display! If you ever have any questions, comments, or concerns, please contact Carly directly at 204-918-5906 or by email at SapphiresRGC@gmail.com.

Carly Isaak & Geneva Cloutis

Sapphires Spring Display

This event has been tentatively scheduled for
Saturday, April 20th, 2013
Tec Voc High School
Show starts at 2:00pm

What is the Spring 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, pre-competitive will perform short individual routines, and all gymnasts 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. All IRG gymnasts should expect to arrive at the Display around 11am for a rehearsal. More information coming soon.

Will my daughter have to attend?

Attendance at the Spring 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, February 4th – Facility Cancellation: NO CLASSES

Monday, February 18th – Louis Riel Day: NO CLASSES
(The final class will take place April 22nd)

March 25th through March 29th - NO CLASSES
Due to Spring Break

Spring Session Runs the week of April 27th through the week of June 19th, 2013

Closed Gym Policy:

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

What is the Prism Program?

The Prism Program is a leveled 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 from 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.

Pre Competitive at Lansdowne School

Coach: Gail 204-887-6984 & Geneva 204-955-9808

Monday's at Montrose School

Coach: Chrystal 204-294-9075

Tuesday's at Linwood School

Coach: Chrystal 204-294-9075

Wednesday's at Inkster School

Coach: Chrystal 204-294-9075

Thursday's at Centre for Conscious Living

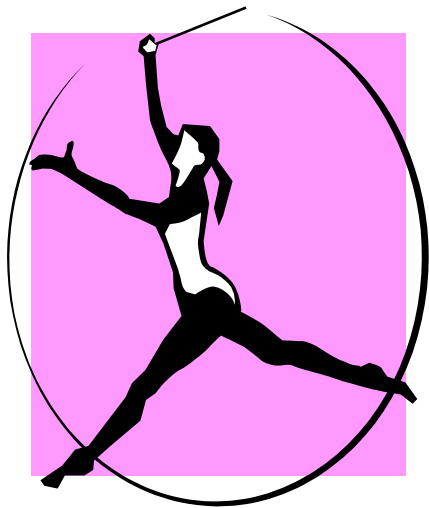
Coach: Emma 204-797-4649 Erin 204-899-9485

Saturday's at Wheelies Roller Rink

Coach: Gail 204-887-6984

Before Practice Checklist:

- Gymnastics Attire
- Neat Ponytail (short hair pinned back off face)
- Washroom break!



Forgot the date of the Winter Display?
Lost your Sapphires Fall Newsletter?
Want to know more about the Sapphires Coaching Team?
WE HAVE THE SOLUTION!!!

Check us out at WWW.SAPPHIRESGYMCLUB.CA for:

- Registration Information
- Important Dates
- Photo Galleries (soon to come)

Like us on Facebook at www.facebook.com/SapphiresRGC

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, February 4th to Saturday, February 9th and will be available from all coaches. All gymnasts wishing to enter the coloring contest should return their completed coloring sheets to their coach no later than **April 13th, 2012**. Please remember to write your name, phone number, 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 Spring Display (April 20th). 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, 2014. Information regarding this new tax credit can be found online through Sport Manitoba's website under the Resources section.

<http://www.sportmanitoba.ca/resources/resources.php>

Spring Session:

We will also be offering a shorter 8-week spring session. This session is tentatively scheduled to run April 27th to June 19th, 2013. During the last class of the program, family and friends are invited to come and watch the gymnasts showcase what they have learned over the last 8 weeks. The cost of the 8-week session is \$90.00. Class days and locations for the spring session will be made available in the coming months.

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. Monkey business has a wide selection of bodysuits already available for purchase. 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 daughters coach.

Monkey Business
1420 Erin
(204) 772-8134