



RHYTHMIC GYMNASTICS

RINGS HOOPS BALLS RIBBONS CLUBS

Winnipeg, Manitoba

sapphires@mts.net

sapphiresgymclub.ca

April 2009

Competitive Newsletter

Good Luck At Westerns!

National Stream:



Amy, Camryn, Zoya, Haylee, Mikayla & Aimee

Provincial Stream:



Alessia



Emma



Nina



Samantha



Vicky

*This year,
Westerns are in
Winnipeg! Come
out to Max Bell
Centre April 22 –
26 and cheer on
our Sapphires!*

MAX BELL PRACTICES

*** TIMES AND DATES!***

In order to gain experience using a competition carpet, gymnasts in levels 1-4 and the J.B. Mitchell Group are invited to train an additional one Sunday per month at Max Bell (located at the University of Manitoba). The times and scheduled dates for these practices are as follows:

May 4th: Carly & Rebecca's Class - 4pm-7pm

Gymnasts should ensure they bring runners with them to these practices as they will be running on a track. These practices are very important as they help prepare the gymnasts for competing on a carpet. Please talk to your daughter's coach if she is unable to attend.

DATES TO REMEMBER 2009:

April 22 - 26 - Western Regional Championships, hosted by HPTCI, Max Bell Centre at U of M (only for gymnasts in levels 4B, 4C, 5B, 5C, 6B, 6C & National Stream)

MAY

May 2 – Sapphires Garage Sale

May 3 - Provincial Gymnaestrada (all competitive gymnasts participate in Provincial Gymnaestrada)

May 9 - Invitational Competition #4, Sapphires Challenge Competition, Tec Voc High School

May 18 - Victoria Day, no classes

May 22 - 24 - Provincial Championships, Max Bell Centre at U of M

NOTE - All regular competitive training will conclude at the Provincial Championships

JUNE

June 5 - Sapphires Competitive Wind-Up for all competitive gymnasts and families (TBC)

*For further dates, details and information, please visit our website at: www.sapphiresgymclub.ca

Sapphires Parent Executive

We are always looking for more volunteers! If you are interested in getting involved with the Sapphires Parent Executive, please contact:

Rose Cloutis @ 789-9808 OR

Karen Trojan @ 586-3022

Our next meeting is scheduled for 6:00 PM Thursday, May xx 2009, at Lansdowne School. Parents interested in involvement with the Sapphires Parent Executive are welcome to attend!

Competition Results

The scores for recent competitions are posted in the Results area on the RGM website. Please visit the Rhythmic Gymnastics Manitoba website for details on this and other upcoming events and competitions. The RGM website is an excellent source of information!

www.rgmanitoba.com

Upcoming Events:

Provincial Gymnaestrada – May 3rd

This year's Gymnaestrada will be held at Tec Voc High School. It is an annual display of gymnastics, tumbling, and dance, with performances by various groups. Sapphires will be performing their Sapphires Medley, an outstanding routine that showcases our club's talent in rhythmic gymnastics and choreography by all of our competitive gymnasts, coaches, and adult gymnasts.

Kira Burkett will also be performing with LA Dance Academy's Explosion Dance Team, as will Mikayla Trojan and Haylee Valdez with the Junior Elite Dance Team.

Sapphires Challenge Competition - May 9th

Preparations are underway for our annual competition, hosted at Tec Voc High School. There will be many volunteer opportunities, and a successful competition depends on participation by all of our Sapphires' families. We will also be looking for donations for our silent auction.

Registration forms have been handed out, and are due back to the coaches no later than April 30th.

HAPPY BIRTHDAY!!



The following Sapphires' recently celebrated their birthdays, or will be celebrating this month:

FEBRUARY:

Vicky Cloutis

February 12th

Amy Milne

February 19th

MARCH:

Emma McLarty

March 1st

Aimee Lagimodiere

March 3rd

Tracy Sterdan

March 16th

Alessia Guzzi

March 20th

APRIL:

Geneva Cloutis

April 4th

Zoya Kostetsky

April 14th

OPTIONAL JUNE TRAINING!!

Gymnasts will have the opportunity to sign up for a June training camp (option to train 1 or 2 days per week). This training is really great for the girls as they get the chance to work with new apparatus and develop new skills in a fun atmosphere! By training through June, gymnasts are already familiar with their "new" apparatus when they return to the gym in September and have already developed skills for their routines.

Gymnasts pursuing National Stream for the 2008-2009 season are required to attend the June training camp.

More information will be distributed soon!

DON'T FORGET...

Gymnasts should be wearing a fitted bodysuit and short tights to every practice! Fitted athletic tops and tight shorts are also acceptable. Hair must be completely pulled back (either in a ponytail or a bun). National Stream gymnasts are reminded that attire for practices at Max Bell is all black (bodysuit and tights) with no tummies showing.

Different coaches have different rules, so please double check with your daughter's coach as to what's acceptable to wear to practice.