



RHYTHMIC GYMNASTICS

ROPESHOOPSBALLSRIBBONSCLUBS

Winnipeg, Manitoba

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sapphiresgymclub.ca

February 2009

Competitive Newsletter

Dates to Remember:

February 2 - IRG Classes start (Winter Session)

February 7 - Max Bell Practice for Carly & Kira's classes: 8:30am-11:00am

February 16 - Louis Riel Day, No Classes

NOTE: The Northern Lights Cup Invitational competition that was scheduled to take place February 19th-22nd has been cancelled due to circumstances beyond our control. If you have submitted payment for this competition, it will be returned to you ASAP.

March 14 - Max Bell Practice for Rebecca's class: 8:30am-11:00am

March 21 - Invitational Competition #3, hosted by ARGO, Max Bell Centre at U of M

March 28 - Max Bell Practice for Carly & Kira's classes: 8:30am-11:00am

March 30 - April 3 - Spring Break, No Classes

April 10 - Good Friday, No Classes

April 12 - Easter Sunday, No Classes

April 19 - Sapphires Year End Show, Tec Voc High School

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 2 OR 3 - Provincial Gymnaestrada (Note: All competitive gymnasts participate in Provincial Gymnaestrada)

May 8 - Set up for Sapphires Challenge Competition, 6:30pm-9:00pm, Tec Voc High School

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

June - August - More information will be distributed in coming months about training options during the summer.

*For further dates, details and information, please visit our website at:

www.sapphiresgymclub.ca

Max Bell Practices

In order to gain experience using a competition carpet, gymnasts in levels 1-4 and Novice Group are invited to train an additional one Saturday per month at Max Bell (located at the University of Manitoba). The time for these practices is 8:30am-11:00am. The schedule is as follows (**Please note the change in dates**):

March 14th: Rebecca's Class

(Anika, Natali, Lana, Jayzee, Nicole F, Katie, Kate, Mary, Abby)

February 7th & March 28th: Carly's Class & Kira's Class

(Brittney, Emma, Vicky, Madisyn, Samantha)
(Angelica, Lizzie, Megan, Nicole T, Ariana, Celina, Morgan, Erin)

Gymnasts should ensure they bring runners with them to these practices as they will be running on a track. Please talk to your daughter's coach if she is unable to attend.

Please visit the Rhythmic Gymnastics Manitoba website for details on upcoming events and competitions. The RGM website is an excellent source of information!

www.rgmanitoba.com

HAPPY BIRTHDAY!!



The following Sapphires' celebrated their birthdays within the last few months or have an upcoming birthday next month:

JANUARY: 22nd - Natali Domozyrov turned 8

FEBRUARY: 3rd - Aimee Lagimodiere turns 11
11th - Lizzie McLarty turns 9
12th - Vicky Cloutis turns 12
19th - Amy Milne turns 9

Sapphires Winter Display:

The Sapphires Winter Display was a great success! The performances by the gymnasts in the IRG Program were wonderful, and our competitive gymnasts provided a glimpse of the amazing routines they are working on for this season!

Thank you to all our parent volunteers, bakers, and jar donors for your help! It was an amazing celebration of our girls' achievements, and flawlessly orchestrated by our talented coaches.

The Sapphires Spring Display is scheduled for **Sunday, April 19th** – more information to follow soon!

Sapphires Challenge Competition:

Preparations will be underway soon for our annual competition, hosted at Tec Voc High School taking place on **Saturday, May 9th**. 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. More information will follow soon!

FUNDRAISING

We are anticipating another fundraiser this season, and one suggestion has been to hold a garage sale. We are certainly open to other ideas, and invite our Sapphires parents to submit any suggestions for a new fundraiser. The funds raised go towards such items as the purchase of new equipment, and benefit all of our gymnasts. If you have a great idea for a successful fundraiser, please contact a member of our parent executive, or join us at our next meeting!

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:
6:00PM, Wednesday, February 25, 2009
at Lansdowne School. Parents
interested in involvement with the
Sapphires Parent Executive are
encouraged to attend!**

Competitive Parents Information Session

- How is my daughter's performance evaluated at competitions?
- What do the TV, AV, and EX scores represent?
- What is her maximum start score?
- Does a group trio compete against a group of four or five gymnasts?

If you don't know the answers to these questions, we encourage you to attend the Competitive Parents Information Session.

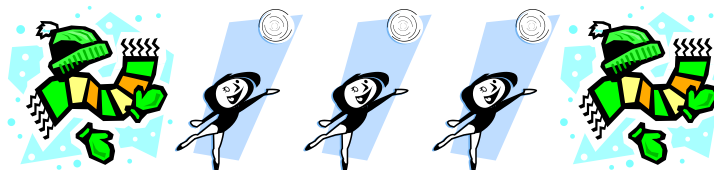
Tracy will be hosting an informative workshop for parents. If this is your child's first year competing it is strongly recommended you attend the information session. Tracy will provide all the answers to your questions and more!

Call Tracy to sign up at 791-5376

Wednesday, March 11, 2009
Lansdowne School
6:30 – 7:30pm

PRACTICE TIMES

Gymnasts should be arriving at practice 5 – 10 minutes early, especially in the Winter months. As it often takes several minutes to get out of the winter wear, and into practice gear, an early arrival will ensure practice starts at the scheduled time.



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

Competitive Pictures

Thanks to our Club photographer Karen Trojan for the terrific job with this year's athlete photos. Obviously a lot of time and talent went into all the photo packages and they will be appreciated by the athletes and their families for years to come.

*There will be another photo session sometime in February or March for the competitive groups, and any individual gymnasts unable to attend the earlier sessions. Further information with regard to date, time, and location will be distributed at a later date.

