



RHYTHMIC GYMNASTICS

ROPSHOOPSBALLSRIBBONSCLUBS

Winnipeg, Manitoba

sapphires@mts.net

sapphiresgymclub.ca

March 2010

Competitive Newsletter

Dates to Remember:

March 10 - 14 – Group Nationals & Kalev Invitational Competition, Toronto, ON

March 18 – Competitive Parents Information Session, 6:00pm-7:00pm at Isaac Brock School

March 19 - 20 – Elite Manitoba Competition, hosted by ARGO, Max Bell Centre at U of M

NOTE: This competition is scheduled to run from 6:00pm-9:00pm on Friday and from 8:30am-6:00pm on Saturday.

March 21 – Regular practice for Level 5 & 6 Class and National Stream Class

March 29 - April 4 - Spring Break & Easter, No Classes

April 9 – “Sapphires Medley” Dress Rehearsal at Lansdowne School from 5:30pm-8:30pm (ALL GYMNASTS MUST ATTEND)

April 10 – Sapphires Year End Display, Tec Voc High School

April 18 – Manitoba Cup Competition, hosted by HPTC International, Max Bell Centre at U of M

April 21 - 25 - Western Regional Championships, Victoria, BC

May 7 – Set up for Sapphires Challenge Competition, 6:30pm-9:00pm, Tec Voc High School

May 8 - Sapphires Challenge Competition, Tec Voc High School

May 9 (To Be Confirmed) - Provincial Gymnaestrada

NOTE: All competitive gymnasts participate in Provincial Gymnaestrada.

May 18 - Victoria Day, No Classes

May 28 - 30 - Provincial Championships, Max Bell Centre at U of M

Note: All regular competitive training will conclude at the Provincial Championships

June 11 – 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

*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

Competitive Parents Information Session

-How is my daughter's performance evaluated at competitions?

-What do the Difficulty, Artistry, and Execution 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!

Email Tracy to sign up at
tsterdan@hydro.mb.ca

Thursday, March 18, 2010

Isaac Brock School
6:00 – 7:00pm

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 2010-2011 season are required to attend the June training camp.

More information will be distributed soon!

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.



GOOD LUCK SAPPHIRES!

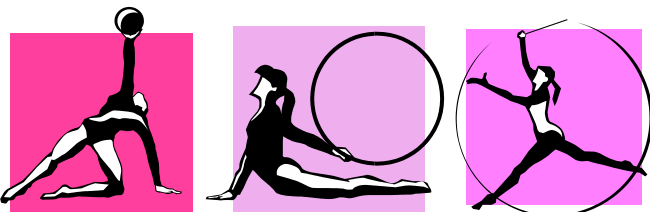
Good luck to the National Stream Novice Trio - **Aimee Lagimodiere, Mikayla Trojan and Haylee Valdez** who will be travelling to Toronto March 10th-14th to compete at the National Group Championships!



Mikayla, Aimee and Haylee



These girls as well as **Katie Trojan** will also be competing in the Kaley Invitational Competition taking place the same weekend in Toronto!



GOOD LUCK SAPPHIRES!

Provincial Stream:



Vicky Cloutis, Emma McLarty & Madisyn Pauls – Junior Trio



Morgan Lymburner 4B Alessia Guzzi 5B Nina Semchyshyn 5C & Senior Duo



Geneva Cloutis 6B & Senior Duo Lisa Smyrichinsky 6C

Good luck to all of the Sapphires gymnasts traveling to Victoria, BC April 21st-25th to compete in the Western Canadian Championships!

National Stream:

Pre Novice & Group - Amy Milne, Katie Trojan, Nicole Taylor, and Camryn Hannesson
Novice & Group - Aimee Lagimodiere, Haylee Valdez and Mikayla Trojan



UPCOMING EVENTS:

Sapphires Year End Display - April 10th
It's time to think about the Jar Bar! It is asked that each family prepare at least 2 jars for sale at the Spring Display. You can fill them with candy, hair stuff, etc, and bring them in to practice (or to the Display).

Sapphires Challenge Competition - May 8th

Preparations will be underway soon 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. More information will follow soon!

FUNDRAISING:

Start your spring cleaning, we're looking for garage sale items! After the success of last year's Sapphires Garage Sale, we are planning another one for this spring. The date and location of the sale are still to be confirmed, however we are anticipating the sale will take place on a Saturday in May. 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

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 **Saturday, April 10th** – more information to follow soon!

Sapphires Tracksuits:

For all gymnasts and parents that ordered tracksuits, they will be distributed by mid-March. Please ensure you mark your daughters name in her suit in order to avoid confusion at competitions.



THANK YOU COACHES!!

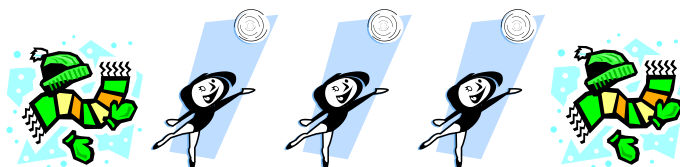


Just a quick note to thank our dedicated and hard working coaching staff! Without your time and effort our programs would not be what they are.

On Behalf of the Parent Executive, we truly appreciate all you do!

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.