



Winnipeg, Manitoba

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sapphiresgymclub.ca

ROPESHOOPSBALLSRIBBONSCLUBS

October 2009

Competitive Newsletter

WELCOME BACK!

Hope everyone had a great summer! Welcome back to all our returning gymnasts and their families. We would also like to extend a warm welcome to our new competitive gymnasts and their families:

Mackenzie Cervantes (level 1B), Kaitlyn Bousquet (level 1B), Avery Thompson (level 1B), Shelby-Lynne Schultz (level 2A), Tamara Friesen (level 2A), Kiersten Zueff (level 2A), Olivia Thompson (level 3A), Emily Watson (level 3A), Mamie Kroeker-Tom (level 4A)

After a year off, welcome back to Lisa Smyrichinsky (level 6C)

Dates to Remember:

September 22 & 24 - IRG Registration: Lansdowne School gymnasium (715 Wiginton St.) 6pm-8pm please use playground entrance

September 13 - Competitive classes start

September 20 - Provincial Gymnaestrada Team auditions 2:00pm-4:00pm, Max Bell Centre (U of M)

September 28 - IRG Classes start

October 2 - Mandatory Competitive Parents Meeting and used bodysuit/equipment sale at Lansdowne School. Meeting: 6:00pm-7:00pm, Bodysuit & Equipment Sale: 7:00pm-8:00pm

October 11 - No Classes

October 12 - Thanksgiving, no classes

October 12 - Thanksgiving, no classes

October 15-18 - Club Level Judging Course (Sport Manitoba)

November 11 - Remembrance Day, no classes

November 14 - Picture Day!

December 4-6 - Provincial/National Level Judging Course (Sport Manitoba)

December 5 - Winter Display, Tec Voc High School (TBC)

December 13 - Invitational Competition #1

December 18 - Sapphires Competitive Holiday Party (TBC)

*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 are invited to train an additional one practice per month at Max Bell (located at the University of Manitoba). The days and times for these practices is still being confirmed, and more information regarding these practices will be distributed soon!

Birth Certificates

The following gymnasts are required to submit photocopies of their birth certificates to their coach no later than **October 7th 2009**. We are required to submit copies of birth certificates to Rhythmic Gymnastics Manitoba (RGM) for all athletes competing in the Northern Lights Cup competition, as well as the Western Regional Championships.

Nicole Taylor, Brandi Voss, Brittney Newman, Abby Edgington, Morgan Lymburner, Ariana Buccini

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 for certain classes. 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.

PARENTS:

Please respect the Sapphires "Closed Gym Policy" this includes:

-Parents, siblings & friends are NOT allowed to stay in the gym during practices.

-Refrain from talking to your daughter until she has been dismissed by her coach.

-When picking up at Max Bell, please stay OUTSIDE the track area until the coach has dismissed the gymnasts.

-Please do not approach a coach with a question when the class has already started. The coaches will make a point of coming to the doors at the beginning and end of each practice if you have any questions.

Thank you for your cooperation!

REMINDER!

Don't forget to contact your coach if you will be late or absent from practice:

Tracy: 284-7933 or 791-5376 (cell)

Rebecca: 586-6502 or 955-6502 (cell)

Carly: 334-4043 or 918-5906 (cell)

Tanya: 334-4041 or 226-2351 (cell)

Nicole: 298-5425 (cell)

Geneva: 789-9808 or 955-9808 (cell)

Lisa: 661-4168 or 990-7095 (cell)

Recent Events

The **Sapphires Year-End Wind-Up** was held on June 5th, 2009 at West St Paul Recreation Complex. It was well attended by the coaches, gymnasts, and their families. A great big **THANK YOU** to our parents and volunteers for all their help and contributions. The food was awesome, and the parents' ribbon and hoop competitions were a lot of fun! The gymnasts were each awarded certificates for achievements as voted by their fellow gymnasts, and put on an excellent display showcasing some of the skills learned throughout the 2008 – 2009 season. The final award of the evening was presented to the **Sapphires Most Improved Gymnast**. Congratulations to this year's recipient, **Vicky Cloutis!**



Coach Carly Isaak with Vicky

Summer Camp

Some of the Sapphires attended practice at Lansdowne School in August. They had fun while maintaining their skills and flexibility for the coming season. A big THANK YOU to Head Coach Tanya for coaching during these sessions!

Congratulations go out to.....



Aimee Lagimodiere

Mikayla Trojan

Haylee Valdez

for making the **Manitoba Provincial Team** for the 2009 – 2010 rhythmic gymnastics season!

The Rhythmic Gymnastics Manitoba Provincial Team Program is designed to provide performance enhancing opportunities to selected athletes who strive for national excellence. Athletes are chosen based on selection criteria taking into consideration results from Elite Manitoba and Provincial Championships. Aimee, Mikayla, and Haylee – your hard work and determination has paid off – we are so proud of you, and wish you all the best for the upcoming season!

Awards & Achievements

Many awards and achievements were received by our Sapphires during the Provincials competition (held May 22 - 24, 2009) and the RGM Annual General Meeting (held June 29, 2009).



Recreational Stream Coach of the Year **Rebecca Lesiuk**

Rebecca is a NCCP Level 2 certified coach who is the Sapphires Recreational Program Coordinator. In addition to this position, Rebecca also coaches recreational and Provincial Stream Level 1-3 athletes at Sapphires.



Apprentice Coach of the Year **Geneva Cloutis**

Geneva is a Pre-NCCP trained coach who co-coaches recreational athletes at Sapphires.

National Stream Coach of the Year - RGM Coach of the Year **Tanya Manastersky**

Tanya is a NCCP Level 3 certified coach who is the Head Coach of Sapphires. In addition to this position, Tanya developed and leads the National Stream program at the club and coaches their National Stream Pre Novice and Novice athletes.

Tracy Sterdan

Coach of 2009 Provincial Champions:

Provincial Stream Senior Group: Nina Semchyshyn, Cassandra Dueck and Geneva Cloutis

Carly Isaak

Coach of 2009 Provincial Stream Novice Trio Western Canadian Champions and Provincial Champions: Emma McLarty, Vicky Cloutis, and Samantha Stevenson



Congratulations Sapphires Coaches and athletes – we are very proud of you!

Sapphires Parent Executive:

Introducing our parent executive for the 2009 – 2010 season:

| | |
|------------------------|------------------------------|
| Rose Cloutis | President and Special Events |
| Karen Trojan | Co-Treasurer |
| Maria Stevenson | Co-Treasurer |
| Janet Milne | Bingo Coordinator |
| JoAnne Valdez | Competition Registrar |
| Lorna McLarty | Secretary and Special Events |

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

We are currently in need of volunteers for the following positions:

- **Fund-Raising Committee**
- **Members-at-Large**

Our next meeting is scheduled for **October 15, 2009** at 6:00 pm at Isaac Brock School. Parents interested in involvement with the Sapphires Parent Executive are encouraged to attend!

HAPPY BIRTHDAY!!



The following gymnasts celebrated birthday's over the summer months:

| | |
|----------------|--|
| MAY: | 13 th - Olivia Thompson turned 9 18 th - Lisa Smyrichinsky turned 17 23 rd - Camryn Hannesson turned 9 |
| JUNE: | 2 nd - Mackenzie Cervantes turned 6 23 rd - Katie Trojan turned 8 30 th - Samantha Stevenson turned 12 |
| JULY: | 11 th - Shelby-Lynne Schultz turned 8 23 rd - Morgan Lymburner turned 10 23 rd - Ariana Buccini turned 11 26 th - Kate Alexander turned 9 26 th - Brittney Newman turned 11 |
| AUGUST: | 1 st - Nicole Foy turned 7 5 th - Cassandra Dueck turned 16 14 th - Mikayla Trojan turned 11 16 th - Nicole Taylor turned 9 25 th - Mary Sheingart turned 9 28 th - Haylee Valdez turned 11 |

The following gymnasts are celebrating their birthdays this month:

SEPTEMBER: 17th- Madisyn Pauls turned 12

Upcoming Events

Mandatory Sapphires Parent Meeting – An excellent opportunity for Sapphires parents to meet each other and exchange information about practice, competitions, etc.

Lansdowne: Friday, October 2nd at 6:00 pm

All Sapphires parents should plan to attend. Refreshments will be served.

Used Bodysuit and Equipment Sale – The Sapphires will be holding a used bodysuit and equipment sale immediately following the parent meeting on Friday, October 2nd, 2009 at 7:00 pm at Lansdowne School. This is a great opportunity to purchase bodysuits and equipment at a cheaper cost than buying new. If you have any bodysuits or equipment you would like to sell, please bring them to Lansdowne on the 2nd, marked with the price.

Stay tuned for information on the city-wide used bodysuit and equipment sale!

★★★*Don't forget to check with your coach before buying or ordering new bodysuits or equipment!* ★★★

Interested in becoming a Rhythmic Gymnastics Judge, Minor Official or Scorer???

You're in luck! Rhythmic Gymnastics Manitoba is holding seminars for people interested in becoming certified judges, minor officials, and/or scorers. Without judges, minor officials and scorers, there would be no competitions, so we need you!

Dates & Times:

October 15-18, 2009 Club Level Judges Seminar
December 4-6, 2009 Provincial and National Level Judges Seminar

*Information regarding seminars on scoring and becoming a minor official should be distributed soon!

Location:

Sport Manitoba Building, 200 Main Street

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

www.rgmanitoba.com

VISIT OFTEN! 😊

COACHES CORNER

Tanya Manastersky – Head Coach
Coach of all National Stream gymnasts



I am proud to say this is my 12th season coaching with the Sapphires, and my 5th season as the Head Coach of the club. This season, I look forward to working with the pre novice and novice national stream athletes. I am a fully certified level 3 coach through the National Coaching Certification Program, and am also a certified judge. Coaching rhythmic gymnastics has been a very rewarding experience, and something I really have a passion for. I have been an athlete in the sport for the last 16 years, and throughout my time as an athlete I have travelled to many great places including Portugal, Austria, and many destinations within Canada. When I'm not in the gym, I enjoy spending time with friends, scrap booking and card making, and I also love to travel. I am currently a University of Winnipeg student pursuing a career in Education. I'm hoping to teach in either the early or middle years streams. I look forward to further developing relationships with returning gymnasts and families, and getting to know the new gymnasts and their families! Please feel free to contact me with any questions, comments, or concerns you may have throughout the season.



Carly Isaak
Coach of Level 1-4
Provincial Stream gymnasts
(Isaac Brock)
And Recreational Program
Co-ordinator

I am looking forward to my sixth year of coaching with the Sapphires, and my second year as Recreational Program Co-Coordinator. In my eleven years with the Sapphires I learned to have confidence, stay active, and make friends. I hope to provide my gymnasts with the opportunity to have the same great experience I had! In my spare time I enjoy running, baking, and spending time with friends. I am currently employed at Oma's Bakeshop working as a cake decorator. This winter I plan to travel to Australia and New Zealand for several months therefore I will only be coaching until January. This season I look forward to working with Levels 1-4. I am anticipating an exciting season for myself as well as all the gymnasts and I look forward to getting to know all of you.

Tracy Sterdan
Coach of levels 5-6 Provincial Stream gymnasts,
Junior and Senior Group & Adult Gymnastics



I have been coaching rhythmic gymnastics for 17 years. I am proud to be an original member of the Sapphires coaching team since the club was established in 1992.

I am a former gymnast and competed as a member of the Manitoba's Provincial Team in the 1990's. I have NCCP level 3 certification and have coached many different levels of rhythmic gymnastics from recreational/introductory classes to provincial team athletes. I was also the head coach of Manitoba's team representing Canada at the World Gymnaestra in 2003 and 2007.

I work full time in a marketing position at Manitoba Hydro. Coaching proved to be an excellent part-time job while I was attending university. Now, I enjoy coaching as a hobby in my spare time.

I believe rhythmic gymnastics is an excellent opportunity for young girls to excel in sport. My goals as a coach are to:

1. Encourage participation
2. Teach children, teenagers and young adults the benefits of maintaining a physically active lifestyle; and
3. Provide an environment where friendships are created.



Becky Lesiuk
Coach of Level 1-4 Provincial
Stream gymnasts
(Lansdowne)
And Recreational Program
Co-ordinator

I am excited to say this will be my sixth year coaching with the Sapphires, as well as my second as the recreational co-coordinator. Throughout the six years I have coached recreational and provincial stream athletes as well as assisted with our national stream program. I have enjoyed every moment watching my gymnasts improve and strive to reach their goals. I am level 2 certified through the National Coaching Certification Program and am hoping to soon obtain my level 3. I have been an athlete in the sport for the last 9 years, and throughout my experience I have traveled to Austria as well as various places within Canada. Coaching rhythmic gymnastics has given me the opportunity to share my knowledge of the sport and most of all my passion with my gymnasts! I am anticipating a great year and look forward to developing and further developing relationships with everyone.

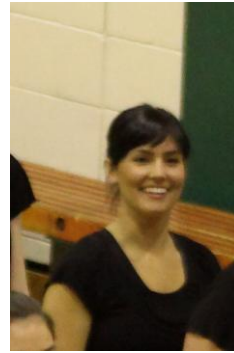
I am currently a second year student at The University of Manitoba where I am excited to pursue a career in nursing. In my spare time I enjoy cooking, running and Ukrainian dancing. See you all in the gym!



Lisa Smyrichinsky
Coach of Level 1-4
Provincial Stream gymnasts
(Isaac Brock)

This will be my 3rd year coaching with Sapphires Rhythmic Gymnastics Club and my 2nd year as a competitive coach. I am level 1 certified through the National Coaching Certification Program and hope to soon complete my level 2. I love watching my gymnasts improve throughout the year while working hard and having fun. I have been in gymnastics for 8 years and after taking last year off, I'm back in the gym this season as an athlete as well as a coach.

I'm in grade 12 at River East Collegiate and plan to go to university after I graduate. When I'm not in the gym I enjoy snowboarding, horseback riding and travelling.



Nicole Speak
Coach of Level 5-6
Provincial Stream
gymnasts

I have had the opportunity to coach at a few different clubs across the city, and am very excited to be joining the Sapphires coaching team this year. This will be my 6th year as a coach, and I am a fully certified level 1 coach through the National Coaching Certification Program hoping to complete my level 2 soon. I competed as both a provincial and national stream athlete throughout the 1990's, and was a member of the 2003 World Gymnaestrada "Team Manitoba" as well as the Sapphires adult Rhythmic class last year. I also enjoy judging and I am currently certified at the Provincial level, this year will mark my 5th year of judging.

I am a student at the University of Manitoba studying Psychology & Management, and will be completing my degree this December. I also work part time at CancerCare Manitoba in the Health Information Services department. I am looking forward to working with you this season and having fun while helping you achieve new and challenging goals!

Volunteer Appreciation

The Sapphires Rhythmic Gymnastics Club is very proud of our parent volunteers. Many of our parents become actively involved in the club, from filling various positions on the board, to assisting the coaches with paperwork and newsletters, scoring, judging, and helping out at various competitions and displays. Each year, Rhythmic Gymnastics Manitoba honours club volunteers with special awards, presented at the Annual General Meeting held in June. Our recipients for the 2008 – 2009 season were Janet Milne and Shauna Lagimodiere.

Janet has been our Club's Bingo coordinator for two years and recently agreed to take on this job for another season. In this capacity Janet communicates well and coordinates with the RGM office, recruiting volunteers for the Bingos that are assigned throughout the year. This can often be a time-consuming job, involving repeated calls for and back, but through her dedicated efforts, our Club has been able to easily achieve its volunteer commitment each session.

A member of the Sapphires Parent Board for many years, Shauna is currently the Club's Competition Registrar, ensuring that information about all competitions is distributed to athletes in a timely manner and submitting competition registrations on the Club's behalf. With 35 competitive athletes training six days a week in four different facilities, this is often no simple feat, but Shauna gets it done in her usual efficient and cheerful manner.

To read more about these awesome volunteers and other awards, visit the RGM website: www.rgmanitoba.com

To all of our Sapphires parents, for all that you do,

♥ Thank You ♥



Geneva Cloutis
Coach of Level 1-4
Provincial Stream
gymnasts
(Lansdowne)

This is my third year coaching with Sapphires, and my first year as a competitive coach. I have been competing in Sapphires for seven years as well as a year of recreational before that. I'm in grade ten at Grant Park High School. I'm really excited to take all the experiences I have as a gymnast and be able to put those into my coaching abilities. I'm excited to learn how to choreograph routines and I'm very excited to be a member of the Sapphires Coaching Team. I'm really excited to get to know all my gymnasts and I look forward to a great year with them.

