



RHYTHMIC GYMNASTICS

**ROPESHOOPSBALLSRIBBONSCLUBS**

Winnipeg, Manitoba

sapphires@mts.net

sapphiresgymclub.ca

# October 2010

## Competitive Newsletter

### Dates to Remember:

**October 1** - 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 10** - Thanksgiving, no classes

**October 11** - Thanksgiving, no classes

**October 26** - No classes, Lansdowne cancelled. Rescheduled for Friday, **October 29** from 5:30pm-8:30pm at Lansdowne.

**October 27** - Lansdowne class moved to Isaac Brock School, 6:00pm-9:00pm

**October 31** - Halloween, regular classes

**November 5-7** - Club Level Judging Course (Sport for Life Centre)

**November 11** - Remembrance Day, no classes

**November 12** - Competitive Picture Day at Lansdowne School (ALL GYMNASTS)

**November 25** - Isaac Brock class moved to Lansdowne School, 5:30pm start time.

**December 3-5** - Provincial Level Judging Course (Sport for Life Centre)

**December 4** - Winter Display, Tec Voc High School

**December 9** - Isaac Brock class moved to Lansdowne School, 5:30pm start time.

**December 11** - Invitational Competition #1 "Christmas Cup" at Max Bell, U of M (ONLY gymnasts in Levels 4 & up will be eligible to compete at this competition)

**December 22** - Sapphires Competitive Holiday Party (TBC)

**January 6** - Classes resume after winter break (note: gymnasts in the level 5-6 class and national stream will likely have practices throughout the break)

**January 15** - Invitational Competition #2 "Winter Challenge" at Frank Kennedy, U of M

**February 21** - Louis Riel Day, no classes

**February 24** - Isaac Brock class moved to Lansdowne School, 5:30pm start time.

**February TBD** - Invitational Competition #3 "Elite Manitoba & ARGO Invitational"

**March 10-13** - Elite Canada, Canadian Group Championships and Northern Lights Cup Competition IGAC, U of M

**March 19** - Talent of Manitoba Showcase (TBC)

**March 28-April 1** - Spring Break, no classes

**April 16** - Invitational Competition #4 "Manitoba Cup", Max Bell, U of M

**April 17** - Sapphires Year End/Spring Display, Tec Voc

**April 24** - Easter Sunday, no classes

**April 27-May 1** - Western Canadian Championships, Edmonton, AB (note: only gymnasts in certain levels are eligible)

**April 28** - Isaac Brock class moved to Lansdowne School, 5:30pm start time.

### 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:

*Nika Artemenko (level 1A), Julia Tischenko (level 1A), Delaney Giesbrecht (level 1B), Dayna VanSteelant (level 1B), Sarah Jane Watson (level 2A), Meghan Deleske (level 4A)*

*After a year off, welcome back to Lana Domozyrov (level 2A) and Natali Domozyrov (level 3A)*

### 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:**

-Please ensure you are walking your children into the gym and walking in to pick them up.

-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!

### Dates to Remember (continued):

**May 7** - Invitational #5 "Sapphires Challenge", Tec Voc

**May 11** - Isaac Brock class moved to Lansdowne School.

**May 14** - Provincial Gymnaestrada, Tec Voc

**May 23** - Victoria Day, no classes

**May 25-29** - Canadian Individual Championships, Montreal, PQ

**June 4-5** - Provincial Championships, Max Bell, U of M

**June 15** - Rhythmic Gymnastics Manitoba Annual General Meeting and Awards Ceremony

\*Note: regular competitive training finishes at Provincial Championships. Optional June training will be available following Provincial Championships

## Recent Events

The **Sapphires Year-End Wind-Up** was held on June 13<sup>th</sup>, 2010 at Clifton Community Centre. 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' hoop competition was 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 2009 – 2010 season. The final award of the evening was presented to the **Sapphires Most Improved Gymnast**. Congratulations to this year's recipient, **Emma McLarty!**



Emma McLarty

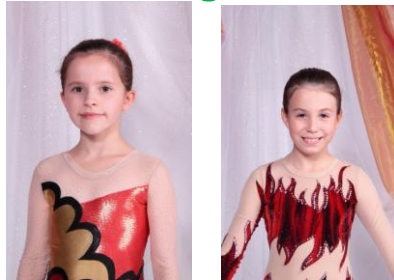


Rachel, Mikayla, Brie-Anne & Camille

## Dream Camp 2010

Mikayla Trojan (*National Stream Junior*) attended the Dream Camp 2010 held at Okanagan Rhythmic Gymnastics Club in Vernon, BC! She had the opportunity to work with Coach Camille Martens (1996 Olympian), Rachel Martens and former National rhythmic gymnast Brie-Anne MacPherson. In addition to rhythmic gymnastics training, the camp offered yoga and circus arts, as well as nutrition and food preparation. Mikayla enjoyed the camp very much – she made a lot of new friends, and can't wait to meet up with them again at competitions!

## Congratulations go out to.....



Amy Milne

and

Nicole Taylor

for making the **Manitoba Provincial Team** for the 2010 – 2011 rhythmic gymnastics season! We are so proud of you, and wish you all the best for the upcoming 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.

## Awards & Achievements

Many awards and achievements were received by our Sapphires during the Provincials competition (held May 29<sup>th</sup> and 30<sup>th</sup> 2010) and the RGM Annual General Meeting (held June 16, 2010).

### Tracy Sterdan and Nicole Speak

#### Coach of 2010 Provincial Champions:

Level 4C Zoya Kostetsky and Level 6B Geneva Cloutis  
Provincial Stream Senior Group: Nina Semchyshyn and Geneva Cloutis

Provincial Stream Junior Group: Madisyn Pauls, Emma McLarty and Vicky Cloutis

### Rebecca Lesiuk

Coach of 2010 Provincial Champion: Abby Edginton

### Tanya Manastersky

Coach of 2010 National Stream Pre-Novice Group  
Western Canadian Champions and Provincial  
Champions: Camryn Hannesson, Katie Trojan, Nicole Taylor  
and Amy Milne

Coach of 2010 Provincial Team Members, National  
Stream Novice Trio Provincial Champions, Western  
Canadian Champions **AND** Canadian Champions: Aimee  
Lagimodiere, Mikayla Trojan and Haylee Valdez



## Sapphires Parent Committee:

for the 2010 – 2011 season:

<b>Rose Cloutis</b>	President
<b>Karen Trojan</b>	Competition Registrar
<b>Maria Stevenson</b>	Treasurer
<b>Janet Milne</b>	Bingo Coordinator
<b>Lorna McLarty</b>	Secretary
<b>Shauna Lagimodiere</b>	Member-at-Large
<b>Verna Taylor</b>	Fundraising
<b>Linda Smyrichinsky</b>	Member-at-Large

Do you have any ideas for a fun and profitable new Fundraiser that you would like to promote?

Do you have any extra space in your home, garage or work space? The Club is currently in desperate need of clean, accessible, year-round storage space for supplies and extra gym equipment.

If you are able to help out with any of the above or would just like to be more involved with your daughter's Club, please speak to any of the Committee or call:

Rose Cloutis @ 789-9808  
[cloutis@mts.net](mailto:cloutis@mts.net)  
OR  
Karen Trojan @ 586-3022

## Birth Certificates

If not submitted in previous years, the following gymnasts are required to submit photocopies of their birth certificates to their coach no later than **October 15<sup>th</sup> 2010**. We are required to submit copies of birth certificates to Rhythmic Gymnastics Manitoba (RGM) for all athletes competing in the Elite Manitoba competition, as well as the Western Regional Championships.

Brandi Voss, Abby Edginton, Mamie Kroeker-Tom, Erin Rawluk, Megan Polden, Alessia Guzzi

## REMINDER!

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

<b>Tracy:</b> 284-7933 or 791-5376 (cell)	<b>Kira:</b> 688-9848 (cell)
<b>Rebecca:</b> 955-6502 (cell)	<b>Carly:</b> 918-5906 (cell)
<b>Geneva:</b> 789-9808 or 955-9808 (cell)	<b>Lisa:</b> 990-7095 (cell)
<b>Tanya:</b> 226-2351 (cell)	<b>Nina:</b> 898-7931 (cell)

## Max Bell Practices

In order to gain experience using a competition carpet, gymnasts in levels 1-3 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 as follows:

Sunday, November 21<sup>st</sup>, 2pm-4pm, Level 1 gymnasts  
Sunday, November 28<sup>th</sup>, 2pm-4pm, Level 2 and 3 gymnasts  
Sunday, January 23<sup>rd</sup>, 2pm-4pm, Level 1 gymnasts  
Sunday, January 30<sup>th</sup>, 2pm-4pm, Level 2 and 3 gymnasts  
Sunday, February 27<sup>th</sup>, 2pm-4pm, Level 1 gymnasts  
Sunday, March 6<sup>th</sup>, 2pm-4pm, Level 2 and 3 gymnasts  
**\*dates for April and May will be released within the next few months.**

## 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 1<sup>st</sup> 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 1<sup>st</sup>, 2010 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 1<sup>st</sup>, 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:

November 5-7, 2010 Club Level Judges Seminar  
December 3-5, 2010 Provincial and National Level Judges Seminar

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

### Location:

Sport For Life Centre, 145 Pacific Ave.

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](http://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 13<sup>th</sup> season coaching with the Sapphires, and my 6<sup>th</sup> season as the Head Coach of the club. This season, I look forward to working with the pre novice and novice national stream athletes, as well as a few of our provincial 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 17 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 4 Provincial**  
**Stream gymnasts**  
**And Recreational Program**  
**Co-ordinator**

I am looking forward to my seventh year of coaching with the Sapphires, and my third year as the Recreational Program 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 part-time, and am also a student at the University of Manitoba. This past winter, I spent 4 months traveling in New Zealand and really enjoyed the time I spent exploring another part of the world. This season I look forward to working with Level 4 gymnasts. 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 Groups**



I have been coaching rhythmic gymnastics for 18 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 Gymnaestrada in 2003 and 2007.

I work full time in a marketing position at Manitoba Hydro, and am currently on maternity leave and loving spending my days with my 4-month-old son, Jack. 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 5-6 Provincial**  
**Stream gymnasts**

I am excited to say this will be my seventh year coaching with the Sapphires. Throughout the last 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 was an athlete in the sport for 9 years, and throughout my experience I 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 third year student at The University of Manitoba started this fall in the faculty of nursing. In my spare time I enjoy cooking, running and Ukrainian dancing. See you all in the gym!



**Lisa Smyrichinsky**

**Coach of Level 1-3  
Provincial Stream  
gymnasts**

This will be my 4<sup>th</sup> year coaching with Sapphires Rhythmic Gymnastics Club and my 2<sup>nd</sup> year as a competitive coach. I am level 2 certified through the National Coaching Certification Program. I love watching my gymnasts improve throughout the year while working hard and having fun. I was a competitive athlete with the Sapphires for 9 years really want to pass on what I learned as an athlete to my gymnasts. I'm in first year university at the University of Winnipeg and when I'm not in the gym I enjoy snowboarding, horseback riding and travelling.



**Kira Burkett**

**Coach of Level 1-3  
Provincial Stream  
gymnasts**

This will be my 8th year coaching Rhythmic Gymnastics at the Sapphires. As a gymnast I competed both individually and in groups. As well, I have been a member of World Gymnaestrada team in both 2003 and 2007 with the opportunity to travel to both Portugal and Austria. I am thrilled to be coaching levels 1-3 and am anticipating a really fun year. I love to see the dedication and creativity that all the gymnasts bring to the sport. Besides coaching, I am working on a degree in political science at the University of Winnipeg. I also work part time as a waitress and in my free time I enjoy dancing, playing music, and snowboarding.



**Geneva Cloutis**

**Coach of Level 1-3  
Provincial Stream  
gymnasts**

This is my fourth year coaching with Sapphires, and my second year working with competitive athletes. I have been competing in Sapphires for eight years as well as a year of

recreational before that. I'm in grade eleven 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 work more on choreographing 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.



**Nina Semchyshyn**

**Coach of Level 4  
Provincial Stream  
gymnasts**

**\*A reminder to any parents planning to apply for KidSport funding that the October 15<sup>th</sup> deadline is fast approaching!**

**Volunteer Appreciation**

The Sapphires Rhythmic Gymnastics Club is very proud of our parent volunteers. Our parents become actively involved in the club, from serving on the Parent Committee, 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 2009 - 2010 season were Rosanna Guzzi and Lorna McLarty.

Rosanna is the proud Mom of Alessia, one of our Senior Sapphires. Despite her demanding career as a HighSchool Administrator, Rosanna can always be counted on to lend a hand at every special event and provide thoughtful input at Parent meetings. Last season she took on the task of sourcing and coordinating the Sapphires Tracksuit project. Our gymnasts can now show-off their pride in their Club in stylish and practical outfits, thanks to Rosanna's efforts. Always efficient, friendly and respectful Rosanna is one of those truly special volunteers.

Lorna is the Mom of two Sapphires (Emma and Lizzie) and serves as Secretary to the Parent Committee, faithfully attending monthly meetings. A busy Resource Teacher by day, Lorna is a strong leader on the Club's Special Events committee – running the canteen and buying stuff are her specialties!!! Always the last to leave and an incredibly hard worker, Lorna always takes the time to visit with a new family, make a new friend and have fun, never asking for special recognition or praise. She leads by example and we are all grateful for her commitment to the Club and our community.

To read more about these awesome volunteers and other awards, visit the RGM website: [www.rgmanitoba.com](http://www.rgmanitoba.com)

To all of our Sapphires parents, for all that you do,  
♥ Thank You ♥