



RHYTHMIC GYMNASTICS

Winnipeg, Manitoba

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sapphiresgymclub.ca

ROPESHOOPSBALLSRIBBONSCLUBS

# OCTOBER 2011

## 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:

*Laura McKay (level 5A) and Danielle Sa (level 4A),*

### Rhythmic Gymnastics on CBC

Watch the World Rhythmic Gymnastics Championships on CBC Television!

October 1, 2011 – 4:00pm to 6:00pm Eastern Time

October 8, 2011 – 2:00pm to 4:00pm Eastern Time

Good Luck to Team Canada – individuals Nerissa Mo (BC), Miriam Chamilova (ON), Maria Kitkarska (PQ), and Senior Group (ON). The top 15 individuals and top 12 groups qualify for the 2012 Olympics!

## GO CANADA!



### Max Bell Cancellations

The following Saturday morning practices at Max Bell have been moved to Wheelies 9:30 am to 12:30 pm.

December 3 <sup>rd</sup>	February 25 <sup>th</sup>	April 21 <sup>st</sup>
January 21 <sup>st</sup>	March 3 <sup>rd</sup>	April 28 <sup>th</sup>
February 4 <sup>th</sup>	March 10 <sup>th</sup>	May 26 <sup>th</sup>
February 18 <sup>th</sup>	April 7 <sup>th</sup>	

The April and May Sunday practices scheduled from 5:00 pm to 8:00 pm at Max Bell have been cancelled, with no replacement facility at this time.

The following Sunday practices scheduled from 8:00 pm to 10:00 pm at Max Bell have been cancelled, with no replacement facility at this time:

April 29<sup>th</sup>                      May 20<sup>th</sup>

Should replacement facilities become available, the changes will be posted on the Sapphires' website and parents will be notified via e-mail.

[www.sapphiresgymclub.ca](http://www.sapphiresgymclub.ca)

### Dates to Remember:

**October 10** - Thanksgiving, no classes  
**October 31** - Halloween, classes cancelled

**November 11** - Remembrance Day, no classes  
**November 19** - Scoring, Music Technician and Video Technician Courses (Sport for Life Centre)  
**November 25-27** - Club Level Judging Course (Sport for Life Centre)

**December 1-4** - Provincial Level Judging Course (Sport for Life Centre)  
**December 4** - Winter Display, Tec Voc High School  
**December 10** - Invitational Competition #1 "Christmas Cup" at Max Bell, U of M  
**December 23** - Sapphires Competitive Holiday Party (TBC)

**January 7** - Classes resume after winter break (note: gymnasts in the level 5-6 class and national stream will likely have practices throughout the break)  
**January 28** - Invitational Competition #2 "Winter Challenge" at Max Bell, U of M

**February 11-12** - Northern Lights Cup competition, Max Bell Centre  
**February 17** - Competitive Pictures, Lansdowne School  
**February 20** - Louis Riel Day, no classes

**March 1-4** - Elite Canada, Canadian Group Championships Montreal PQ  
**March 17-18** - Invitational Competition #3 "Elite Manitoba & ARGO Invitational"  
**March 26-30** - Spring Break, no classes

**April 8** - Easter Sunday, No Classes  
**April 14** - Invitational Competition #4 "Manitoba Cup", Max Bell, U of M  
**April 15** - Sapphires Year End/Spring Display, Tec Voc  
**April 25-29** - Western Canadian Championships, Burnaby, BC (note: only gymnasts in certain levels are eligible)

**May 5** - Invitational #5 "Sapphires Challenge", Tec Voc  
**May 12-13** - Provincial Championships, Max Bell, U of M  
**May 21** - Victoria Day, no classes  
**May 22-26** - Canadian Individual Championships, Regina, SK

**June 2** - Provincial Gymnaestrada, Tec Voc High School  
**June 13** - 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 17<sup>th</sup>, 2011 at Lansdowne School. 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 gymnasts were each awarded certificates for achievements as voted by their fellow gymnasts, and the final award of the evening was presented to the **Sapphires Most Improved Gymnast**. Congratulations to this year's recipient, **Mamie Kroeker-Tom!**



Mamie Kroeker-Tom

## Congratulations go out to.....



Amy Milne and Nicole Taylor

for making the **Manitoba Provincial Team** for the 2011 – 2012 rhythmic gymnastics season! 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 June 4 – 5, 2011 ) and the RGM Annual General Meeting (held June 15, 2011):

### Nina Semchyshyn

#### Apprentice Coach of the Year

Mentored by coaches Tanya Manastersky and Carly Isaak, Nina has generously volunteered her time the entire season and has been invaluable in the training of ten level four athletes at the Sapphires Club. Congratulations Nina!

### Tracy Sterdan and Rebecca Lesiuk

#### Coach of 2011 Provincial Champions:

Level 5C: Samantha Stevenson

Provincial Stream Senior Group: Stacey Collerone, Lisa Smyrichinsky and Geneva Cloutis

and

#### Coach of 2011 Western Canadian Champions, Provincial Champions and Recipients of the Thelma Kojima Trophy:

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



### Carly Isaak

#### Coach of 2011 Western Canadian Champions and Provincial Champions:

Provincial Stream Novice Group: Megan Polden, Olivia Thompson and Morgan Lymburner

### Tanya Manastersky

#### Coach of 2011 Provincial Team Members, National Stream Novice Duo Canadian Champions, Western Canadian Champions and Provincial Champions

Nicole Taylor and Amy Milne

#### Coach of 2011 National Stream Junior Duo Canadian, Western Canadian and Provincial Bronze Medallists

Aimee Lagimodiere and Mikayla Trojan

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

**Sapphires Parent Committee:**  
for the 2011 – 2012 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>	Member-at-Large
<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  
[kat729@hotmail.ca](mailto:kat729@hotmail.ca)

**REMINDER!**

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

<b>Tracy:</b> 791-5376 (cell)	<a href="mailto:tsterdan@gmail.com">tsterdan@gmail.com</a>
<b>Kira:</b> 688-9848 (cell)	<a href="mailto:kira.burkett@gmail.com">kira.burkett@gmail.com</a>
<b>Rebecca:</b> 955-6502 (cell)	<a href="mailto:beck.y@hotmail.com">beck.y@hotmail.com</a>
<b>Lisa:</b> 990-7095 (cell)	<a href="mailto:gym_angel1314@hotmail.com">gym_angel1314@hotmail.com</a>
<b>Carly:</b> 918-5906 (cell)	<a href="mailto:carly_isaak@hotmail.com">carly_isaak@hotmail.com</a>
<b>Geneva:</b> 955-9808 (cell)	<a href="mailto:purple_giraffes6@hotmail.com">purple_giraffes6@hotmail.com</a>

**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!

**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 2010- 2011 season were our awesome DADS!!!!!!

The Sapphires would like to gratefully acknowledge the contribution of our hard-working Sapphire Dads, who, week in and week out are there for their daughters, hauling equipment in and out of gyms and moving those huge rolls of carpet on a weekly basis.

Our club rents space at a roller rink, and we have been able to store an entire set of carpets there (generously on loan from RGM!). That means twice a week, these rolls must be hauled out of a safe corner or the rink and unwrapped and unrolled, then rolled, wrapped and hauled away again. Todd Taylor took on the task of designing a clever pair of dollies to help with the task, but still, the job is strenuous. The gymnasts do their best to help and are obviously very grateful that these men are there for them every week. Our faithful crew of Dads (and brothers!) are also there to help with set-up and take down at events, hauling bins of supplies and equipment. The installation and dismantling of the special flooring at Elite this March was especially grueling, but got done in no time, thanks to these guys who are always there to lend a hand, with good humour and grace!

So hats off to *Ed, Doug, Tim, Bob, Rob, Jason, Frank, Joe, Wayne, Cliff, Jeff, Jerry, Lenny, Lyle, Mark, Terry, Tony, and Todd* – some of you may not be very good at putting your daughters' hair in a bun, but you're a huge part of their success in and out of the gym!

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♥

**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 19, 2011 – Scoring, Music Technician and Video Technician Courses  
November 25 - 27, 2011 Club Level Judges Seminar  
December 1 - 4, 2011 Provincial and National Level Judges Seminar

\*Information with regard to 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! 😊

# OUR COACHES



**Tanya  
Manastersky**

**Head Coach**

Tanya has been coaching with the Sapphires for 14 seasons. She is a fully certified Level 3 coach through the National Coaching Certification Program, and also a certified judge.

Coaching rhythmic gymnastics has been a very rewarding experience for Tanya, and something she really has a passion for. She has coached all levels of athletes in recreational, competitive, and national stream programs. Most recently, she was the coach of the Manitoba Fusion Team who attended the World Gymnaestrada in Switzerland.

Tanya was an athlete in the sport for 17 years, and throughout her time as an athlete has traveled to many great places including Portugal, Austria, and many destinations within Canada. When she's not in the gym, she enjoys spending time with friends, scrap booking and card making, and loves to travel.

Tanya is a University of Winnipeg student pursuing a career in Education. She is hoping to teach in either the early or middle years streams. Tanya is currently in Bangkok, Thailand participating in a student teaching exchange program. The Sapphires look forward to her return in the spring of 2012!



**Carly Isaak**

**Recreational Program  
Coordinator  
Comp Levels 4 & 5,  
National Stream, Novice  
& Junior Group**

Carly is looking forward to her eighth year of coaching with the Sapphires, and her fourth year as the Recreational Program Coordinator. In her eleven years with the Sapphires she learned to have confidence, stay active, and make friends. She hopes to provide her gymnasts with the opportunity to have the same great experience she had!

In her spare time Carly enjoys running, baking, and spending time with friends. She is currently a student at the University of Manitoba studying Food Science. This season, look for Carly competing in the Masters category!



**Tracy Sterdan**

**Competitive Levels 5 & 6  
National Stream and  
Masters**

Tracy has been coaching rhythmic gymnastics for 18 years. She feels proud to be an original member of the Sapphires coaching team since the club was established in 1991. Tracy is a former gymnast and competed as a member of the Manitoba's Provincial Team in the 1990's. She is Level 3 certified and has coached many different levels of rhythmic gymnastics from recreational/introductory classes to provincial team athletes. She was also the head coach of Manitoba's team representing Canada at the World Gymnaestrada in 2003 and 2007.

Tracy studied at the University of Manitoba and graduated in 2001 with a Bachelor of Commerce degree. She currently works full time in a marketing position at Manitoba Hydro and also keeps busy with her 1-year-old son, Jack.



**Becky Lesiuk**

**Competitive Levels 5 & 6**

Becky is excited that this will be her eighth year coaching with the Sapphires. Throughout the years, she has coached Recreational and Provincial Stream athletes as well as assisted with the National Stream program. She has enjoyed every moment watching her gymnasts improve and strive to reach their goals. She is level 2 certified through the National Coaching Certification Program and is hoping to soon obtain her Level 3.

Becky was also an athlete in the sport for 9 years, and throughout her experience, traveled to Austria as well as various places within Canada. Coaching rhythmic gymnastics has given her the opportunity to share her knowledge of the sport and most of all her passion with her gymnasts! She is anticipating another great year and looks forward to further developing relationships with everyone.

Becky is currently a fourth year student at The University of Manitoba and starting her third year in the Faculty of Nursing. In her spare time she enjoys cooking, running and Ukrainian dancing.



## Lisa Smyrichinsky

### Competitive levels

3 & 4

This will be Lisa's 5th year coaching with Sapphires Rhythmic Gymnastics Club and her 4th year as a competitive coach. She is level 2 certified through the National Coaching Certification Program and hoping to complete level 3 in the future. She is also a certified club level judge and plans to take the provincial level course this year. She loves watching her gymnasts improve throughout the year while working hard and having fun. This will be Lisa's 11th year as a gymnast with Sapphires and she is extremely excited to be part of the senior group as well as working on a masters routine. Lisa is in her second year at the University of Winnipeg pursuing a degree in athletic therapy. When not in the gym she enjoys running, snowboarding, traveling, and spending time with her friends and family.



## Kira Burkett

### Competitive Levels

4 & 5

Kira has been coaching rhythmic gymnastics for the past eight years. She began competing with Sapphires in 2001 and has been involved with the club as both a coach and gymnast ever since. She has worked with both recreational and competitive gymnasts and has competed individually and in group. Kira was part of the Manitoba team representing team Canada at World Gymnaestrada in both Lisbon and Dornbirn and this year she will be competing in the newly re-formed masters program.

Kira will be graduating this December with a degree in Politics from the University of Winnipeg. In her free time she enjoys dancing, canoeing and reading



## Nina Semchyshyn

### Competitive Levels 1 & 2

Nina just started coaching last year, assisting in the level four class. Nina has been part of the Sapphires Club for six years. In 2011, Nina travelled with Manitoba's Fusion Gymnaestrada Team to Switzerland for World Gymnaestrada. This season she is competing in the Competitive Level 6 category. Nina is currently a student at St. Mary's Academy, starting grade ten this fall. She dances with Rozmai Ukrainian Dance Company and with the Royal Winnipeg Ballet.



## Geneva Cloutis

### Competitive Levels 1 & 2

Geneva has been a member of Sapphires for 10 years. She has been coaching recreational and competitive classes for 4 years. She has been competing as a gymnast in group and individual categories for many years and this year is competing in the level 6C category.

Geneva is entering her final year of high school at Grant Park High School. Apart from gymnastics, she is involved in the band program and Environmental groups at her school.

## Gail Pollard

### Competitive Levels 4 & 5

Gail is in her first year coaching Rhythmic gymnastics. She is excited to be joining the Sapphires team! Gail is a former gymnast having competed at the national level in both rhythmic and artistic gymnastics. She was a member of Team Ontario in the 90's for rhythmic gymnastics. She has vast experience in dance, cheerleading and choreography as well, having been a member of the Labatt Blue Lightning Dance Team for 5 football seasons. Most recently, Gail was a member of the Manitoba Fusion team representing Canada at the World Gymnaestrada in Lausanne Switzerland in July 2011.

Gail currently holds a Bachelor of Physical Education, a Bachelor of Medical Rehabilitation (Physical Therapy), and is currently in the final stages of completing her Masters of Science in Human Anatomy and Cell Science at the University of Manitoba. She currently works as a Wellness Consultant at the Wellness Institute at SOGH as well as teaches gross anatomy labs at the University of Manitoba. You can wave hello to her at Bomber games as she is also the female mascot Bella!

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

[www.sapphiresgymclub.ca](http://www.sapphiresgymclub.ca)

The Sapphires' website is now up and running! On the website you can find information on our programs, see previous and current newsletters, pictures of our gymnasts, links to other gymnastics - related websites, and much more!

Be sure to visit often, as information pertaining to competitions and last minute cancellations will be posted when possible.

A great big **THANK YOU** to **Cindy Hoover**, for making our website possible!

