



SapphiresRGC@gmail.com

www.sapphiresgymclub.ca

RHYTHMIC GYMNASTICS

ROPESHOOPSBALLSRIBBONSCLUBS

SEPTEMBER 2012

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:

Makeme Kourouma Level 1B
Julia Mainprize Level 1B
Alexandra Ramcharan Level 1B
Chayse Rye Level 1B
Keira Williams Level 2A
Maya Dowson Level 2A
Sara Zacharko Level 2A
Azaileia Coston Level 3A
Mary MacPherson Level 3A

After time away from the Sapphires, welcome back to the following gymnasts:

Sarah Watson Level 3A
Nicole Foy Level 3A
Katie Trojan Level 4C
Jasmine Chin Masters

Max Bell Cancellations

The following **Saturday** morning practices at Max Bell have been moved to Wheelies 8:00 am to 11:00 am.

October 6 th	January 26 th
December 1 st	February 2 nd
December 8 th	March 9 th
December 15 th	March 30 th
January 19 th	



-Up to date information -Events
-Practice change reminders -Pictures
-Connect with other Sapphires!

Dates to Remember:

September 15 - Gymnasts in Carly's Level 2A, 2B, 3A, 3B, & PN Class can meet Carly at Monkey Business (1420 Erin Street) from 9am-10am for help purchasing and ordering equipment, bodysuits, toe shoes, etc.

September 20, 21, 27 - Coach-Athlete-Parent meetings, Sport For Life Centre, 145 Pacific Ave. 6:00 - 9:30 pm (Please check the schedule that was emailed out)

September 22 - Sapphires gymnasts performing at the Manitoba Chinese Tribune's Moon Festival Celebration 6:30pm at the Investors Group Athletic Centre, U of M

September 23 - Provincial Achievers Camp hosted by RGM for gymnasts in levels 1-3, 8:00 am to 5:00 pm at Max Bell Centre, U of M

September 28 - Competitive Athletes Team Building night! Open to all competitive gymnasts, Lansdowne School, 5:30pm-7:30pm (please try to arrive a few minutes early if possible, we will be starting promptly at 5:30pm). Bring runners and come ready for Zumba!

September 29 - Gymnasts in Geneva & Gail's Level 1B Class can meet Geneva at Monkey Business (1420 Erin Street) from 9am-10am for help purchasing and ordering equipment, bodysuits, toe shoes, etc.

September 30 - Provincial Achievers Camp hosted by RGM for gymnasts in levels 4-6, 8:00 am to 5:00 pm at Max Bell Centre, U of M

October 7 and 8 - Thanksgiving, no classes

October 14 - Rising Stars Camp hosted by RGM for National Stream gymnasts, 8:00 am to 5:00 pm at Max Bell Centre, U of M

October 26 - Competitive Athletes Team Building Night! Open to all competitive gymnasts. Location and time TBA.

October 31 - Halloween, no Level 1 classes

November 11 - Remembrance Day, regular classes at Max Bell Centre

November 30 - Competitive Athletes Team Building Night! Open to all competitive gymnasts. Location and time TBA.

December 1 - Invitational Competition #1 "Christmas Cup" at Max Bell (TBC)

December 8 - Sapphires Winter Display, Tec Voc High School (TBC)

December 21 - 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 26 - Invitational Competition #2 "Winter Challenge" at Max Bell, U of M (TBC)

February 1 - Competitive Pictures, Lansdowne School (TBC)

February 18 - Louis Riel Day, no classes

March 7-10 - Elite Canada, Canadian Group Championships, Richmond BC

March 9 - 10 - Invitational Competition #3 "Elite Manitoba & Sapphires Invitational" (TBC)

March 25-29 - Spring Break, no classes

March 31 - Easter Sunday, no classes

April 24-28 - Western Canadian Championships, Edmonton, AB (TBC)

May 11-12 - Provincial Championships, Max Bell, U of M (TBC)

May 20 - Victoria Day, no classes

May 20-25 - Canadian Individual Championships, Ottawa, ON (TBC)

June 1 - Provincial Gymnaestrada, Tec Voc High School (TBC)

*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 15th, 2012 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, **Mackenzie Cervantes!**

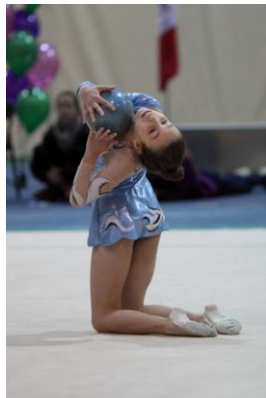


Mackenzie Cervantes

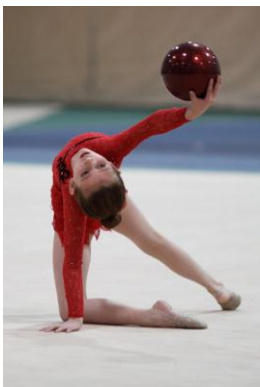
Congratulations go out to.....



Amy Milne



Nicole Taylor



Katie Trojan

..... for qualifying for the **Manitoba Provincial Team** for 2012 -2013!

Due to their hard work and determination in the National Stream program, these Novices excelled at every competition, and earned placement on Manitoba's top team for rhythmic gymnastics!

Awards & Achievements

Many awards and achievements were received by our Sapphires during the Provincials competition (held May 12 – 13, 2012) and the RGM Annual General Meeting (held June 13, 2012):

Tracy Sterdan

Coach of 2012 Provincial Champions:

Level 5B: *Emma McLarty*

Masters: *Carly Isaak*



Carly Isaak

Coach of 2012 Provincial Champions:

Provincial Stream Novice Group: *Megan Polden, Olivia Thompson and Emily Watson*

And

Coach of 2012 Provincial Team Members *Amy Milne and Nicole Taylor*

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



Carly Isaak

Carly is the recipient of the Women to Watch coaching grant, awarded by Coaching Manitoba and Sport Manitoba. Carly also recently achieved the NCCP Level 3 coaching certification.

Way to go, Carly - we are so proud of you!

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.

Sapphires Parent Committee:
for the 2012 – 2013 season:

Karen Trojan	President
Maria Stevenson	Treasurer
Rose Cloutis	Competition Registrar
Char Thompson	Facilities
Sherri Polden	Special Events
Janet Milne	Bingo Coordinator
Lorna McLarty	Secretary
Shauna Lagimodiere	Member-at-Large
Verna Taylor	Fundraising Coordinator
Diane Rawluk	Fundraising Coordinator

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
OR
Karen Trojan @ 586-3022
kat729@hotmail.ca

REMINDER!

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

Tracy: 791-5376 (cell)	tsterdan@gmail.com
Tanya: 226-2351 (cell)	t.manastersky@hotmail.com
Rebecca: 955-6502 (cell)	beck.y@hotmail.com
Lisa: 990-7095 (cell)	lisa.smyrichinsky@gmail.com
Carly: 918-5906 (cell)	carly.isaak@gmail.com
Geneva: 955-9808 (cell)	genevacloutis@gmail.com
Gail: 887-6984 (cell)	gailpollard@hotmail.com
Nina: 898-7931 (cell)	ninasemchyshyn@hotmail.com
Brandi: 782-6006 (cell)	xlee_faboulousb@hotmail.com

Competitive Team Building Events:

These events are an opportunity for our competitive gymnasts and coaches to connect outside of regular training hours. Since our gymnasts train in a variety of facilities and on different days of the week, team building nights will bring us together once a month. These events could be anything from a dance or yoga class, going bowling together, or listening to a workshop on sport psychology. Details for October and November will be distributed soon!

September 28th – Team Building Night: Zumba at Lansdowne School, 5:30pm-7:30pm
October 26th – Team Building Night
November 30th – Team Building Night
December 21st – Competitive Holiday Party

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 2011- 2012 season were **Karen Trojan** and **Char Thompson**!

Karen has been involved with the Sapphires Parent Committee since her eldest daughter first started gymnastics. Her contributions to the Club over the years have been invaluable, as co-president, treasurer, coordinator of special events and fundraisers. For the last few years, she has taken on the production of the Sapphires' club newsletter, complete with beautiful photographs, coach biographies, notes of congratulation and celebration, as well as calendars and notices of upcoming club events. Karen serves the larger RG community as well, as a minor official and judge, and the incoming VP of Finance for RGM.

Char joined our parent committee in recent years, always willing to help out wherever necessary, and is a provider of wonderful and innovative ideas for fundraisers, growth of our recreational programs, and our annual competition, the Sapphires Challenge. However, this season, Char has taken on a volunteer position that requires a lot of hard work, and personal attention to details – facilities co-ordinator. She has developed respectful relationships with the Permit Department staff at the Winnipeg School Division and St James School Division that has enabled our club to secure training facilities at a few of the gymnasiums within the divisions. Char also uses her amazing communication skills and abilities to seek out and secure alternate venues when there are cancellations at the regular gyms.

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 ♥

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. T-shirts, loose tank tops, spaghetti straps, and loose shorts are NOT acceptable for any classes. Hair must be completely pulled back (either in a ponytail or a bun). Please talk to your daughter's coach if you have any questions about practice attire.

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!