



RHYTHMIC GYMNASTICS

ROPESHOOPSBALLSRIBBONSCLUBS

SapphiresRGC@gmail.com

www.sapphiresgymclub.ca

SEPTEMBER 2015

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 and Interclub gymnasts and their families!

U of M – Max Bell Centre

Cancellations

The following Sunday practices at Max Bell have been moved or cancelled:

| DATE | PLACE | TIME |
|----------------------------|--------------------------|--------|
| September 20 th | Isaac Brock School | 2-6 pm |
| October 11 th | Cancelled – Thanksgiving | |
| November 29 th | TBC | |
| December 27 th | Cancelled | |

U of W - Duckworth

Cancellations

The following Saturday morning practices at University of Winnipeg - Duckworth have been moved:

| DATE | PLACE | TIME |
|---------------------------|--------------------|-------------|
| October 3 rd | Oct 2 -Lansdowne | 5:30-8:30pm |
| October 10 th | Oct 9 -Lansdowne | 5:30-8:30pm |
| November 14 th | Nov 13 – Lansdowne | 5:30-8:30pm |
| November 21 st | TBC | |

NOTE: The Saturday am practices have been moved to Lansdowne School for the preceding Friday night. If you are unable to make it to these re-scheduled practices, please let your coach know, and you may be able to train on an alternate day.

Dates to Remember:

***Dates and/or events are subject to change – check the website often for current information!**

October 11 and 12 - Thanksgiving, no classes

October 23, 24, 25 – Gymnastics Foundations Course for coaches at Sport For Life Centre

October 30 – Competitive and Interclub Athletes Team Building Night! Open to all competitive and interclub gymnasts. Location and time TBA.

November 11 - Remembrance Day, no classes

November 27 – Competitive and Interclub Athletes Team Building Night! Open to all competitive and interclub gymnasts. Location and time TBA.

December 5 – Sapphires Winter Display, Competitive Levels 1-3 and Interclub Pictures at Tec Voc High School (TBC)

December 12 - Invitational Competition #1 "Christmas Cup" at Max Bell (TBC)

December 18 - Sapphires Competitive and Interclub Holiday Party – more information to come.

December 21 – 27 – Winter Break, no regular training.

December 28 – 30 – Optional Winter Camp, more information to come.

2016

January 2 - 4 - Classes resume after winter break

January 10 – (Sunday) Invitational Competition #2 "Winter Challenge" at Max Bell, U of M (TBC)

January 15 – Competitive Levels 4-6 and Masters Pictures, Lansdowne School (TBC)

January 30, 31 – Invitational Competition #3 "Elite Manitoba" at Max Bell, U of M (TBC)

February 13 - 15 - Louis Riel Day weekend, no classes (makeup classes TBC)

February 27 – Invitational Competition # 4 "Sapphires Challenge" at Tec-Voc (TBC)

March 19 – Invitational Competition #6 "Manitoba Cup" at U of M, Max Bell (TBC)

March 27 – Easter Sunday, no classes

March 28 - April 1 - Spring Break, no classes

April 9 - 10 - Provincial Championships, Max Bell, U of M (TBC)

April 16-17 – Sapphires Spring Display (TBC)

April 21-24 - Western Canadian Championships, Edmonton, AB (TBC)

May 7 - Provincial Gymnaestrada, Tec Voc High School (TBC)

May 19-22 - Canadian Individual Championships, U of Wpg, Duckworth

May 23 - Victoria Day, no classes –end of regular competitive/interclub training

***Note:** Regular Competitive and Interclub training ends the weekend of May 22, 2016 (Victoria Day weekend). Optional June training (at additional cost) will be available. More information to follow.



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



Recent Events

The **Sapphires Year-End Wind-Up** was held in June 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 awards of the evening was presented to the **Sapphires Most Improved Gymnast, Sapphires Team Player, and Sapphires Rookie of the Year.**

Danielle Sa – Most Improved Gymnast Recipient



*Nina Semchyshyn
Team Player Recipient*



*Amelia Lapinov
Rookie of the Year Recipient*

Congratulations!!!

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.

Follow us on

Instagram

@sapphires.rgc

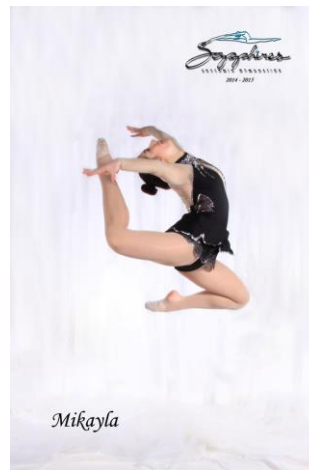
Awards & Achievements

Many awards and achievements were received by our Sapphires during the Provincials competition (held May 9 – 10, 2015) and the RGM Annual General Meeting (held June 9, 2015):

Tanya Manastersky

Coach of 2015 Provincial Champion:

Level 6B: *Mikayla Trojan*



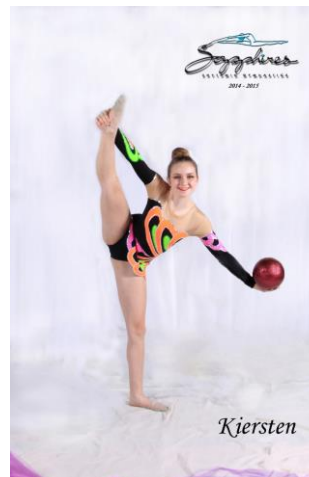
Mikayla

Mikayla had a very successful gymnastics season – she travelled to Regina in February to compete at the Wascana Invitational, where she placed 1st All-Around! Mikayla also competed at the Western Regional Championships, held in Burnaby in April where she placed 2nd in choice and 4th All Around. At the Provincial Championships, Mikayla swept all three individual routines to place 1st All Around and score a Provincial Championship for Sapphires! Congratulations to Mikayla and Coach Tanya!

Lisa Smyrichynski

Coach of 2015 Provincial Champion:

Level 5A: *Kiersten Zueff*



Kiersten

Kiersten has worked very hard at improving her skills in each of her routines this year. She rocked her routines at Provincial Championships and took home the level 5A championship title!

Congratulations Kiersten!

Provincial Group Champions:

Provincial Stream Level 3 Group: *Julia, Katie, Shelby and Emma*

Provincial Stream Level 4 Group: *Azailleia, Kiera, Maya, Ruby and Sara*

Provincial Stream Level 6 Group: *Erin, Nina, Emma, Geneva and Vicky*



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

Sapphires Parent Committee:
for the 2015 – 2016 season:

| | |
|---------------------------|-----------------------|
| Karen Trojan | President |
| Sherri Spencer | Vice President |
| Maria Stevenson | Treasurer |
| Diane Rawluk | Past President |
| Cristina Sa | Competition Registrar |
| Char Thompson | Facilities |
| Nancy MacPherson | Special Events |
| Janet Milne | Bingo Coordinator |
| Carol-Ann Zacharko | Secretary |
| Lorna McLarty | Member-at-Large |
| Todd Taylor | Member-at-Large |
| Lisa Richards | Member-at-Large |
| Tannis Taylor | Member-at-Large |
| Shauna Lagimodiere | Member-at-Large |

Do you have any ideas for a fun and profitable new Fundraiser that you would like to promote? Would you like to be more involved with your daughter's Club?

If your answer to either of these is YES, then please speak to any of the Committee or call:

Karen Trojan @ (204)471-7346

kat729@hotmail.ca



REMINDER!

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

| | |
|------------------------------------|------------------------------|
| Tracy: (204)791-5376 | tsterdan@gmail.com |
| Tanya: (204)226-2351 | t.manastersky@hotmail.com |
| Samantha: (204)804-2995 | samantha.88@hotmail.ca |
| Carly: (204)918-5906 | carly.isaak@gmail.com |
| Gail: (204)887-6984 | gailpollard@hotmail.com |
| Nina: (204)898-7931 | ninasemchyshyn@hotmail.com |
| Kira Burkett: (204)688-9848 | kira.burkett@gmail.com |
| Brandi: (204)782-6006 | brandivoss@hotmail.com |
| Mikayla: (204)229-9079 | mikayla.trojan14@hotmail.com |

Team Building Events:

These events are an opportunity for our competitive and Interclub 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!

- October 30th** – Team Building Night (TBC)
- November 27th** – Team Building Night (TBC)
- December 18th** – 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 2014- 2015 season were **Lorna McLarty** and **Char Thompson**!

Lorna

The Sapphires are honoured to nominate Lorna McLarty as our club's volunteer of the year. Lorna has contributed to The Sapphires in numerous ways over the years both officially as a Director and secretary, and generally as a member of the parent board who could always be counted on to help out no matter what the job. Lorna doesn't say no - she just champions up and takes on the job with a smiling face and good humour. Lorna brings her creative flair to events when decorating is needed, silent auction baskets need assembling or flowers need arranging. Without a doubt however, Lorna is best known as the queen of canteen organizers and other clubs have now caught on and can be seen secretly consulting with her. We are so grateful and thankful that Lorna is one of our valued parent volunteers!

Char

Nominating Char Thompson as one of The Sapphire's volunteers of the year is an honour. Char has been our Facilities chair for the last few years. This never ending, 24/7 job is one that would be daunting to others, but not Char. Ever cheery and positive, Char takes things as they come and manages to keep all our coaches and athletes organized and in the gym. We cannot thank Char enough for taking on this job and doing it so well. Because we can, we count on Char for anything and everything as required and Char has well established herself as our Competition and Display announcer, bringing her wit and enthusiasm to the mic! The Sapphires are very grateful and thankful that Char is one of our valued parent volunteers!

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!