

Rhythmic Gymnastics

Newsletter



2016

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Congratulations on exceptional results for Ontario athletes and coaches at Pan American Championships held on November 4th-9th in Yucatan, Mexico. Junior National Group, Maria Chekhter, Selina Chekhter, Jacklyne Elias, Gloria Hauer, Jessica Zhang, and Alexandra Zilyuk (Salut RG) captured the silver medal while the junior individuals Sophie Crane (Jusco RSG) and Natalie Garcia (Mississauga Newnorth) along with team mate Alexandra Chtrevenskii (Montreal) won bronze in the all around competition. Senior Team comprised of Athena Tsaltas (Salut RG), Bernard and Hamilton (Vancouver) additionally won bronze in the all around competition.

Congratulations to the 2016 GO Award Recipients

Congratulations to Tatjana Dolic for being awarded the 2016 High Performance award and Eva Sokol for being awarded the recognition award.

Club of the year award representing less than 200 members was awarded to Silhouettes of York RSG Club.

Congratulations to all for an outstanding work in 2016!



Intercontinental and International Judges Courses

Congratulations to Polina Tzankova on being selected by GCG to attend Intercontinental Judges Course

Over 10 Judges from Ontario have been accepted by FIG to attend International courses in Baku, Moscow and Indianapolis.

Best of Luck to everyone participating in a course.

Ontario Rules & Regulations

GCG Provincial, Interclub Provincial and AGG Charts have been updated, posted on the GO website and sent to clubs.

For more information, visit <http://www.gymnasticsontario.ca/rg-ontario-rules-regulations/>

Training Camps



Provincial training camp was held November 27th at Aspirals Gymnastics. Over 50 athletes participated in a camp who got to learn from some of the best clinicians in Ontario, Danuta Smiechowski, Tatsiana Katsenkava, Alla Kosheleva, Teria Morada and Canadian Champion Patricia Bezzoubenko. A very big thank you to Provincial Coaching Chair Margaret Wichrowska for organizing the camp and to Aspirals Gymnastics for hosting such a successful event.



Gymnastics Ontario is planning to host a National Training camp on February 4th – 5th. More information will be distributed to all clubs shortly

For updates please see the GO website event calendar

RG Coaches Workshop

RG Coaches workshop was held on November 27th at Aspirals Gymnastics. A big Thank you to Polina Tzankova for conducting a session and answering questions raised by the coaches.

More information can be found at <http://www.gymnasticsontario.ca/rg-technical-bulletins/>

Upcoming Events

- ❖ 26th Olympium Invitational – January 27th – January 29th, 2017
- ❖ Valentines Invitational – February 19th, 2017
- ❖ Slonny Cup Invitational – February 25th – February 26th, 2017



- ❖ Elite Canada is hosted by Kalev Estienne on March 16th – 20th, 2017 at the Markham Pan Am Centre
Registration and payments to be submitted to GCG
by: **February 16th, 2017**



2017 Rhythmic Gymnastics 1st Provincial Qualifier

- ❖ 1st Provincial Qualifier is hosted by Ottawa RGC on March 24th – March 26th
Registration deadline: **Friday February 24, 2017**

2017 Tour Selection

Age requirements:

- Provincial athletes between the ages of 11 – 12 in the competitive season
- Novice athletes between the ages of 11 – 12 in the competitive season
- Junior athletes between the ages of 13 – 14 in the competitive season

National Stream Athletes:

- Top 3 age eligible Novice athletes from Eastern Regional Championships
- Top 3 age eligible Junior athletes from Easter Regional Championships

Provincial Stream Athletes:

- Top 3 age eligible athletes with the highest cumulative scores from PQ1 and PQ2 in level 4. Level selection (sub-categories A, B, C, D) will depend on the competition requirements for the age category and will be announced as soon as it becomes available.

More Information on selection process can be found at <http://www.gymnasticsontario.ca/wp-content/uploads/2014/12/Section-I-Ont-RG-Provincial-Program1.pdf>

Coaching Requirements & ID Cards



Coaches should have an up to date ID. Coaches are required to show their coaching id card to be permitted on the floor at competitions. **This season a coach must present their Coaching ID to gain access to the warm-up and competition floor.**

In case of a lost, stolen or forgotten ID, coaches will be required to sign form number CPO01 stating a minimum level 2 certification for verification. The host club registration desk will have this form available.

If need to request a coaching ID please visit the GO website:

<http://www.gymnasticsontario.ca/education/coach-ed/coach-id-application/>

Coaching Requirement (including requirements for access to the competition floor):

<http://www.gymnasticsontario.ca/coaching-requirements/>

For further information, please contact the Education Coordinator, Danielle Hilliard at education@gymnasticsontario.ca.

Coaching Courses

- ❖ Level 2 RG Technical Course
Location: Kanata RSG
Date: December 16th – December 18th, 2016

More Information can be found at <https://gymnasticsontarionccp.checklick.com/>

RG and AGG Calendar of Events

For a complete listing of events please visit the GO website and click Events, Event Calendar or <http://www.gymnasticsontario.ca/calendar/> to select and register for your competitions this season.

All RG events are posted on the Gymnastics Ontario website's event calendar. Information such as event dates, location, call to meet and registration forms will be posted under each event.

