

Rhythmic Gymnastics Newsletter

August 2017

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The 2017-2018 RG Tour took place in Montpellier, France on July 5-17, 2017. A team of five athletes along with a team coach, Stefka Moutafchieva, and a team judge, Polina Tzankova attended an international tournament called "Dany Cup" and a training camp following the competition.

Maria Arkhipova ranked 3rd All Around competition and 2nd in free and clubs in 2005 Pre-Junior B Category. In 2005 Pre-Junior Category A, Cynthia Zhang ranked 3rd All Around and took silver in hoop and clubs routines, and bronze in ball. Christina Savchenko ranked 3rd in hoop, 2nd in ball, 4th in clubs and 4th in All Around competition in the same category. Nagham El shorafa and Callan McAlpine competed in Junior Category A and placed 7th AA, 6th in hoop, 10th in ball, 8th in clubs, 3rd in ribbon and 9th AA, 8th in hoop, 11 in ball, 6th in clubs, 5th in ribbon respectively.

Adriana Garcia and Izabella Helbin with a personal coach Danuta Smeichewski also travelled to France to compete in Dany Cup. Garcia took gold in All Around competition as well as in free and hoop routines in 2004 Pre-Junior B Category. Helbin ranked 3rd AA, 1st in hoop, 4th in ball, 3rd in clubs, and 2nd in ribbon in Junior A Category.

Gymnastics Ontario congratulates all the athletes and coaches with such amazing results!

2016 - 2017 Season Review

Training Camps

During this season Gymnastics Ontario held one provincial and one national level training camps. Provincial level training camp was open to all interested provincial stream athletes (Levels 2-6) and focused on development and amendment of body and apparatus technique. Athletes were introduced to a variety of the utilization of the body and rhythmic steps, and learned many tricks and received tips from judges on composition. National level camp was open to all national level athletes (novice, junior and senior) and focused on enhanced warm-up techniques, routine review by FIG Brevet judges, utilization of the apparatus, body and rhythmic steps, dance class, and mental preparation for competition workshop.

Coaches & Judges

A total of 4 NCCP courses were held during the 2016-2017 competitive season:

- Foundations RG – August 2016
- Foundations RG – November 2016
- Level 2 Technical – December 2016
- Foundations RG – June 2017

All Ontario coaches and judges were invited to attend both, provincial and national, camps and coach/judge workshops that followed the camps. A total of 15 coaches/judges attended the provincial camp and workshop and a total of 37 coaches/judges attended the national camp and workshop.

This season Gymnastics Ontario provided partial subsidy to the judges who were selected by GCG and successfully passed FIG Brevet courses. Now there are 8 Canadian FIG Brevet judges in Ontario and 2 foreign FIG Brevet judges who currently reside in the province.

Competitions

A total of 5 GO official events were held in 2016-2017 season:

1. Provincial Qualifier 1 – hosted by Ottawa gymnastics Club – 184 athletes (L2+)
2. Provincial Qualifier 2 – hosted by Trillium Rhythmic – 224 athletes (L2+)
3. Ontario Championships & RhythmFest – hosted by Jusco RGC – 190 athletes (L2+)
4. Elite Ontario – hosted by Olympium RGC – 68 athletes
5. Eastern Regional Championships – hosted by Ritmika RGC – 184 athletes

And a total of 12 invitational events were held in Ontario in 2016-2017 season: Jusco Invitational, Kalev Cup, Kanata Cup, Koop Cup, Olympium Invitational, Salut Cup, Slonny Cup, Spring Blossom, Spring Classic, Valentines classic, Viva Invitational, York Stars Invitational



Congratulations to Ms. Koop on receipt of GCG Dr. Gene Sutton Memorial Award!

Gymnastics Ontario congratulates for successfully passing FIG Judges' Course:

Julia Assadoullaev (CAN)
Svetlana Joukova (CAN)
Tatiana Kastenkava (CAN)
Yuliana Korolyova (CAN)
Stefka Moutafchieva (CAN)
Iana Nadtochii (CAN)
Danuta Smeichewski (CAN)
Polina Tzankova (CAN)
and
Khulan Batbayar (MGL)
Janika Molder (EST)

Gymnastics Ontario Thanks all of the official hosts for running successful meets in 2016-2017 season

Coaching Congress

When: August 25 – 26, 2017

Where: Milton Springers Gymnastics Club

605 Santa Maria Blvd. Unit #1 Milton, On. L9T 6J5

The information for the Gymnastics Ontario Coaching for Coaches Congress is now available at www.gocoachingcongress.com

Unfortunately, we were not able to bring Adriana Dunavska this year due to sudden changes in her calendar however Gymnastics Ontario invites coaches to attend sessions in sports psychology, nutrition, injury, taping and more...

Please click on some of the sessions below to see their description and visit the [GO Coaching Congress website](#) for a complete list of coach training sessions:

[Up Your Nutrition Game: Information for the Well-Oiled Athlete](#)

[Strength Conditioning Trends and the Role of the Coach in Sports Injury Prevention](#)

[The Impact of Coach Behaviour on Athlete Performance](#)

[Motor Learning, Motor Development and the Theory of Muscle Memory](#)

[Taping 1: Lower Body](#)

[Taping 2: Upper Body](#)

[Dealing with Growing Pains and Overuse Injuries](#)

[Understanding and Managing Difficult Behaviours in the Gym](#)

2017 - 2018 Events

RG Technical Assembly – August 17, 2017 (online).

Gymnastics Ontario is finalizing the official hosts and as soon as all the documentation is received will start approving Invitational Sanctions.

Latest From GCG

“Canadian champion Carmen Whelan of Aurora, ON had strong performances in her hoop, ball and clubs routines but made mistakes in her ribbon routine. Whelan’s top performance came with a score of 14.300 points in the hoop. An overall score of 50.300 points put Whelan in 32nd place.

Katherine Uchida of Toronto, ON struggled during the competition finishing with 49.400 points to finish 36th overall. Uchida’s top performance came with a score of 13.050 points in the hoop.

Group members Elizabet Belittchenko, Renna Cukier, Cleo Page, Vanessa Panov, Anastasia Shanko, and Alexandra Udachina missed the finals in both events finishing in 11th place overall with a score of 28.400. The

group's five hoops routine, which landed them a sixth place finish in Minsk last week, was once again their top performance with a score of 14.850.

For full results from the competition, [click here](#)."

Source: GCG

For more GCG News please [click here](#).