

July 2018

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RG Tour 2018



Gymnastics Ontario congratulates Team Ontario who represented the province at 2018 Open GR Azur International Tournament in France over the past weekend, June 30-July 1, 2018. The team consisted of Julia Lianos (Ritmika RGC), Madison Venturo (Ritmika RGC), Adel Karasik (Ritmika RGC), Emily Huseynov (Trillium RGC), and Elisabeth Fabiano (Ritmika RGC); team coach Rhea Reble and team judge Tatsiana Kastenkava. The team did exceptionally well with all athletes placing in the top 3 in All Around competition. Julia Lianos won silver and Madison Venturo took bronze in junior competition. Emily Huseynov won gold followed by her teammate, Adel Karasik, in second place for All Around competition among the athletes born in 2007. Elisabeth Fabiano won gold in All Around competition in 2006 age category. The team is staying in France attending a training camp until the end of this week.



France attending a training camp until the end of this week.

Ontario Rhythmic Athletes on Canadian and World Stages

FIG World Cup - Sofia, Bulgaria

March 30-April 1, 2018, Katherine Uchida (Jusco RGC) and Carmen Whelan (Silhouettes of York RGC) represented Canada at Sofia World Cup. Uchida was Canada's top individual gymnast, finishing in 25th place with total of 52.850 points. Her best performance was with the hoop earning her 15.100 points. Carmen Whelan finished 46th overall.

Canadian National group made up of Elizabet Belittchenko, Vanessa Panov, Anastasia Shanko, Alexandra Udachina and Alexandra Zilyuk finishe in 11th place AA with a total score of 27.250.

For full competition results [click here](#).



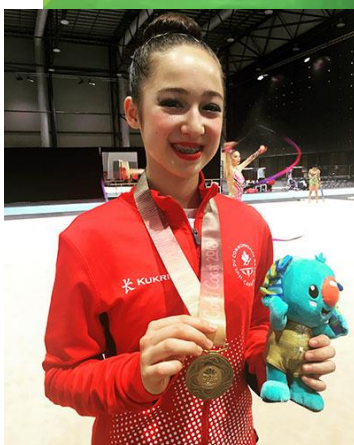
Commonwealth Games - Gold Coast, Australia

Ontario's Carmen Whelan (Silhouettes of York RGC), Katherine Uchida (Jusco RGC) and Sophie Crane (Jusco RGC) with team coach Iana Nadtochii represented Canada at 2018 Commonwealth Games on April 11-13, 2018.

Katherine Uchida finished with silver in All Around competition with a total score of 52.650.

Sophie Crane, who is in her first-year senior, had a drop in the beginning of her clubs routine during finals but recovered with the flawless rest of her routine, leaving her with a total score of 13.950 and a gold medal.

For complete results [click here](#).



Eastern Regional Championships - Montreal, QC



April 20-22, 2018 Ontario clubs travelled to Montreal, QC to participate in Eastern Regional Championships. This competition was the last qualifying event to Canadian National Championships for national stream athletes in novice, junior and senior categories.

Adel Karasik (Ritmika RGC) won AA champion title in novice category with a total of 44.050 points followed by Emily Huseynov (Trillium RGC) in second place with 39.900 and Si Yuan Cao (QC) in third place. Karasik also won gold in rope, ball and clubs routines and bronze with her free. Huseynov placed second in free and ball, and third in rope. Selena Pang (Ottawa RGC) won gold in free routine. Emili Ribakov (Trillium RGC) placed second in rope routine.

In Open Junior category, Veranika Trublina (Trillium RGC) took the All Around champion title with a total of 40.900 points. Julia Lianos (Ritmika RGC) followed in the second place in AA competition with a total of 37.550 points and Hiba Safsafi (QC) in third place. Trublina also won first place with hoop and ball events and bronze with clubs. Lianos won gold in clubs and silver in hoop. Katerina Berestetsky (Viva RGC) won bronze in hoop event and Joy Yi Ki-uhn (Kalev Estienne) won gold in ribbon event.

Masha Nadtochii (Silhouettes of York RGC) won All Around Champion title in Senior Open category with a total of 40.650 points. Nicole Stolys (York Stars RGC) won silver in AA competition and Alexandra Ulanova (Trilium RGC) won bronze with 38.750 and 38.600 total points respectively. Nadtochii placed first in hoop and third in ball events. Stolys won gold in ball and silver in hoop and clubs. Ulanova won silver in ball and bronze in clubs. Alisa Godovany (Silhouettes of York RGC) won gold with her ribbon routine. Kateleen Jia (Ottawa RGC) won gold with her clubs routine. Erika Lin (Kanata RSG) placed third in hoop. Iva Dolic (Mississauga Newnorth RGC) won silver and Alexa King (Silhouettes of York) won bronze in clubs.

A total of 32 Ontario individual athletes qualified to attend Canadian National Championships from this event.

For full results [click here](#).

Koop Cup - Markham, ON

April 26-29, 2018 Many Ontario athletes took part in a local international competition, Koop Cup. Koop Cup combined all levels of rhythmic gymnastics as well as aesthetic group gymnastics and showcased over 400 athletes from 7 countries. The event consisted of Interclub, Provincial, National and FIG level athletes competing for the champion title within their categories. In FIG Senior level, Sophie Crane (Jusco RGC) placed 5th in All Around competition with a total of 52.150 points, followed by Hannah Walter (Kalev Estienne) in 6th place with 47.900 points. Alina Trushkina (Trillium RGC) placed 8th in AA competition followed by Diana Noskova (Jusco RGC) and Gabrielle Assadoulaev (York Stars RGC) in 9th and 10th positions respectively. In apparatus finals, Crane won gold in hoop final, and silver in ball and clubs finals. In FIG Junior AA competition Veranika Trublina (Trillium RGC) placed 10th with a total of 42.900 points, followed by Christina Savchenko (Jusco RGC) in 12th place, Nagham El Shorafa (Olympium RGC) in 14th, Callan Mcalpin (Jusco RGC) in 17th and Amy Merante (Olympium RGC) in 18th position.



For complete results [click here](#).

Pacific Rim - Medellin, Colombia



April 27-29, 2018 Team Canada travelled to Medellin, Colombia to take part in 2018 Pacific Rim Championships. The team consisted of Michel Vivier (Viva RGC), Natalie Garcia (Mississauga Newnorth), Izabella Helbin (Silhouettes of York), Haley Miller (Kanata RSG), Athena Tsaltas (Kalev Estienne), and Jayden Andoreotti (BC), and junior group: Michelle Pik, Martha Litvikov, Victoria Smolianova, Leonella Rudy, and Tiffany Zhao (Trillium RGC).

Junior group showed a strong effort and took bronze in All Around competition.

In Junior Individual competition Michel Vivier and Natalie Garcia showed strong performance. Michel Vivier won bronze medal in All Around competition with a total of 57.583 points and

took silver in hoop final, bronze in clubs and ribbon finals and took 4th place with her ball routine in finals. Natalie Garcia placed 5th All Around with 54.583 points, and won silver in clubs final, bronze in hop and ball finals, and placed 6th in ribbon final. Haley Miller placed 7th in AA competition with a total of 48.500 points and Izabella Helbin placed 13th with a total of 41.0333 points.

In the Senior individual competition Athna Tsaltas placed 5th All Around with a total of 46.466 points followed by her teammate, Jayden Andoreotti of BC in 6th place with a total of 45.716 points.

In the Team Competition, Team Canada won silver with a total of 208.716 points.

For complete results [click here](#).

Junior Pan American Championships - Medellin, Colombia

April 30 – May 6, 2018 Natalie Garcia (Mississauga Newnorth) Izabella Helbin (Silhouettes of York), Haley Miller (Kanata RSG) and Junior Trillium Group participate in Junior Pan American Championships in Medellin, Colombia.

Natalie Garcia captured 5 medals including one gold, three silver and one bronze. Garcia's AA second place with a total score of 59.400 points qualified Canada one spot to the 2018 Youth Olympic Games to be held in Argentina in October. Garcia,

Helbin and Miller captured silver medal in team event with a score of 131.250 points.

Izabella also qualified for hoop and ribbon final and Haley qualified for the ball final. Trillium's Junior group who represented Canada at this event finished 5th in rope final and 4th in clubs final.



For complete results [click here](#).

FIG World Cup 2018 - Baku, Azerbaijan

April 27-29, 2018 Carmen Whelan (Silhouettes of York) and Katherine Uchida (Jusco RGC) travelled to Baku (AZE) to represent Canada in FIG World Cup. Uchida scored a total of 51.350 points and placed 30th followed by Carmen in 33rd spot with 48.700 points.



For complete results [click here](#)

FIG World Challenge Cup 2018 - Guadalajara, Spain

May 4-6, 2018 Carmen Whelan (Silhouettes of York) and Sophie Crane (Jusco RGC) travelled to Guadalajara (ESP) to represent Canada in FIG World Challenge Cup 2018. Carmen placed 20th with a total of 55.650 points followed by Sophie in 27th spot with a total of 50.850 points.

For complete results [click here](#)



Canadian Championships - Richmond, BC

May 16-20, 2018 Team Ontario with over 100 delegates travelled to Richmond, BC to take part in Canadian National Championships. Sophie Crane (Jusco RGC) won AA gold in the senior HP category with total of 60.250 points followed by Katherine Uchida (Jusco RGC) in second place with 58.200 and Carmen Whelan (Silhouettes of York) in third place with 53.850. In finals, Whelan

won 2 gold medals for hoop and clubs, silver for ribbon and bronze for ball. Crane took gold medals for ball and ribbon finals and silver for hoop. Uchida won silver in ball and clubs and bronze in hoop final. In Junior HP category Natalie Garcia (Mississauga Newnorth) won All Around title with 56.700 points in total. Followed by Michel Vivier (Viva RG) in second place with total of 53.000 and Elizabeth Savchenko (QC) in third. In apparatus finals, Garcia won gold in hoop and ball, and silver in clubs and ribbon. Vivier alternated with Garcia on apparatus finals, winning silver in hoop and ball, and gold in clubs and ribbon. National Novice category was dominated by Ontario athletes, with



Adel Karasik (Ritmika RGC) becoming All Around Champion with a total score of 44.050. Emily Huseynov (Trillium RGC) and Emili Ribakov (Trillium RGC) winning silver and bronze respectively in AA competition. Karasik also won gold in free, rope and clubs, and silver in ball. Huseynov won gold in ball, silver in free, and bronze in clubs. Julia Zagrubka (York Stars RGC) won bronze in ball, and Julia Leiderdrut (Jusco RGC) won bronze medals with free and rope routines.

In the group competitions, Ottawa RG Novice team won gold followed by Toronto Aspirals Novice team; In Junior Group of 5 Trillium RGC group won gold followed by group from BC and NB in second and third places respectively. Glimmer Athletic Club took gold in Junior Development category. In Senior Group of 5 Ottawa RG Senior team won gold and in Senior Development a group from Kanata RSG took the first place.

For full results, [click here](#)

AGG World Championships - Budapest, Hungary

June 7-10, 2018 three Canadian teams attended Junior and Senior World Championships in Aesthetic Group Gymnastics. Canediana (Kalev Estienne RGC) placed 27th and was the only Canadian team representing the country in Junior category. The team consisted of



Annabel Wang, Isabella Brioso-Soto, Hanna Zaghoul, Alexandra Lu-Sullivan, Magdalini Haranas, Whitney Cao, and Kristina Kisiyuk. Rhythmic Expressions (Kalev Estienne RGC) placed 22nd with a total score of 15.500 points in Senior category, the team consisted of Angelika Reznik, Viktoria Reznik, Kelsey Titmarsh, Vivien Fekete, Maria Chekhter, Selina Chekhter, and Laurie Liu. Allure (York Stars RGC) was the second team representing Canada in the senior competition. Allure scored 16.650 points in the preliminary round advancing to the finals where they placed 10th with 16.500 points. The



team consisted of Dora Judeikin, Ksenia Judeikin, Katerina Shimanski, Cierra Johnson, Gabrielle Assadoulaev, Elena Oganyan, Chanel Johnson, and Gladdens Lau.

For full results [click here](#).



Congratulations to all athletes, coaches, and judges for amazing results!

GCG & IFAGG Awards

May 20, 2018 in Richmond, BC Gymnastics Canada presented 2018 Athletes and Coaches of the Year in rhythmic gymnastics awards:

Senior Athlete of the Year: **Sophie Crane** – Jusco RGC

Junior Athlete of the Year: **Michel Vivier** – Viva RGC

Coach of the Year: **Stefka Moutafchieva** – Jusco RGC

Miss Elegance: **Natalie Garcia** – Mississauga Newnorth RGC



June 10, 2018 in Budapest, Hungary International Federation of Aesthetic Group Gymnastics presented Best North American Team Award to team **Allure** – York Stars RGC



Ontario Champions and Medalists

Elite Ontario Championships- Etobicoke, ON

April 13 – 15, 2018 Olympium Rhythmic Gymnastics Club hosted Elite Ontario Championships in rhythmic gymnastics where Ontario's novice, junior and senior stream athletes fought for the Ontario Champion status.

Emily Huseynov (Trillium RGC) won All Around Champion status in the novice category with a total of 42.233 points. Julia Zagrubaska (York Stars RGC) won silver and Adel Karasik took bronze in the novice AA competition with total of 37.934 and 37.700 points respectively. Huseynov also won gold in free, ball and clubs routines, and silver in rope. Zagrubaska won bronze in clubs and Karasik placed 1st in rope and 2nd in free routines. Lela Tarek-Elgindy (Glimmer Athletics Club) won bronze in her ball routine, Julia Leiderdrut (Jusco RGC) and Ksenia Beloventseva (Trillium RGC) won silver in clubs and ball respectively.

In Junior Open category, Veranika Trublina (Trillium RGC) won All Around Champion title with a total 42.933 points. Amy Merante (Olympium RGC) won silver with total of 38.500 points and joy Yi Ki-uhn won bronze with 38.266 total points in AA competition. Trublina won gold in hoop, clubs, and ribbon individual apparatus events and silver in ball. Merante took silver with her ribbon routine, Yi Ki-uhn won gold in ball individual events. Sianna Tsakiridis (Glimmire Athletic Club) won silver in hoop and clubs routines and Ivy Luo (York Stars RGC) placed third in hoop and ball.

GCG Aspire Camp

Gymnastics Canada is pleased to offer a RG Aspire camp in Toronto, ON from August 16-19, 2018. Registration for this camp will be by invitation by the National Team Director and first come, first serve until an athlete quota of 30 participants has been reached.

The Aspire camp program targets gymnasts from 8 to 11 years old and their coaches. Up to 30 gymnasts will be invited based on this application process.

[For more information click here.](#)

Application Deadline – July 7, 2018

Confirmation of Acceptance – July 10, 2018

[For Application Form Click Here.](#)

In Junior High Performance category, Natalie Garcia (Mississauga Newnorth RGC) won All Around Ontario Champion title with a total of 56.734 points. Followed by Michel Vivier (Viva RGC) in second place with 54.166 points and Izabella Helbin (Silhouettes of York RGC) in third place with 47.399. Garcia also placed first in all individual apparatus events followed by Vivier in second place. Helbin won bronze in hoop and ribbon events. Cynthia Zhang and Haley Miller, both from Kanata RSG, also won bronze in ball and clubs respectively.

In Senior Open category, Alexandra Ulanova (Trillium RGC) took the All Around Champion title with a total of 35.866 points. Alisa Godovany (Silhouettes of York RGC) placed second with 34.933 total points and Nicole Stolys (York Stars RGC), third with 34.133 points. Ulanova also won gold in ball and silver in clubs routines. Godovany took gold in hoop and ribbon routines and silver in ball. Stolys placed third in clubs and ribbon routines. Sasha Tolkacheva (Dynamo GC) won gold in clubs and silver in hoop events. Kristina Glaubakh (Silhouettes of York RGC) won silver in ribbon and bronze in hoop. Alexa King (Silhouettes of York RGC) placed third in ball event.

In Senior High Performance, All Around Champion title went to Diana Noskova (Jusco RGC), silver went to Hanna Walter (Kalev Estienne RGC) and bronze to Alina Trushkina (Trillium RGC). In individual hoop routine, Carmel Kallemaa (Glimmer Athletics Club) won gold, Noskova won silver and Walter won bronze medals. Noskova placed 1st with ball followed by Kallemaa in second and Walter in third places. Kallemaa won gold in clubs, followed by Walter with silver and Trushkina with bronze. In the ribbon individual event Noskova took gold, Kallemaa – silver, and Walter – bronze.

For full results, [click here](#).



Ontario Championships - Etobicoke, ON

June 9-10, 2018 Olympium Rhythmic Gymnastics Club hosted Ontario Championships in rhythmic gymnastics where Ontario's provincial stream athletes fought for the Ontario Champion title. Below are listed AA Champions and medalists in all provincial streams:

2A – All Around Results: 1 st – Ella Gruber (Dynamo GC) 2 nd – Lina Pei (Dynamo GC) 3 rd – Morgan Koop (Ritmika RGC)	2B – All Around Results: 1 st – Kateryna Prushkovska (Olympium RGC) 2 nd – Revital Stepansky (Ritmika RGC) 3 rd – Samaya Abduweli (Viva RGC)	2C – All Around Results: 1 st – Veronika Drevylo (Trillium RGC) 2 nd – Grace Lodoen (Silhouettes of York) 3 rd – Olivia Senathirajah (Mississauga Newnorth RGC)
3A – All Around Results: 1 st – Sophie Gao (Glimmer Athletics) 2 nd – Avigail Stepansky (Ritmika RGC) 3 rd – Audrey Lu (Trillium RGC)	3B – All Around Results: 1 st – Karina Kamenetsky (Totonto RG) 2 nd – Emma Calugar (Olympium RGC) 3 rd – Keira Popov (Ritmika RGC)	3C – All Around Results: 1 st – Phoebe Wang (Silhouettes of York) 2 nd – Lennox Pee (Ritmika RGC) 3 rd – Vera Nyemova (Trillium RGC)
4A – All Around Results: 1 st – Vlada Coveny (Orrawa RGC) 2 nd – Karma Makary (Kanata RSG) 3 rd – Emily Vainchtein (York Stars RGC)	4B – All Around Results: 1 st – Ting-wei Chang (Olympium RGC) 2 nd – Marth Litvikov (Trillium RGC) 3 rd – Elisabeth Fabiano (Ritmika RGC)	4C – All Around Results: 1 st – Liza Lialina (York Stars RGC) 2 nd – Maria Arkhipova (Silhouettes of York) 3 rd – Audrey Romanovich (York Stars RGC)
5A – All Around Results: 1 st – Victoria Smolianova (Trillium RGC) 2 nd – Tali Nagolya (York Stars RGC) 3 rd – Nikol Shikan (Ritmika RGC)	5B – All Around Results: 1 st – Jessie Yang (Ottawa RGC) 2 nd – Rachel Sprovieri (Ritmika RGC) 3 rd – Lucy Shin (Burlington GC)	5C – All Around Results: 1 st – Adriana Garcia (Jusco RGC) 2 nd – Emma Yau (Kanata RSG) 3 rd – Eden Kovalevski (Trillium RGC)
6A – All Around Results: 1 st – Amina Sanogo (Ottawa RGC) 2 nd – Veronica Scribbans-Robichaud (Burlington GC) 3 rd – Sonya La Penna (Kalev Estienne)	6B – All Around Results: 1 st – Vasilisa Coveny (Ottawa RGC)	6C – All Around Results: 1 st – Melanie Li (Ottawa RGC) 2 nd – Kaitlyn Klepsch (Pirouette RGC)
Level 3 Group of 3/4: 1 st – Viva RGC 2 nd – Kalev Estienne 3 rd – Ottawa RGC	Level 3 Group of 5: 1 st – Trillium RGC 2 nd – Dynamo 3 rd – Kalev Estienne	Level 4 Group of 2: 1 st – Silhouettes of York 2 nd – Burlington GC 3 rd – Ottawa RGC
Level 4 Group of 5: 1 st – Trillium RGC 2 nd – Kalev Estienne	Level 5 Group of 3/4: 1 st – Ottawa RGC 2 nd – Excellence RG	Level 5 Group of 5: 1 st – Kalev Estienne
AGG Child (9-10): 1 st – Jusco Daisies (Jusco RGC) 2 nd – Dream (York Stars RGC)	AGG Pre-Novice: 1 st – Ritmika Rosebuds (Ritmika RGC) 2 nd – Mystique (York Stars RGC)	AGG Novice: 1 st – Evolution (York Stars RGC) 2 nd – Jusco Florencias (Jusco RGC) 3 rd – Glimmer Athletic Club
AGG Junior: 1 st – Charms (Kanata RSG) 2 nd – Blossoms (Kanata RSG)	AGG Senior: 1 st – Elites (Pirouette RGC)	

For full results, [click here](#).

Congratulations to all athletes, coaches, and judges for amazing results!

Special Remarks

Gymnastics Ontario would like to thank **Viva RGC** and **Ritmika RGC** for hosting Provincial Qualifiers in 2017-2018 season. I also would like to extend a special thank you to **Olympium RGC** for hosting Elite Ontario and Provincial Championships. The head coaches, **Natalia Kachaiev**, **Annely Riga**, **Danuta Smeichowski** and **Margaret Wichrowska**, meet directors, **Erin Boulley**, **Elaine Fabiano**, and **Beata Sienkiewicz**, and volunteers from all 3 clubs did an amazing job in organizing and running the events.

Gymnastics Ontario would also like to thank all the coaches and judges for the hard work that was done in the 2017-2018 season. Ontario athletes keep thriving on Canadian and World arenas because of your strong efforts to raise beautiful gymnasts!

2018 - 2019 Tentative Events Calendar

GO RG Technical Assembly will be held in August via conference call and join.me meeting. More information will be communicated to all clubs in the following weeks.

Provincial Level GO Events:

- Provincial Qualifier 1 – March 29-31, 2019
- Provincial Qualifier 2 – May 3-5, 2019
- Provincial Championships – June 7-9, 2019

National Level GO and GCG Events:

- Elite Canada – January 13-17, 2019 – AB
- Elite Ontario – March 23-24, 2019
- Eastern Regional Championships – April 12-14, 2019 – ON
- Canadian National Championships – May 16-20, 2019 – ON

Gymnastics Ontario is still searching for a host for PQ1. Once GO receives hosting bids for all official events official hosts will be confirmed. All invitational bids will be approved ONLY after hosts of the official GO events are confirmed.

For more information about all GO, GCG and invitational competitions please visit [GO RG Calendar](#).

2018 Coaching Congress

2018 Coaching Congress will be held in Milton Sprongers Gymnastics Club on August 24-25, 2018. The sessions offered will include Nutrition, Sport Psychology, Conditioning and more. More information will be send to the member clubs shortly.