

Welcome to Spring 2009 !

Wishing you happiness and success in all areas of your life!

Technical Committee

The Rhythmic Program Committee is happy to announce **Ms Judit Berecz** as the new Athlete Representative.

“I was very surprised and thrilled to learn that I was chosen to be the next Canadian athletes’ representative! Ever since I have retired as an athlete, I have been very busy with university, coaching my provincial level class and helping my mom with the National Stream gymnasts in Edmonton. It will be an honor to contribute to the future of rhythmic gymnastics, to represent the athletes and to be a part of the GCG-RG Program Committee”.

Judy replaces **Erika-Leigh Stirton** who for several years brought her knowledge of the sport and her strong commitment to the athletes’ well being to all the discussions of the committee. Erika was recently inducted into the Mississauga Sports Hall of Fame.



Judy Berecz

FIG Academy Program

The FIG Coaches’ Academy Program is the culmination of a world wide education program for coaches in all six of the FIG sports that began with the FIG Age Group Program. The goal is to provide undeveloped as well as developed gymnastics countries with a common knowledge base for the development of high performance gymnasts. The information is scientifically based on the growth and development characteristics of the developing child; it is athlete centered; & it provides examples of what is considered “best world practice”.

Canada’s **Slava Corn** , FIG Vice-president is responsible for the FIG Academy Program and is the chair of all working groups.

The first two Level 1 Rhythmic Academies were held in 2008. Both **Hardy Fink & Nota Klentrou** from Canada, served as technical & theory experts.

Successfully completing the course in Italy was **Victoria Ataol and BB Ignatova**.

As of December 2008, 38 coaches from 19 Federations have participated in the 2 Level 1 Academies. For more information go to: www.fig-gymnastics.org & click Education.

Judging News

Four Canadian judges attended the **Intercontinental Judges Course** held in Minsk in November. We would like to thank **Tamara Bompa, BB Ignatova, Lori Fung & Polina Tzankova** for bringing back their new acquired knowledge and sharing it with all the coaches & judges. It was very useful & much appreciated.

The **Continental Judges Course** was held February 20 – 27 in Toronto. The course was a great success with FIG expert Mrs. Lorella Saccuman as the conductor. She was very professional and exceeded all expectations!



GCG is very happy to announce the twenty-one judges that obtained or maintained their Brevet. Nine out of the twenty-one are new Brevet 4's!

Daniela Arendasova
 Adrienne Arnold
 Victoria Ataol
 Judit Berecz
 Cassandra Chau
 Angela Frattaroli
 Cindy Hoover
 Svetlana Joukova
 Olga Khabarova
 Karin Klassen
 Wendy McKenzie
 Stefka Moutafchieva
 Diana Nerman
 Alexandra Orlando
 Kamena Petkova
 Tatiana Predeina
 Danuta Smiechowski
 Tracy Sterdan
 Zdravka Tchonkova
 Polina Tzankova
 Doina Vladan

Congratulations to our National Status Judges

Julia Assadoulaev
 Ginette Cyr
 Tatjana Dolic
 Monique James
 Lidia Joukova
 Megan Arnold Magid
 Iana Nadtochii
 Natasha Pavlovic
 Natalya Rybak
 Linda Wei

The average theory score was 9.26 & the average practical score was 8.71.

Congratulations and thank you to all the participants for your dedication & professionalism. Thank you to Ontario's **Kellie Hinnells** for the organization of the course.

Congratulations to **Tamara Bompa** for her results in Minsk and to **BB Ignatova & Lori Fung** for the course in Colorado.

GCG Judging R & R

The 2009 judging rules & regulations have been sent to the Provinces & can be found on the GCG website.

Technical Rules & Regulations

The Technical Rules & Regulations Manual was updated in February & can be found on the GCG website: www.gymcan.org

GCG President & CEO News Flash

The President & CEO's News Flash will be produced monthly & posted on the Gymnastics Canada website. This is a new initiative in order to improve & increase communication with the GCG Board & the Regular Members (PTOs). The objective of the News Flash is to provide brief & up to date general news & information about the operations & management of Gymnastics Canada.

Alexandra Orlando Updates



Alex has been very active since competing in Beijing. As a member of the **2015 Pan American Games Bid Committee** she attended their first presentation in Acapulco, Mexico to the Pan American Sport Organization, who will ultimately make the final decision on determining the host game city. The bid committee also included Premier Dalton McGuinty and former Premier David Peterson.

“I spoke as a Pan American gold medalist & patriotic Canadian and Torontonion athlete to give them a different perspective and hopefully a more emotional connection to our city. It was a great honour and extremely exciting to have the opportunity to be a part of it”.

Alex will continue to work with the Bid Committee welcoming visiting delegations to the Greater Golden Horseshoe throughout the summer months. She is back at the University of Toronto as a full time student in Political Science & Economics. She is dancing as much as she can since her favourite part of RG was performing. She has also been working with Ontario gymnasts assisting them with their choreography, training & mental aspects of the sport.

Alex was a motivational speaker at the send off for the Youth Commonwealth Games and was asked to introduce George Heller. A huge honour for her!

If that wasn't enough Alex sits on the **Board of Directors for Gymnastics Canada** as the athlete rep and while attending an Athletes forum was elected to the **Board of AthletesCAN**. “I have increasingly become passionate about trying to improve and change our current Canadian sport system and giving our athletes the support they need to reach their ultimate potential. It really has been a busy couple of months since Beijing, but a lot of fun”!



**Ali Martincek - Alex - Natalie Steshenko
Launching of Pan Am Bid in Toronto.**

Youth Olympic Games Update

The Summer Youth Olympic Games will be held in Singapore in 2010. An important change to the age regulations was announced recently. Only Junior gymnasts born in 1995 are eligible for the games. (Born between 01.01.1995 and 31.12.1995)

The updated information can be found on the GCG Website.

Personal Announcements...

Nothing is as exciting as the miracle of the birth of a baby. We have a few additions since the last newsletter.

Grandsons were welcomed by France Roman (NB) and Wanda Ladyman (Man). Alberta's June Sasano is the proud mother of a baby girl, Cara. Congratulations & best wishes to all family members.

Baby Finley Grandson to Wanda!



Club Section

Thank you to the **Okanagan RG Club** for sending in pics of some of their activities. They enjoy serious competitions and plenty of creative performing events as demonstrated in the following pictures.

Opening Ceremonies of the BC Summer Games, Kelowna BC



Leah & Victoria Podollan in Beijing



**A Christmas Carol rhythmic musical
performed with a live orchestra at the
Vernon Performing Arts Centre**



More Club News!

In September 2008 various Alberta gymnastic clubs hosted the **Ollerup Elite** performing gymnastics team from Denmark. The 33 member contingent included students, teachers, farmers, carpenters, secretaries etc. from various locations throughout Denmark. They are all graduates of the Ollerup Academy of Physical Education and as alumni, were selected at auditions to be a member of the touring group.

The group offered workshops, mini & full program performances as follows:

Calgary – hosted by NorGlen RG Club with Marj Cherer in charge.

Edmonton – hosted by Alpha RG Club & North Edmonton Gymnastics with Sonya Golly-Jahn & Kelly Thompson at the helm

Fort St. John, BC – hosted by North Peach Gymnastics Association

A gallery of the Ollerup elite team videos can be found at <http://www.gymnastikgaleriet.kd/OD.htm#OD08>

If the contents have been moved you can go to: <http://www.gymnastikgaleriet.dk/>, and click on “Video”, next click on “OD Dagen-Ollerup Gymnastikhojskole” (partway down within the heading Video Kategorier) and then look for “OD Dagen 2008 -9.feb.2008”.

It was a privilege to host such a group & a wonderful learning opportunity. This tour was possible thanks to volunteer organizers, host clubs & billets. Thanks are further extended to Rhythmic Gymnastics Alberta who also provided support.



Ollerup Performance Tour Team



Thank you to **Helgi Leesment**, NorGlen RG Club for her submission.

Havergal College Hosts "Wellfest"

Emily & Debbie Boycott visited Havergal College in Toronto, & introduced the girls (grades 1 – 12) to the world of Rhythmic Gymnastics & Special Olympics. They were also joined by Havergal Old Girl, Alexandra Orlando.

More pictures can be found at www.ogf.com



Congratulations to the following gymnasts who have direct entry to the 2009 Canadian Individual Championships!

Junior

Mariam Chamilova
Nerissa Mo
Maria Kitkarska
Kaitlyn James
Anastasiya Muntyanu
Christy Cheng
Katrina Cameron
Elisabeth Kazakov
Ksenia Judeikin
Valery Passechnyy

Senior

Demetra Mantcheva
Elena Gouzenkova
Alexandra Martincek
Lauren Adolph
Jessica Ho
Kelsey Titmarsh
Clara Bernier
Laura Chin
Rose Cossar
Cassandre Duplessis Lalonde
Sarah Briand



Update:

2009 RG Canadian Championships

May 28 Arrival & Training
May 29 - 31 Competition
June 1 Finals



Keep us informed & send your information, pictures & updates for the next newsletter to . . .

Iana Nadtotchii

bigtopcool@hotmail.com

or
Teresa

teresa.orr@senecac.on.ca

or
Danielle

dfrattaroli@gymcan.org



Rhythmic Program Committee

Chair – Danielle Frattaroli

High Performance Director – BB Ignatova

Program Assembly Chair – Lori Fung

Judging – Wanda Ladyman

Member at Large, Coaching – Marta Kroupa

Member at Large, AGG/Interclub – Iana Nadtotchii

Member at Large, Domestic Dev't – Teresa Orr

Program Advisor – Polina Tzankova

Athlete Representative – Judit Berecz

Website Master – Doug Cossar



Happy Easter Everyone!
April 10 - 13, 2009