

UPCOMING EVENTS

February 3, 10, 17, 24

Sport Outreach: Vimy Ridge Academy

February 7 1:00-2:30pm

Edmonton Rhythmic Gala—Grant MacEwan

February 12 7:30-10:30pm

Alpha Fundraiser—WEM Water Park

February 19-21

Northern Lights Cup—Winnipeg, MB

March 11-14

Elite Canada | Group Championships

Kalev Invitational

Toronto, On

March 12

Sport Outreach: Linsford Park

March 24

North Zone Competition—Kinsmen Field House

April 21-25

Western Regional Championships—Victoria, BC

May 1

Challenge Cup— Regina, SK

Bulletin #1 is posted on the RGA website under

"Hot Links".

May 1

Provincial Gymnaestrada, - Calgary, AB

Hosted by Norglen and Rhythmics West

May 1-2

SOE RG Invitational— Edmonton, AB

May 15-16

AB GYMFEST - Edmonton, AB (Grant MacEwan)

Bulletin #2 is posted on the RGA website under

"Hot Links".

June 2-6

Canadian Individual Championships—Edmonton

July 22 and 23

RGA Casino—Volunteers Needed! Please call



RHYTHMIC GYMNASTICS ALBERTA MONTHLY ENEWS

Welcome to the FEBRUARY 2010 E-Newsletter from Rhythmic Gymnastics Alberta.

COACHES CORNER

UPCOMING COURSES

NCCP GYMNASTICS FOUNDATIONS THEORY COURSE

Hosted by the Alberta Gymnastics Federation (AGF)

February 27, 2010

Phoenix Gymnastics Club—Edmonton AB

Registration Deadline: February 18, 2010

Register online through AGF—www.abgym.ab

NCCP GYMNASTICS FOUNDATIONS THEORY COURSE

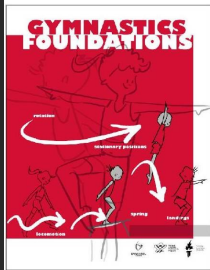
Hosted by the Alberta Gymnastics Federation (AGF)

March 20, 2010

University of Calgary—Calgary AB

Registration Deadline: March 10, 2010

Register online through AGF—www.abgym.ab



NCCP GYMNASTICS FOUNDATIONS INTRODUCTION

Hosted by the Alberta Gymnastics Federation (AGF)

March 26-28, 2010

Ortona Gymnastics Club—Edmonton AB

Registration Deadline: March 18, 2010

Register online through AGF—www.abgym.ab

2010 CANADIAN GYMNAESTRADA

Canadian Gymnaestrada is a three day educational forum and gymnastics performance event. It is a festival of movement involving the many different gymnastics disciplines. It is a true celebration of Canadian Gymnastics. Non-competitive in nature, Gymnaestrada provides an opportunity for participants to share in the fun and pleasure of performing while demonstrating their physical, technical and creative abilities.

This year participants will have the opportunity to perform as part of the Canada Day festivities and attend the evening events including the fireworks display.

Nominative Entry Form and Payment—January 30th

Definitive Entry Form and Final Payment—Postmarked May 1st

Music Submission—May 1st

Rhythmic Gymnastics Alberta

11759 Groat Road

Edmonton, AB | T5M 3K6

www.rgalberta.com

P. 780.427.8152 | F. 780.427.8153

Toll Free in AB: 1-800-881-2504

rga@rgalberta.com | www.rgalberta.com

ELITE CANADA 2010 : March 11-14

Hosted by Gymnastics Ontario and the Kalev Rhythmic Gymnastics Centre—Congratulations to our invited gymnasts: Hannah Parry, Elizabeth Kazakov, Amanda Sha, Caitlane Tarun, Hannah Whitford and Bree Chelle and to their outstanding coaches, Olya Khabarova and Judit Berecz. Scores will be streamed live on the web from the competition site.

GO ALBERTA GO!

CHALLENGE CUP—Regina, SK

Hosted by Adamo Rhythmic Gymnastics Club & Gymnastics Saskatchewan

Saturday May 1, 2010

FW Johnson Collegiate—400 Fines Dr.

9:00am-7:00pm



Registration Deadline: April 8th

Challenge Cup is a non-competitive event for performing groups and provincial level athletes. Challenge Cup is NOT for beginners. It is recommended that athletes have a minimum of 4 years of experience to participate in this event. For the under 12 category, the recommendation is a minimum of 2 years of experience in rhythmic gymnastics, including the current season. **For more information, check out Bulletin #1 posted on the RGA website under “Hot Links”.**

GYMFEST 2010

NEW DATE & LOCATION

MAY 15 & 16, 2010

GRANT MACEWAN UNIVERSITY

Centre for Sport & Wellness

10700-104th Ave | Edmonton, AB

Don't miss out on this fantastic opportunity to showcase your participants talent, dedication, and love for gymnastics and dance. GYMFEST is a demonstration event for groups of gymnasts, acrobats and dancers. The theme for this year's event is "BEACH".

Registration Deadline: March 1, 2010

Bulletin #2 posted on RGA website under “Hot Links”

Coach Alberta (CAB) is a new and developing organization committed to provide coaches in Alberta the opportunity to connect in three key areas: Education, Networking, and Advocacy.

Become a CAB Member: When you enter the link below, the information you provide will register you as a member of Coach Alberta. As part of the registration process, you are asked to complete a short survey, the goal of which, is to provide CAB with information to better assist in providing services back to you as a CAB member.

[Click HERE to Register as a Coach Alberta Member](#)

CASINO DATES
July 22 & 23, 2010
VOLUNTEERS NEEDED!!!!
Please call the office to get your preferred time slot and job.
We need volunteers immediately to commit to being General Manager, Assistant General Manager, as well as two Bankers and two Cashiers.