

# Pirouette Newsletter

## Head Coach Message

We are keeping our promise and the February newsletter is here! We all, coaches, gymnasts, parents and friends loved the end of the year and with Pirouette Gymnastrada celebrated the Holiday season. It is also a great opportunity for gymnasts to “test” new routines before competitive season. And who doesn't enjoy our little recreational program girls and their Christmas routines. Thank you coaches, you did a super great job!

## Competition Season Begins!

We are currently entering the 2020 competition season. All of our Inter-club and Provincial gymnasts have been perfecting their routines to take them to the competition carpet. Our first competition will be at Olympium Invitational in Etobicoke, ON (Feb 2nd). Provincial gymnasts, Caroline Wang (5A) and Megan Jia (4A) will be kicking off their competition season there.

Next, our annual in-house competition will be taking place on February 28th at St. Mother Teresa HS starting at 6pm. All of our competitive gymnasts will be participating in this event. We would like to extend an invitation to all of our Pre-Comp and Recreational gymnasts and families to attend this **free** event to get an inside scoop of what it's like to compete in Rhythmic Gymnastics. There will also be a Mock meet of our Provincials with Kanata (date TBD). Right after our in-house competition, our provincial individuals will be attending Rhythmic Quebec Invitational in Montreal, QC (Feb 29th-Mar 1st).

Kanata Cup (Mar 13-14th) will be the first competition where all of our inter-club and provincial gymnasts will be competing together.

The next competition will be the 1st Provincial Qualifier held at the Markham Pan Am Centre (Mar 27-29th). This is where all of our provincial individuals and AGG groups will be competing in order to gain a spot at Ontario Championships in June. We wish good luck to all of our gymnasts competing in these next months! Go #TeamPirouette!!!

## Simple stretches you can do at home!

- While standing during O'Canada in the morning at school, try and stand in first or fifth position. Be sure to keep your hips turned out!
- While reading a book you can sit in froggy. This stretch can help you maintain middle split or reach your goal to sit in middle.
- During tv time you can stretch your toes by sitting over toe.

NEW TOE SHOES

COMP. \$30/  
REC. \$15

T-SHIRTS \$15

## FUNDRAISING ACTIVITIES

- ▶ **Fundscrip** is our ongoing fundraising activity. Orders will be done the 25th of each month.

▶ After Easter long weekend (April 15) we will organize a **Bottle Drive** so please keep all your bottles!!!

*Thank you for supporting us!!*



## Big News

Pirouette club will be participating in Ontario Gymnaestrada in June 20-21 in Belleville, Ontario. Pirouette has a great tradition of participation. We were representing Canada at World Gymnaestradas in Germany, Austria, Portugal and Helsinki. Maybe in 2023 we will have strong enough team to represent Canada again in Amsterdam. Every Pirouette gymnasts 8 years and older will be invite to Pirouette Gymnaestrada team. Detail information coming soon.

## Head coach message #2

Now I want to touch on up coming competitive season. We are busy perfecting routines and preparing girls for competitions. Good luck to Caroline and Megan at their first Toronto competition and good luck to all provincial gymnasts, Emily, Caroline, Claire, Sophie, Rayna, Megan and our youngest one Portia at Montréal invitational competition.

They will be busy competing until Provincial Championship in June and we will inform you about their success.

## Nutrition window

It is important for children to eat varied diet with lots of nutrients and vitamins for healthy development of brain and body. It is even more important for children-athletes.

It is absolutely necessary to drink enough water to replenish everything they sweat out. For longer practices, the girls have a short break and they can eat a little snack. Practice and competition snacks should be consisted mainly of **fruit**, that will give the body quick source of energy and will help our gymnasts to perform better in the next hour or two.

Another good choice for evening snack is vegetables with hummus or yogurt dip.

Please, be aware that sugary and salty snacks such as cookies, chips and candy will not result in good energy for practice. The result will be a sugar "tsunami" wave when at first kids are not able to clearly focus on their routines due to high sugar level. They usually practice with lots of mistakes and after their blood sugar crashes, they are left with no energy and feel tired. Most stomach aches and headaches during practices could be also a result of this sugar waves.

All Pirouette gymnast train hard and will healthy snacks, their practice will feel a little easier :)

## WHAT MAKES EACH APPARATUS FUN!

- **Rope:** The best part about the rope is skipping! And what makes it even better is that there are so many different ways you can skip with the rope. Some un ways to skip are crisscrossing the rope, folding the rope in half and jumping over, and if you're up for a challenge, doubles!
- **Hoop:** Hoops are really fun to roll. You can roll the hoop super far and run after it, or even better; you can roll it to a friend.
- **Ball:** You can bounce them to your self or to a partner; you can also bounce them on the ground, or if you're up for a challenge, you can bounce them on different parts of your body. You can bounce a ball off your elbow, your shoulder and even your forehead!
- **Ribbon:** Ribbons are super fun because of all the ways you can circle them. You can make a spiral with the ribbon, which are a whole bunch of fast, tiny circles you can make by circling your wrist. But one of the greatest things about the ribbon is that no matter how you spin it, it almost always looks super pretty.

