

The Ribbon



Rhythmic Gymnastics Alberta Is... A video series!

A brand new video series is coming your way and we cannot wait to highlight the beauty, diversity and love of Rhythmic Gymnastics throughout our incredible province. Each new video will highlight a different quality or characteristic that is inherent to our sport and the members of our community.

We are excited for our first video in this series to be shared in October, to ensure your club is included please upload new photos and videos throughout the season with as many different members from your club as possible, we want everyone to be represented in these videos.

Please follow this [link](#) to upload your submissions into the appropriate folders, for any content that you are not sure which folder it fits best you will find a miscellaneous folder.

- In this Issue:
- Rhythmic Gymnastics Alberta Is... Video Series
 - Sport Psychology Webinar
 - Wake-up, Make-up, Train-up
 - National Coaches Week 2020
 - Coaches Spotlight Questions
 - Athlete Spotlight Questions
 - A note from our Executive Director
 - October 2020

Sport Psychology Webinar with Dr. McCoy

On Sunday September 13th Dr. Lauren K. McCoy held a Webinar for our coaches at Rhythmic Gymnastics Alberta. The webinar centered around integrating mental skills and supporting athletes in developing mental resiliency, everyone involved enjoyed listening and learning from someone outside our own little RGA bubble and getting a little bit of a new perspective on the challenges we as coaches face as well as the challenges athletes face in today's society.

Wake-up, Make-up, Train-up!

We are working hard on a fun online experience for all our Rhythmic Gymnastics Alberta athletes.

We will have Dr. Lauren K. McCoy, R.Psych hosting a workshop centered around athlete mental health, this will be linked to the webinar our coaches participated in on September 13th! We will also have some special guests offering some exciting tutorials and expert sessions for our athletes to take their performance looks to the next level!

Stay tuned to our social media and your emails for more information coming soon!



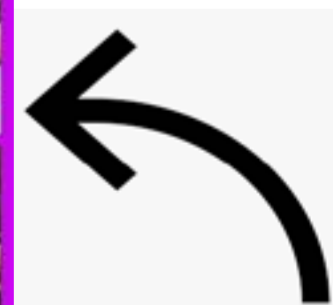
National Coaches Week 2020

National Coaches Week 2020 was September 19th-27th and what an amazing week it was! We want to give a special shout-out to all of our coaches who are always incredible but have stepped it up this year and taken every new challenge 2020 threw at us in stride. We know how difficult all the changes and adaptations have been but all of us at the RGA office and all of your athletes appreciate every effort coaches have made to make this year as normal as possible more than you could ever know.

Free Coaching Courses

The Coaching Association of Canada is offering 4 FREE e-learning modules from September 19th-27th! Head over to your locker to grab some PD points and add to your coaching portfolio!

Gymnastics Canada in collaboration with TrueSport has launched a brand new values-based coaching module. This FREE online learning module is focused on the TrueSport principles and how to implement values-based programming in real-life situations, it takes less than 45 minutes to complete and coaches can claim 3 PD points upon completion! follow this link to check it out!



Some posts made by member clubs to say #ThanksCoach for National Coaches Week. Photos from Chinook Rhythmic, Edmonton Rhythmic, NorGlen RG Club, Elena's RG Club

Athlete Spotlight

Eliza Mahon ~ Edmonton Rhythmics ~ 16 years old

1. *Why did you start Rhythmic Gymnastics, and how long have you been involved in the sport?*

My parents put me in a summer camp for rhythmic gymnastics, and I loved it so much that I decided to try out the sport. I have been involved in rhythmic gymnastics for thirteen years, and competing for eleven.

2. *What is your favourite body skill to perform/compete?*

My favourite body skill has to be the butterfly jump. It can be such an unexpected element in a routine, and it's insanely fun to do.

3. *What is your favourite apparatus difficulty to perform/compete?*

It's hard to narrow a favourite apparatus difficulty down to just one! Any of the apparatus difficulties where you catch from a large throw are exciting for me. They may be risky, but catching them is such a satisfying feeling.

4. *What is your favourite event you've ever been a part of and why?*

The 2019 Canadian Championships was an incredible experience for me. Getting to compete alongside gymnasts like Katherine Uchida and Sophie Crane was mindblowing, and the result of many years of hard work paying off. Tied for my second favourite events are the 2015 and 2019 World Gymnaestradas; you haven't experienced an international community until you've taken selfies with the members of Team Japan and traded shirts with Team Greece.

5. *What does Rhythmic Gymnastics mean to you?*

Rhythmic gymnastics means everything to me. I could go on and on about the life lessons the sport has taught me (there have been way too many to count!) and the amazing experiences I've had, but the best thing that rhythmic has given me is a community to be a part of. I'm so grateful to rhythmic gymnastics for introducing me to my teammates and coaches, because they have become my second family.



Coaches Spotlight

Kelly Mills ~ Ad Astra Athletic Academy ~ NCCP Level 3 & International PBT Certified Instructor

1. *What made you want to start coaching Rhythmic Gymnastics?*

This is tricky. I guess I enjoyed being part of a community and I love being around kids, so much life and energy.

2. *What is your favourite skill to teach athletes?*

Personally, dance. But honestly, I just love finding that something with each athlete that when they get that skill and they are so happy and excited, it makes me love teaching anything they want to learn

3. *Who has had the biggest influence on you within Rhythmic Gymnastics?*

Oh goodness. I've been very lucky to have some amazing mentorship from a few individuals. We have an amazing community

4. *What does Rhythmic Gymnastics mean to you?*

So much! RG is a passion and a lifestyle. Its elegance, grace, friendships, fun, family. The list goes on!

5. *Is watching your athletes compete/perform more or less nerve-wracking than when you are/were the athlete?*

More, I think. I know when I perform I can control what I do. Watching my athletes, I just want them to be proud of what they do and have fun. I can only encourage and support them, the action is all them.

A Note From Our Executive Director

Hello Members,

Happy Pumpkin Spice Season! This time of year has always been my very favorite – nothing like pulling on a cozy sweaters, having something pumpkin-y to eat and a good book or a scary movie! Along with the beautifully colored trees and the much-awaited flavoured hot beverages, I also love this time of year because we take a moment to celebrate the people who are the heart and soul of sport, our coaches! Coaches have a very special job – they endeavour to light a little spark of delight and curiosity in our beginner participants and then they gently fan that spark to ignite a life long passion for sport and for the achievement of dreams of all kinds. That is no small task, when you think of the many, many athletes that a coach has in their care over the span of their career.

When I was a girl, I was a figure skater and my coach was an anchor for me, particularly during those rocky teenage years. Always with kindness, she encouraged me in the pursuit of my dreams, big and small, and she never failed to make the rink a safe place for me to land after a tumultuous day out in the world. She gently instilled in me a sense of confidence, self discipline, creativity, and joy. I can honestly say that the parts of myself that I like best were cultivated and encouraged by my coach and I will be forever grateful for the time I spent with her. We are so blessed to have so many extraordinary coaches in our community and it warms my heart to think of how many athletes in our community will benefit from their coaches as I did from mine. To our coaches, know that your work is important, and it is the work of legacy. You are shaping the mothers, fathers, leaders and visionaries of the future and your influence will live on long after your days in the gym. Thank you for all you do.

Jennifer

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4  World Animal Welfare Day	5  World Teachers Day	6	7	8	9	10  World Mental Health Day
11	12  Thanksgiving	13	14	15	16	17
18	19	20	21	22	23	24
25  Wake-Up, Make-Up, Train-Up	26	27	28	29	30	31  Halloween