

# Ribbon

## Virtual Elite Canada Event

Elite Canada is normally held in February for Rhythmic Gymnastics, this event brings the top athletes in the country together to compete for the first time in the season every year. As with everything else in the past year it looked a little different in 2021. Gymnastics Canada moved the event online and clubs filmed their routines in their home gyms, submissions were sent between March 17th and March 24th. Judging of the online event is taking place on March 27th and 28th. Rhythmic Gymnastics Alberta was represented by 5 athletes (1 Junior athlete, 3 Senior Athletes and 1 Senior High Performance Athlete) from Edmonton Rhythmics. We wish them all luck as their routines are judged over this weekend and look forward to seeing the routines when they are available. For more information on this event follow this [link](#).

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**HOW CAN I  
CONTRIBUTE  
TO A POSITIVE  
SPORT  
ENVIRONMENT?**  
**REGISTER FOR OUR  
NEXT SAFE SPORT  
WEBINAR TO FIND OUT!**

## Gymnastics Canada Safe Sport Webinar

On January 14th 2021 Gymnastics Canada hosted their first Safe Sport Webinar with Dr. Gretchen Kerr and Dr. Dave Tilley. This webinar focused on "Changing our Culture: Acknowledging the Past and Re-Imagining the Future" the webinar was recorded for anyone that could not attend and can be accessed [here](#).

On March 25th Gymnastics Canada hosted a second Safe Sport Webinar with Dr. Gretchen Kerr and Dr. Dave Tilley, focusing on "Changing our Culture: Promoting a safe, positive, and healthy gymnastics environment for athletes and coaches". This webinar build on the content discussed in the first webinar and to provide evidence-based learnings and practical tools for developing and influencing a positive gym culture. This session was also recorded and will be available for viewing for any coaches who were unable to attend soon, and can be found on the Gymnastics Canada website under Programs/SafeSport/Resources/SafeSport Webinar Series.

## COVID-19 Update

Last month restrictions were lifted slightly in Alberta which has lead to more clubs being able to go back to in person training this month. It was also announced this month that low intensity fitness classes were allowed to resume which has given some of our older athletes the chance to get back in the gym. With that being said we are still in a global pandemic and we all need to do what we can to prevent the spread of COVID-19 - please make sure we are all following all guidelines and government recommendations. Stay home when you are sick, stay socially distanced at all times and wear your masks. Hopefully with all of us doing our part we will be able to be together in the not so distant future.

## REMINDER:

Everyone must maintain a constant 3m of social distance and coaches must wear a mask at all times. All previous restrictions from post 2020 lockdown in person training still remain in place. If you have any questions regarding the new restrictions please do not hesitate to reach out to Jenn at [jen.rga@gmail.com](mailto:jen.rga@gmail.com).

Here are some photos of some of our clubs back in the gym:



Photo Courtesy of Elena's Rhythmic Gymnastics Club Instagram



Photo Courtesy of Chinook Rhythmique Instagram



Photo Courtesy of Rhonda Helmeczi, NorGlen Rhythmic Gymnastics Club

**Rhythmic Gymnastics Alberta... Did You Know?**

In this section of our newsletter we will be exploring some of our history and sharing some facts you might not know about our organization and the members that make up our incredible community, if you have any fun facts you want to share with us send them to [ellie.rgalberta@gmail.com](mailto:ellie.rgalberta@gmail.com)

Did You Know... Membership with Rhythmic Gymnastics Alberta provides members access to Accidental Injury insurance and our clubs and coaches access to General Liability insurance.

**A Note From Our Executive Director**

Dear RGA Members,

As Spring approach and retreat dance in true Alberta weather fashion, if you're anything like me, you're finding yourself longing more than ever for a bit of light and warmth. This month, I want to bring you a bit of that light by introducing you to Alfonso Davies. If you haven't heard of Alfonso, he is an Edmonton- raised soccer player that moved to Vancouver when he was a teenager to play for the Whitecaps and at 17, moved to Germany to play for the esteemed Bayern Munich team.

Alfonso was born in a refugee camp in Ghana after his family fled war torn Liberia. The family then made their way to Canada with the hopes of making a new life. Like so many refugees and immigrants, myself included, life was not easy, even here in Canada, for Alfonso's family. But soccer was something that gave him hope and connection and he worked hard because he felt privileged to have the opportunity to play.

But I'm not telling you about Alfonso because he is a super talented, rising star soccer player who worked hard, despite hardship and went on to sign a lucrative contract. I'm shining a light on the light that is Alfonso Davies because yesterday, he was named the United Nations High Commission for Refugees Goodwill Ambassador. Known for his infectious smile and his fun-loving attitude, Davies is the first soccer player and the first Canadian to take on the role once occupied by actress, Angelina Jolie.

From an article on Global news yesterday:

'Alphonso Davies personifies the power of sport and we are truly honored to have him join us', Filippo Grandi, the UN's High Commissioner for Refugees said in a statement. 'Sport has the incredible power to bring hope, to heal and to help shape the future for those forced to flee'

I applaud Alfonso for his tenacity and his heart and most of all his desire to share that with those who need that most. In his own words, 'We're all human beings. No matter where you come from, we can help each other as much as possible'. If you aren't familiar with Alfonso's story, check out [this link](#) and share his inspiring story with your athletes and kids. It's just the kind of light we need right now.

Jennifer Rochford, Executive Director, Rhythmic Gymnastics Alberta



Image Credit: THE CANADIAN PRESS/AP, Andreas Gebert, POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>April Fool's Day</b> 	2	3
4 <b>Easter Sunday</b> 	5 <b>Easter Monday</b> 	6	7	8	9	10
11	12 <b>Ramadan 2021 expected to begin</b> 	13	14	15	16	17
18	19	20	21	22 <b>Earth Day</b> 	23	24
25	26	27	28	29 <b>International Dance Day</b> 	30	