

# The

# Ribbon

## Summer 2021

We hope everyone has had a fun, safe and relaxing summer break! Here is just a snippet of the fun that our RG community had over the summer months!



*Ad Astra enjoyed some gymnastics in the sun during their summer training, where they worked on some fun new ball collaborations and club handling as well as much more. Keep up to date with what they're up to by following them on instagram at @adastrarg*

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*Chinook took full advantage of the beautiful location their gym is in and adventured outside to have some fun in nature while COVID restrictions made it impossible to be in the gym! Check out what they are up to by following them on Instagram at @chinookrg*

*Alpha 'stretched to be their best' at their AWESOME summer camp! Throughout the week they worked to beat personal bests, learnt new skills and had a ton of fun being in the gym with friends! Don't miss what they're up to over at Alpha by following them on Instagram at @alpharhythmic*



*Elena's Rhythmic Gymnastics Club got a special delivery that made dreams come true! After years of wishing for mirrors in their training space, they were finally able to make it happen! We are hope your gymnasts LOVED the full reveal! Check out what Elena's RG is up to by following them on Instagram at @elenasrgc*

Edmonton Rhythmics would like to share an exciting new initiative with the RGA community:

In 2020, ERSGA became a member of the Edmonton Sport Council with the goal to popularize the sport and support its core values that physical activity should be accessible, participant-centred, equitable, and fair. Thus, from the summer of 2021, ERSGA has introduced a new initiative that makes the sport of rhythmic gymnastics accessible and inclusive for all Edmontonians. The generous sponsorship of Jumpstart Canadian Tire Foundation and the City of Edmonton, for the first time in the history of the club, supports a free recreational summer camp and the 2021-2022 recreational program for newcomers and low-income families.

RGA applauds this initiative for inclusive programming. Follow along with their program on Instagram at @edmontonrhythmics

Looking to the 2021/2022 Season

As we are gearing up to a brand new (hopefully somewhat normal) season after what feels like the longest year and a half ever, we wanted to share with you some of the things we've got planned for our community! After being unable to run any courses for our members for over a year and a half we are excited to announce the following educational courses:

- Foundations Coaching Course
  - Strength Course
  - Flexibility Course
- New Code of Points Course
  - XCEL Courses
  - Rhythm Cat Course

We also want to congratulate the newly trained Foundations coaches who recently took the course in Edmonton August 6th to 8th, and to the about to be newly trained Foundations coaches who are taking the course in Calgary August 27th to 29th! We can't wait to see you in the gym, at competitions, invitationals and events throughout our province in the future as coaches!

National Coaches Week 2021

Every year the Coaching Association of Canada says #ThanksCoach to celebrate the positive impact coaches have on athletes and their communities across Canada (<https://coach.ca/national-coaches-week>) and is one of our favourite weeks of the year!

This year Canada will be saying #ThanksCoach September 18th-26th, keep your eyes on our social media for how you can get involved, or for more information head to [coach.ca](https://coach.ca) for how you can take part in the national campaign and to find out what free educational courses are being offered this year!

There is no better way to celebrate than increasing your knowledge and becoming the best coach you can be for your athletes!



[Call for Content](#)

After 19 months of no in person events, social distancing and limitations on events our photo catalog is running thin of unseen content. We seeking your help to improve our library of images, if you have any images, videos or content that you would like to share with us please contact Ellie at [ellie.rgalberta@gmail.com](mailto:ellie.rgalberta@gmail.com)

We want to be able to feature every club and represent every level, age and discipline of our incredible community but without your help it is impossible!

Deadline for submissions for our next issue of The Ribbon is Tuesday September 21st at Midnight!

If you have any questions comments or concerns please do not hesitate to contact us.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September 2021</b>			1	2	3	4
5	6 <i>Labour Day</i>	7	8	9	10	11
12	13	14	15	16	17	18 National Coaches Week (18th-26th)
19 	20	21 Deadline for submissions to The Ribbon	22	23	24 September Issue of The Ribbon distributed	25
26 National Coaches Week (18th-26th)	27	28	29	30 National Day for Truth and Reconciliation		

