

The

Ribbon

National Coaches Week 2021

One of our favourite weeks of the year is National Coaches Week, we get to celebrate the incredibly hard working people that make sport truly possible. There is a lot that goes into every one minute routine that is performed with a gymnast's heart and soul.

To every single RGA Coach, and truly every coach in all of our lives, we want to send you the deepest thank you, from the bottom of our hearts. The hours of work outside the gym, your incredibly creative minds, your dedication to the athletes that walk into your gym, it does not go unseen or unnoticed. You are the backbone of sport and we can't say enough about you!

The Coaching Association of Canada in partnership with Petro-Canada are running an Instagram contest with a prize of a \$100 gift card for you AND your coach! Head to their Instagram @coach.ca for more details! Along with a fun Instagram competition the CAC is also offering some FREE e-learning courses for coaches! Head to your locker to see what courses are being offered! Remember certified coaches, in order to maintain your coaching credentials you are required to collect Professional Development Points, these courses will count towards these points!

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Check out a couple of the appreciation posts that came from our community throughout National Coaches Week!

Left Image - Rhythmics West Instagram with a quote we love: A gym is just an empty space until a coach fills it with fun and love of movement

Centre Image - Chinook RG Instagram celebrating their coaches who have been there for athletes through thick and thin.

Right Image - NorGlen RG Instagram highlighting all of their coaches strengths!

National Gymnastics Week 2021

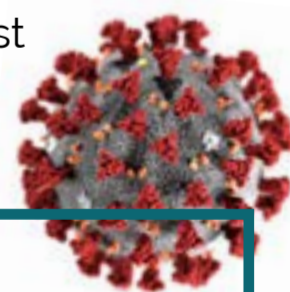
October 3rd - 9th 2021 is Canadian Gymnastics Week! Earlier this week we shared the Gym Week Directive with our member clubs, if you did not receive it please contact Ellie at ellie.rgalberta@gmail.com

This year GymCan has created exclusive Gym Week stickers for you to purchase for your club, follow this link to order stickers for your participants!

[Gym Can - Gym Week Stickers](#)



Keep your eyes peeled on our Social Media for an exciting contest coming your way during National Gymnastics Week 2021!



COVID-19 Update

On Wednesday September 15th the Province of Alberta announced a State of Public Health Emergency, with some added restrictions relating to sport and a Restriction Exemption Program. Thanks to our Executive Director, Jennifer Rochford, there was information about how to proceed shared with our members as soon as possible. If you are unsure about any current restrictions and how this affects any of your daily operations please do not hesitate to reach out to Jenn at jen.rga@gmail.com

Call for Content

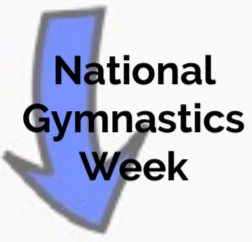






After 19 months of no in person events, social distancing and limitations on events our photo catalog is running thin of unseen content. We seeking your help to improve our library of images, if you have any images, videos or content that you would like to share with us please contact Ellie at ellie.rgalberta@gmail.com

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.

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Gymnastics Week</p>					<p>1</p>  <p>World Smile Day</p>	<p>2</p>
<p>3</p> <p>#GymWeek Rotations</p>	<p>4</p> <p>#GymWeek Swings</p>	<p>5</p> <p>#GymWeek Springs</p>	<p>6</p> <p>#GymWeek Objects</p>	<p>7</p> <p>#GymWeek Locomotions</p>	<p>8</p> <p>#GymWeek Positions</p>	<p>9</p> <p>#GymWeek Landings</p>
<p>10</p> 	<p>11</p> <p>Thanksgiving</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24</p>  <p>Halloween 31</p>	<p>25</p>	<p>26</p> <p>Deadline for The Ribbon Submissions</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>The Ribbon Distributed</p>	<p>30</p>