

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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Come watch & support our Winstars gymnasts competing at the **2025 Ontario Championships** taking place in Amherstburg at the Libro Centre on April 10-13.

Winstars "Year End Showcase" returns for 2025!

Winstars is excited to announce the return of our **Year End Showcase**. We have not held our annual showcase for our recreational gymnasts since 2018.

This Year End Showcase gives our recreational gymnasts an optional opportunity to display the great improvements they have made over the last season. Our recreational gymnasts work hard on improving their skills as the season goes on.

During our Year End Showcase, the gymnasts will perform a pre-determined routine on each apparatus based on their individual skill level. The gymnast will be allowed to add some personal flare to the routine as desired.

The Year End Showcase will take place on June 24, 25, 26. June 28 will be set aside as a reserve date, if needed. Your child will participate on one of these dates.

During the Year End Showcase parents will be allowed as audience members to watch your child perform their routines. Each gymnast will go home with a showcase certificate.

The Winstars staff is very excited to begin teaching all our of gymnasts the pre-determined routines regardless of their attendance at the showcase. Their experience learning these routines helps build confidence and improves their overall abilities for future physical development.

More information on registration will be distributed in late March!



Thank you to all members who participated in our Ontario Gymnastics Week!! It was an exciting week of various activities and more exposure of the sport across the province. If you have not checked our social media, we had lots of posts during this week.

COLOURING CONTEST

GOLD AWARD:

Aubrey Vaseleniuck (age 5)
Audrey "Addie" Bishara (age 6)
Milania Scalzo (age 9)

SILVER AWARD:

Aurora Watson (age 4)
Zoe Musson (age 7)
Silvana Grado (age 8)

BRONZE AWARD:

Olivia Lepera (age 4)
Emily Allen (age 7)
Katie Koopman (age 8)

ESSAY CONTEST

Winner Ana Leon (age 9)

Colouring Contest Honorable Mention

Silvie Mourad (age 5) & Jasmine Dawood (age 3)
Eliana Ferriolo (age 6) & Gianna Difazio (age 6)
Nahal Emamjomeh (age 9) & Trista Beaudoin (age 8)

Essay Contest Honorable Mention

Chloe Nye (age 10) & Maryam Igram (age 9)

Congratulations

Winstars Social Media

Winstars does post important information, special events, holiday closures, competition highlights, athlete & coach stories, etc. on our social media pages.



Please feel free to post your child's experience, picture, awards, etc. and tag us in your post. We will make all attempts to repost this onto our social media platforms.



In addition, visit our website to get up to date information on our seasonal programs, birthday parties and camps, weather closures, etc.



Winstars Trivia



1. What does GO stand for in our community?
2. What are the dimensions of the floor exercise?
3. Why do gymnasts wear dowel grips on bars?
4. What age can a teen begin to officially coach?
5. When was Winstars established?
6. Has the vault event changed over the years?
7. How long is the balance beam?
8. At what age should someone begin gymnastics?

1. Gymnastics Ontario (provincial body) 2. 40 feet by 40 feet 3. To protect hands & hold on better 4. Age 15 to get certified 5. In 2000 6. Yes, it was horse style but now a table 7. 16 feet 8. There's no optimum age, a person could start at any age. For pure physical development, the earlier the better.

Upcoming Holiday Make Up Classes & Closures

There will be make up classes for our **Easter Sunday** classes. The make up classes will be announced and distributed to parents in the next couple weeks. All other classes on Easter weekend will run.

There will be **NO** classes on Victoria Day. A make up for our special needs class will be scheduled.

