

# TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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**Ronald  
McDonald  
House®**  
Southwestern  
Ontario



Winstars owner, Carey & wife, Michelle  
 donating \$700 raised from our annual  
 Christmas show

## Giving Back to our Community

At Winstars, our mission extends far beyond the mat. Winstars believes every child deserves the chance to thrive. Since founded in 2000, we have been proud to donate over \$20,000 to local charities-funding raised primarily through the spirit of our annual Christmas show.

While we promote health and positivity through gymnastics, we recognize that many children face barriers-whether financial or health-related-that keep them from the gym. That is why we partner with organizations dedicated to improving the lives of vulnerable children and youth in our community.

We are privileged to support:

- Hiatus House
- Drouillard Place
- Ronald McDonald House
- John McGivney Children's Centre
- W.E. Care for Kids
- Autism Ontario (Windsor Essex)
- Family Respite Services
- United Way
- JumpStart
- Kids Sport Windsor Essex
- Pediatric Oncology Department-Windsor Regional Hospital

Our goal is to make a difference in the lives of the athletes in our program, while ensuring that through our donations, we support those who may never have the chance to walk through our doors.

*"We strive to impact the children in our program today, and support the children of our community for tomorrow."* stated Winstars owner, Carey Vigneux.

## Meet Coach Kiara

We are thrilled to highlight a familiar face who has been a pillar of our gym community for years. Kiara's journey with gymnastics began at just six years old, and she's been sharing that passion as a coach since 2015.

For Kiara, gymnastics has always been about more than just the sport—it's about the lifelong bonds it creates. She fondly recalls the 2011 gymnastics showcase, noting that many of the girls she performed with that day remain her closest friends over a decade later.

How did all those years in the gym shape the person she is today? Kiara credits gymnastics with teaching her:

- Unshakeable Discipline: A trait she carries into her professional life and her love for horseback riding.
- Self-Regulation: The ability to stay grounded, whether she's competing as an athlete or guiding a class as a coach.
- Adaptability: Her biggest (and favorite) challenge is tailoring her coaching style to meet the unique personalities and learning needs of every gymnast she encounters.

### Looking Ahead

Gymnastics is clearly in Kiara's DNA. When asked about the future, she's certain of one thing: her own children will definitely be following in her footsteps (and handstands!) in the gym.

Next time you see Kiara on the floor or behind the front desk, be sure to say hello and ask her about her latest equestrian adventures!



Kiara

## Meet one WinSTAR

At just 12 years old, Spencer is already carrying herself with the poise of a seasoned veteran. A gymnast since the age of four, she is a cornerstone of a busy, athletic household that includes her older sister Avie (15) and 8-year-old twins Emmy and Easton. With all three girls in the family involved in the sport, gymnastics is truly a family affair.



Spencer

This year marks a major milestone for Spencer as she prepares to compete at the Novice National level for the first time at Elite Canada (February 5-8). While she's focused on the technicalities of her routines, her motivation comes from a pure love of the craft. Her favorite part? The simple, exhilarating freedom of flipping through the air.

Spencer is often described as an "old soul," possessing a level of perspective that stays grounded even under pressure. She credits the sport for her high level of discipline—a trait she believes is preparing her for the "real world" well beyond the gym mats.

"I love the sport of gymnastics, but certainly get frustrated with minor injuries," Spencer admits. "Even though I understand things are going to happen, it's part of the journey."

Looking toward the future, Spencer has her sights set on a D1 University scholarship. While she is a fierce competitor, she is equally focused on her life after athletics; she plans to use her education to become a Nurse Practitioner.

Inspired by gymnastics icons like Ellie Black and Suni Lee, Spencer hopes to enjoy a long career that stretches well into her twenties.

## 2026 Competition Season

Our women's artistic gymnastics program (WAG) season is well under way with two competitions under their belt.

At the most recent competition in London, Winstars had some amazing results with many top 3 finishes.

Next up, some of our gymnasts will be travelling to Calgary for Elite Canada and Mississauga for the Mardi Gras competition. We wish all our gymnasts the best of luck for this competition and those competitions that follow this winter/spring.

## March Break Camp

### Keep those kids activity over the March break!

Sign up for our exciting camp offering morning camp (3-5 years) and full day (3+ years).

Need a little discount? Sign up between February 16-20 and get a **20% discount** in honour of Family Day.

Our camp is much more than gymnastics. Includes, trampoline, arts & crafts, movie time, & more.



## Winstars Trivia



1. Is it a deduction to step outside white line on floor exercise?
2. Are gymnasts allowed to have foot wear?
3. What are four Rhythmic Gymnastics events?
4. Can floor music have words?
5. Why is there a cross on the trampoline?
6. What is the most important development skill?
7. How high can trampolinist jump?
8. What is the width & length of a beam?

1. Yes, the athlete will be given a deduction of 0.1-0.3. 2. Yes, females are allowed slippers and males must wear socks. 3. Ball, Hoop, Ribbon, Clubs 4. NO, words are not allowed in FX music 5. As a visual to keep the athlete in the centre. 6. Learning how to land safely. 7. As high as 33 feet off the trampoline bed. 8. 4 inches wide, 16 feet four inches long.



## Family Day CLOSED

There will be NO special needs classes on Monday, February 16.

Wishing all of our members a very good Family Day with those special people in your life.