

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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Our Recreational Supervisor, Timarie

Timarie Rideout has involved in the sport of gymnastics for over 45 years. She participated in gymnastics as an athlete while attending Centennial High School. During her high school years, she was also involved with cheerleading and danced at Nancy Pattison's School of Dance.

During her career in the sport of gymnastics she has had the privilege of working at California clubs and in camp settings in Cali and Pennsylvania. "There's just so much more interest in gymnastics in the last twenty years." says Timarie. She believes more parents understand the importance of a sport like gymnastics for the physical and psychological development of young children.

"The internet, such as YouTube, has allowed young people to watch gymnastics skills and routines in order to learn specific skills." explains Timarie. While it's great to have these videos available it can create problems with the children believing it's much easier to perform certain skills. As our world become more about instant gratification, learning gymnastics skills does not work this way.

Being involved as an athlete seems like the natural progression into coaching. But, it's not that easy. It takes a long time to progress to a higher level of coaching. But if it's the sport you love, you will get better. "Follow your passion even if it's short term. You will make a huge difference in young children's lives." says Rideout.

Now that Timarie has reached many pinnacles in her career, she said the following when ask, "What would you tell the young Timarie today?" "I would tell her to continue to progress, stay focused, learn from your mistakes and strive for the future." she quoted.

Over the past 45 years, Timarie feels she has helped direct many young people to a better future. Here's one of her favourite quotes, "A good coach can teach a skill, a great coach can change a life."

THANK YOU Timarie for changing many young peoples lives!

To all our amazing
 Winstars Moms!



Recognizing our Great Staff!

COACH OF THE FALL

COACH LILY



Lily attends Walkerville High School and is in grade 11. Her favourite subject is English.

She has been coaching for almost four years, loves coaching the beam event and her favourite skill to coach is a back roll. She's a "Swiftly" and participates in volleyball and soccer.

Lily's future aspiration is to be a high school teacher!
Congratulations, Lily!



COACH OF THE WINTER

COACH EMERSON



Emerson has two siblings and attends Sandwich Secondary. Her favourite subject is biology. She plans on attending UWindsor in the fall.

She loves to coach floor and her favourite skills to teach is the back hip circle on bars.

Emerson is relatively new to coaching but has been making huge strides in her job. Congratulations Emerson on your fantastic work!



Congrats Provincial Athletes

Many congratulations to our provincial level girls, boys and tumblers on their great performances at this year's Ontario Championships.

Here are some highlights:

- Hayden-2nd AA, Gold FX, PH & V (MAG)
- Alex-6th AA, Silver FX (MAG)
- Lily-5th AA (WAG)
- Spencer-Special Beam Award (WAG)
- Robin-Silver Medal (TUM)
- Leah-8th (TUM)
- Amélie-Silver Medal (TUM)



Winstars Trivia



1. How many rings on the Olympic flag?
2. How many pairs of "sister" coaches work here at Winstars?
3. What event had the word "Flying" in it?
4. What is the area of the floor in gymnastics?
5. Where are the Olympics in 2028?
6. What does WAG stand for?
7. What event is sprinting most important?
8. What year of the Olympics did gymnastics take centre stage and who was the star?

- Comèned!
Gymnastics 7. Vault 8. 1976 Montreal, Nadia
sqft (40'x40') 5. Los Angeles 6. Women's Artistic
1. Five 2. Two (Vignoux/Gellinas) 3. Rings 4. 1600



Summer Fun Gymnastics Camp



Winstars will be offering a summer camp program throughout July and August. The full day is for children 3-12 years and our half day for 3-5 years old.

The children will participate in gymnastics, arts & crafts, movie time, obstacle courses, and much, much more!

Our camps are extremely popular so make sure you register early! Check out our website at winstarsgym.com for more information.