



**June 12, 2005**

**Kanata Rhythmic Sportive Gymnastics Club**

**For immediate Release**

## **RED RIBBON UPDATE – Two Overall Trophies**

Teams from the Kanata Rhythmic Gymnastics Club won two overall Trophies at the Red Ribbon Aesthetic Group Gymnastics Competition held June 11 in Toronto. A total of 32 gymnasts represented the Kanata RSG Club at this event, which is considered as the highest-level competition in Provincial Aesthetic Group Gymnastics (AGG). Over 245 gymnasts from 13 clubs across Ontario competed in this event, with the KRSG club having the most gymnasts competing of all clubs. The stands were packed throughout the day, as competitors from age 7 to senior performed their competitive routines.

Kanata Pyramids repeated their Overall Gold Medal performance for the fifth year in a row winning the Young Adult competition. They also received the award of the Most Graceful Group.

The Kanata Fusion group won overall Gold in the Open category and also received the Maija Ceming Trophy for highest overall score.

Kanata Spirit had a great performance and received Overall Silver medals in the very competitive (11 groups) Pre-teen category. In the same category Kanata Silhouettes received seventh place ribbons in their first out of town competition.

The Rising Stars received Silver Overall in the Child category in their first competition.

Aesthetic Group Gymnastics is a form of Rhythmic Gymnastics, where at the Provincial Level, teams perform two routines in a competition. The Free routine is a choreographed set of movements including swings, leaps, balances and pivots. In the Creative routine imaginations go wild as the teams perform a routine set to a theme with appropriate music and costumes.

With the completion of the 2005 competitive season, the Kanata Rhythmic Gymnastics Club (KRSG) can look back on a very successful year. The Kanata Pyramids and the Kanata Fusion won every competition they entered, with our AGG groups winning a total of 11 gold, 10 silver and 2 bronze medals. Our provincial stream gymnasts received 82 medals in total (26 gold, 28 silver and 28 bronze) including two provincial championships.

The KRSG Club is one of the largest and longest standing rhythmic clubs in Canada, and is a member in good standing of Gymnastics Ontario. The club is a full-service club, and is proud to have provided high quality rhythmic gymnastics programs to girls in Kanata and the surrounding area. For further information please call (613) 592 5202 or visit the club's website at [www.krsg.org](http://www.krsg.org)