



RED RIBBON UPDATE

Teams from the Kanata Rhythmic Gymnastics Club participated in the Red Ribbon Aesthetic Group Gymnastics Competition held June 17 in Toronto. A total of 21 gymnasts represented the Kanata RSG Club at this event, which is considered as the highest-level competition in InterClub Aesthetic Group Gymnastics (AGG). The stands were packed throughout the day, as competitors from age 7 to senior performed their competitive routines.

In Level 2, the Kanata Silhouettes gave a strong performance and finished 6th Overall after placing 6th with their creative routine and finishing 7th with their free routine. In the same category, the Kanata Spirit finished 7th Overall after finishing 6th with their creative routine and 8th with their free routine.

In their first out of town competition, competing in Level 1, the Energy finished 5th Overall, after placing 5th with their creative routine and 6th with their free routine.

Aesthetic Group Gymnastics is a form of Rhythmic Gymnastics, where at the Interclub 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 2006 competitive season, the Kanata Rhythmic Gymnastics Club (KRSG) can look back on a very successful year. Our 2 Interclub Duos of won every competition they entered with a total of 9 gold medals, our AGG groups won a total of 1 gold, 2 silver and 9 bronze medals and our provincial stream gymnasts received 95 medals in total (46 gold, 32 silver and 17 bronze) including one provincial championship.

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.

