



March 23, 2003
Kanata Rhythmic Sportive Gymnastics

For Immediate Release

KANATA CUP INVITATIONAL WAS A GREAT SUCCESS!

The weekend of March 22-23, 2003 marked the annual **Kanata Cup Invitational** Rhythmic Gymnastics competition which was hosted by the **Kanata Rhythmic Sportive Gymnastics Club**. The event this year attracted 65 gymnasts from eight clubs in Ontario and Quebec.

The seven gymnasts from the KRSG Club gave strong performances at the Competition. Kanata gymnasts came home with five gold, three silver, and two bronze medals for a total of ten medals.

In group the Kanata Senior 3 group won GOLD in their category. The competitors were Kara Coville (Nepean), Jessie Perry (Kanata) and Lauren McHattie (Carp).

In level 8, Jennifer Coulas (Kanata) gave a very competitive performance coming in fourth place with rope, fifth with ribbon and fifth overall.

In Level 6, Emily Kawai (Kanata) won the GOLD in hoop and placed tenth in ball and placed fourth overall. Breanna Rich (Kanata) took the SILVER with her ball routine and placed eleventh with hoop and placed tenth overall. Marie Haines (Carp) gave a strong performance and came sixth in hoop, seventh with ball and placed fifth overall..

In Level 9, Kanata resident Amanda Yong Yow, who is a member of the Ottawa Rhythmic Gymnastics Club, won GOLD overall, after taking GOLD with Rope and Clubs, and BRONZE with Ribbon.

In Level 10, Kara Coville took GOLD in Hoop, Ball and overall and SILVER in Ribbon. Jessie Perry took SILVER in Hoop, BRONZE in Ball, fifth in ribbon and BRONZE overall. Congratulations girls!

The Kanata Cup overall team trophy was won by the team from Ottawa Rhythmic Gymnastics Club.

The competition was held at **Bridlewood Elementary School**, located at 63 Bluegrass Drive in Kanata. Participants ranged in age from 8 to 16 years and included all levels of provincial stream individual and group competitors. The Kanata Cup competition theme this year was 'Portugal'. This theme was in honour of the World Gymnaestrada, which will take place in Lisbon, Portugal in July 2003. Kanata RSG Club gymnasts will be part of the Canadian delegation to the World Gymnaestrada, which, with 28,000 participants from 50 countries, is the largest sporting event in the world.

For further information on the KRSG Club, please contact Dasa Lelli (Head Coach) at 592-5202 or Cathy Haines (President) at 839-0370.

Please visit our website at www.krsg.org