



**December 05, 2005**  
**Kanata Rhythmic Sportive Gymnastics Club**

**For immediate Release**

**LOCAL YOUTH RECEIVES THE FIRST LEVEL 6 BADGE EVER AWARDED BY THE KANATA RHYTHMIC GYMNASTICS CLUB**

Every year in December the recreational gymnasts of the Kanata Rhythmic Sportive Gymnastic Club participate in Badge Day. The gymnasts are evaluated on their performance of the required skills and badges are presented to those girls who have demonstrated mastery of at least 80% of the skills in a badge level. The "I've got Rhythm" program is for gymnasts from 4 to 14 years of age and teaches gymnasts the basic rhythmic gymnastics body techniques and skills. The girls use four pieces of equipment: hoop, rope, ball and ribbon.

This year the very first level 6 badge was presented to Sarah a 12-year-old resident of Kanata. In addition to the badge Sarah received a Certificate of Achievement for successfully completing the recreational Badge program.

Sarah started with the club when she was 7 years old. Her mother said: "We had just moved into the area and we were looking for an activity that would foster Sarah's love for gymnastics and dance. I couldn't believe my luck when I found out about the KRSG Club; it was the perfect activity for Sarah. Over the years she has learned to execute fancy gymnastic movements with grace and coordination and is showing increased confidence in herself and her abilities."

Sarah is in grade 7 at Collège Catholique Franco-Ouest. In her spare time she baby-sits and tutors young children wishing to speak French. She is a strong swimmer and is getting ready to become a lifeguard.

Entering its 31<sup>st</sup> year, the KRSG Club is one of the longest established gymnastics clubs in Canada. It is registered with Gymnastics Ontario and is a non-profit community organization. The Recreational schedule consists of 30 one-hour classes running from September to May. After completing the recreational program, gymnasts may be invited to the club's aesthetic groups or they may become competitive athletes.

For more information please contact head coach Dasa at (613) 592-5202 or check the website at [www.krsg.org](http://www.krsg.org)