



Kalev

May 1, 2009

Our competitors are having a very busy and, so far, very successful time. They have, to date, participated in 10 competitions and collected a total of 337 medals! Let's wish them all the best for the remaining events, which include the Provincial and the National Championships! Our top AGG teams of the "Rhythmic Expressions", Team A and B will be heading to Moscow in the beginning of June to compete at the **10th AGG World Championships**. In their most recent international competition, "Miss Valentine" in Estonia, Team A won the silver medal – a first for a non-European team in international AGG events! We congratulate our gymnasts as well as Alla Kosheleva and all supporting coaches: Jane, Juilee, Alexis and Katia.

All our athletes, recreational, competitive, RG and AGG, will show their stuff at our annual **Spring Show**, which takes place at the Lorraine Kimsa Theatre for Young People, 165 Front St. East, on **Sunday May 24 at 2:30 p.m.** We offer a family package of four tickets for \$20! Individual tickets are \$10 each.

(NOTE: The dress rehearsals take place earlier in the day: 9 – 10:30 a.m. for the younger gymnasts, coached by Alexis, Anna, and Dora, and 10:30 a.m. to 12:30 p.m. for all Elites and the RG gymnasts. All athletes must be at the theatre at least one hour before the show.)

We mentioned that some competitive events remain:

- 1) the **Eastern Regional Championships** in Moncton, N.B. May 14, Good luck to Tracey Orie and Emily Ruppert who will compete there as a duo!
- 2) the **National Championships** at McMaster University in Hamilton, ON May 28 – June 1
- 3) the **Provincial Championship** at Fr Bressani Catholic High School, 250 Ansley Grove Road Woodbridge, ON May 30-31. Note that only gymnasts who participated in the two Qualifying events may compete. In addition, we have what we call "the Provincials in AGG",
- 4) the **Red Ribbon** event where all AGG teams compete. This year it is hosted by both Kalev and Ritmika and takes place on June 20 at Fr. Michael McGivney Catholic Academy (5300 14th Avenue-Markham).

These are the dates to remember. It is particularly interesting that the Nationals this year are so close to us that we will actually be able to watch the country's top gymnasts in action! Don't miss it!

Something else that is not to be missed is our **Summer Camps**, at 60 Doncaster, unit #7 and at 55 Scarsdale. The July Camp starts July 20 and runs for two weeks. The August Camp runs from the 3rd to the 27th. Alla will be coaching, assisted by newcomers Susana and Elizabeth, whom we now welcome to Kalev. Camp hours are from 9 am to 5 pm, half days are also available. An extension of the time to 6 pm is possible for a fee of \$10. For further information and registration you may speak to your coach, call the office (905-889-7889) or visit our website (www.kalev.net).

We have been talking about RG and AGG and should maybe explain that RG stands for Rhythmic Gymnastics and AGG for Aesthetic Group Gymnastics, a more recent development. Kalev has participated in every AGG World Championship to date with good results. To learn more about what our AGG teams have been up to, you find out more from our Kalev website, and also from the Rhythmic Expressions' own site (<http://www.kalev.net/AGGAcademy/index.html>). You are welcome to the AGG groups in September! They compete at all levels, from InterClub to International and young people find this a great opportunity to dance, move and travel. You can find out more about the AGG rules and events at the Canadian Aesthetic Gymnastics website (<http://www.geocities.com/canadianaesthetics/index-b.html>).

We usually attend at least two International competitions for Seniors every year. Next season, the World Championships take place in Bulgaria and the remaining World Cup events in France and Finland. Kalev can qualify three teams to each of these events, although only two can compete in the finals. There are also international AGG competitions for Juniors and for children aged 10 – 12 and 12 – 14, where Kalev teams have participated.

Registration for the new season takes place at 60 Doncaster, unit #7, on September 6 from 12 noon to 3 pm and September 7 from 6 to 8 pm. Also, at 55 Scardsdale on September 5 from 11 am to 1 pm and September 7 from 6 to 8 pm.