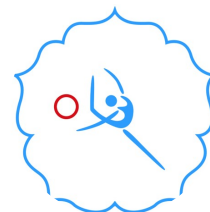


BC RHYTHMIC GYMNASTICS

proudly presents:

BC CONNECT



We are here to support our amazing BC Rhythmic Gymnastics Family: **ATHLETES - COACHES - CLUBS - PARENTS**

Welcome to our NEW Initiative: BC CONNECT

WHAT is it? A series of efforts to:

- bring us closer together (connect our community)
 - create opportunities for engagement
 - pool our resources
 - create learning opportunities
- offer inspiration, purpose and motivation

WHERE? At this point, through a variety of “ONLINE” platforms

WHY? Because we care!

Saturday sessions planned:

April 18th 9am-10am:
Get to know talk back w/
Canadian Champion:
Kathrine Uchida followed
by baking health muffins
with Camille Martens
10:30am-11:30am (link &
ingredients on next page)

April 25th 9am-10:30am:
Conditioning in small
spaces: with Kathrine
Uchida. We are hoping to
follow that up with a
nutrition presentation for
athletes/parents/coaches at
10:30am...*(details still need to
be confirmed)*

Tentatively scheduled after
that we have:

May 2: Coach session with
physio Travis Dodd and
Athlete session Stretching
and balances with Carmel
Kallemaa

May 9: Athlete/Coach
session with Physio Travis
Dodd ...and possibly a
baking session with another
coach or athlete? Healthy
recipes? anyone keen?

more ideas in the works...

1

HOW CAN COACHES/ CLUBS BENEFIT?

BY JOINING IN!

Encourage your
athletes and parents to:

- participate in
appropriate sessions
- follow BCRSGF on
INSTA and fb to learn
about sessions/
challenges etc.

2

WHAT DO YOU NEED TO TAKE PART?

an active membership

an internet connection

zoom

an interest in learning

a desire to share

a good attitude

3

WHEN ARE WE STARTING?

THIS Saturday, April
18th @ 9am we will
have our first session:
with Kathrine Uchida



MORE DETAILS ON NEXT PAGE

PARENTS: Please read, so your athlete can BE READY TO JOIN IN:

1. Sign the updated waiver with your club

2. Make a Zoom account. <https://zoom.us/>

You can sign up for free. We will send you a link to the meeting and you will just have to click on the link and sign in and you will be good to go. You can use a laptop, phone, ipad etc. **A larger screen will make it easier for your child to stay engaged. If you are interested, you can even use an HDMI cable to hook your computer up to your TV. This is not necessary at all, but can be fun if you want to/can facilitate that.**

3. Create a safe space with/for your daughter to participate in the class and have everything your daughter needs ready. It will be your job to make sure that your daughter has a safe environment. It is best if you can set up the camera so that we can see her entire body for any physical sessions. You will want enough space that she can move her arms and legs around in all directions and not hit anything. If you want to put a yoga mat on the floor you can. Remember to check for what is above her as well. Check what props/tools or apparatus might be needed for a given session and have them ready.

4. Please log in a few minutes before a session begins so you know your set up is working and can organize your camera angle so we can see your athlete's whole body. Then, be sure to:

- 1) learn how to mute/unmute yourself (keep it with mute on)
- 2) change your on screen name (if you look at yourself on screen, there are three little dots on the top right, click that and rename yourself so we know who you are **First** and **Last** name please.

5. Coaching online does not count as full supervision...and you must be a reg'd member of BCRSGF to take part.

You are still your child's supervisor during this time. We have been informed that only registered athletes (with the provincial federation) are covered under insurance for online classes. This means that no other children in the household are allowed to participate (if you want, they can reg for \$35).

LINK to sessions with

Kathrine: 9am April 18th & 25th
Available to the first 500 participants:

Join Zoom Meeting

[https://zoom.us/j/96183479888?
pwd=SWRZK3c4dU9YSGNYMT
ZKZDIjYUttUT09](https://zoom.us/j/96183479888?pwd=SWRZK3c4dU9YSGNYMTZKZDIjYUttUT09)

Meeting ID: 961 8347 9888

Password: 013900

**INGREDIENTS NEEDED FOR
BAKE ALONG WITH CAMILLE**

DRY

1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup raisins
1/2 cup chopped nuts
1/2 cup choc. chips
1 cup oats
2 cups spelt flour (or
whole wheat, cloud 9)
1 tsp salt
1 tsp. b. powder
1 tsp. baking soda
1 cup berries

LIQUID

1/3 cup oil
1/2 cup yogurt
2 eggs (or substitute)
1/3 cup liquid (juice or
milk or espresso or...)

Other initiative details
include: **PHYSIO**

We are working with



Travis Dodds from LIFT CLINIC to create some at-home plans for staying healthy during isolation with a focus on maintaining jumping muscles for competitive athletes. He will first present a session to all coaches and then two subsequent sessions for athletes as well.

Also in the works:

a stretching session with:
Carmel Kallemaa

BCRSGF

instagram take-overs
with our very own
HIGH PERFORMANCE
athletes! Get to know our
BC STARS better and
see what they are doing
during isolation!

A shared online database
of links to approved
videos and resources:
warm-ups, conditioning,
recreational classes,
basic skills, game ideas
and more!

