

BC RHYTHMIC GYMNASTICS

proudly presents:

BC CONNECT

#2

BC Rhythmic

Here to support our amazing BC Rhythmic Gymnastics Family:
ATHLETES - COACHES - CLUBS - PARENTS



It was very exciting to see such an enthusiastic engagement from 97 participants, from 11 BC clubs take part in our first **BC Connect** event on April 18th. The interview and talk-back session with Katherine Uchida was very inspirational and the bake-along with Coach Camille was

THIS Saturday:

April 25th

9am-10:15am:

Strength & Conditioning for competitive athletes with our very inspiring Canadian Champion



Katherine Uchida

LINK to session with **Katherine**: 9am April 25th
Available to the first 500 participants:

Join Zoom Meeting

contact your coach for the link

we always have more ideas in the works...

**May 2:
9am-10:30am**

Competitive Athlete
Stretching and Balances
with gymnastics star:



Carmel Kallemaa

DO YOU HAVE OLD BC RHYTHMIC EVENT PHOTOS?

We are putting together some BC RHYTHMICS facebook photo albums and are looking for fun BC favourites for these albums:

1970s and earlier

1980s

1990s

2000s

2010-2015

2016-2018

2019

**Have you
(or someone you know)
been working
in, with or for
BC Rhythmic
as a coach, judge or
volunteer for
10 years or more?**

We are updating our database, so send us:

- your (their) name
- club affiliation
- role(s)
- years you've been working in/with/for BC Rhythmic

COMING SOON: INSTAGRAM story takeovers

A chance for our BC athletes to
connect with, learn from and be inspired by
BC's own **Canadian HIGH PERFORMANCE** team stars:



**Our first take-over will be on
April 24th with our top BC Senior Star:**

Polly Krivchun (born 2003)
Club: Planet Rhythmics
Coach: Natasha Korkh
Started RG: age 4
Her favourite apparatus: hoop
The best score she has ever gotten :19.7
(LA lights 2020)

“My most exciting result ever was when I
won the 2014 Canadian championships.
In gymnastics, I hope I am known
for my inspiration!” - *Polly*

**The 2nd take-over will be on
April 28th with Junior Star:**

Julia Oprea (born 2005)
Nickname(s): Jules
Club: Adagio
Coach(es): Megan, Ashley, Mia
Started RG: age 6
Favorite apparatus: ball
Best score ever: 17.00
(Queen of Hearts 2020)

“My most exciting result ever was at
Queen of Hearts 2020.” - *Julia*



**Mark your Calendars for more INSTA story take-overs
from the rest of our BC Rhythmics' Canadian HP Stars:**

May 1st - Halle Moger
May 5th - Pari Goyal
May 8th - Elle Dockendorff

Other initiative details
include: **PHYSIO**

We are still working with **Travis
Dodds** from LIFT CLINIC



on creating 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 (time/day tbc...
we are hoping for May 2) and
then two subsequent sessions
for athletes as well.

Also in the works:

BC RHYTHMICS
SOCIAL MEDIA NEWS:

This week, after starting our
new initiatives, our facebook
friends went from 100 to over
1000 and our INSTA followers
went from under 100 to a
shared online database of links
to approved videos and
resources: warm-ups,
conditioning, recreational
classes, basic skills, game
ideas and more!



Hi there! I'm **Melissa Kazan** and I am a Registered Dietitian and Sport Nutritionist specializing in nutrition for health, wellness and sports performance. After completing my undergraduate degree and Masters of Science in Dietetics and Human Nutrition at McGill University in Montreal, I specialized in sports nutrition through the International Olympic Committee Sport Nutrition Diploma.

I strongly believe that choosing the right food for your body prevents chronic disease and has a primary impact on your **health, wellness and performance in sport**. With over 8 years of counselling experience, working in fitness centres and medical clinics, I understand today's challenges with eating well. I work with my clients, setting realistic and flexible goals to improve their overall health and sport performance as well as prevent disease.

MELISSA has an incredible **fully prepared** 70-minute presentation for rhythmic gymnasts with exciting and empowering tips for during COVID-19. We are trying to book her, but she needs to buy a license in BC...so needs a bit more business to make it worth her time. RG is her passion so she came up with this amazing deal for any individual BC athletes looking for nutrition help. Please email us at bcsgf@gmail.com if you want to purchase this coupon.

In 2017, I moved to Vancouver to join the integrated athlete development centre, Fortius Sport & Health in Burnaby, where I worked for 1.5 years as part of a multidisciplinary team of practitioners with a variety of clientele from recreationally active individuals to club and high performance sport teams. Currently, I am the team dietitian for Rhythmic Gymnastics Canada, Diving Ontario and Mountain Bike Ontario through the Canadian Sport Institute Ontario in Toronto. Through counselling, group seminars and cooking workshops, I help my athletes optimize their nutrition around training and competition, improve their relationship with food and learn how to make quick and nutritionally balanced meals, to optimize their health and performance.

Through my private practice based in Richmond Hill, I offer one-on-one counselling (both in person and virtually), around health, wellbeing, weight management and sport nutrition. Want to learn more about how I can help you?

As a professional speaker, I provide interactive presentations and workshops to busy professionals, athletes, coaches and active individuals, turning the complex science of nutrition into practical tips for a healthy and active lifestyle.

I offer one-on-one counselling (both in person and virtually), around health, wellbeing, weight management and sport nutrition.

~~\$450~~ **\$225**

**for 3 private
online sessions**

#1 initial consultation to discuss concerns/ideas/goals

#2 Setting up plans together
(ideally after optional bloodwork,
but not necessary or required)

#3 3-month check-in to discuss
any questions and more ideas

This deal expires May 01, 2020

**You can LOVE eating well,
gain MORE energy &
become your BEST!**