

# BC RHYTHMIC GYMNASTICS

proudly presents:

# BC CONNECT

#3

## BC Rhythmics

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



It was very exciting to see such more enthusiastic engagement from 105 participants, from 13 BC clubs take part in our first **BC Connect** event on April 25th.

**Katherine Uchida** was very inspirational and shared so many great ideas! Thanks everyone for your support of BC CONNECT!

## THIS

## Saturday:

**May 2nd 9am-10:30am:**  
**Stretching & Balances**  
for competitive athletes  
with the very inspiring



**Carmel Kallemaa**

LINK to session with  
**Carmel: 9am** May 2nd  
followed by **10:30am**  
baking power  
cookies with Camille  
(ingredients list on page 3)

Join Zoom Meeting

[https://zoom.us/j/96183479888?](https://zoom.us/j/96183479888?pwd=SWRZK3c4dU9YSGN5MTZKZDljYUttUT09)  
[YMTZKZDljYUttUT09](https://zoom.us/j/96183479888?pwd=SWRZK3c4dU9YSGN5MTZKZDljYUttUT09)

Meeting ID: 961 8347 9888  
Password: 013900

more ideas in the works...

**May 12th @ 9:45am**

**PHYSIO Intro Session**  
especially for **COACHES**



**w/Travis Dodds & Cody Low**

**Exciting athlete sessions**  
**coming up the following weeks!**

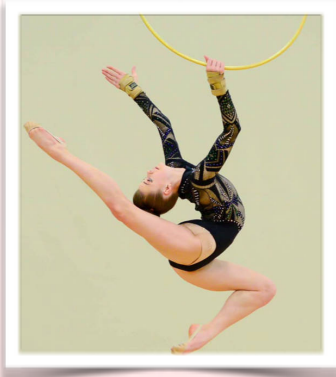
**Travis Dodds** from LIFT CLINIC has joined forces with the amazing **Cody Low** to creating some at-home strength and conditioning plans for staying healthy during isolation with several focuses including healthy bodies and maintaining jumping muscles for competitive athletes.

*use the same login as for Sat. session with Carmel*

**BC RHYTHMICS**  
**SOCIAL MEDIA UPDATE**

**TWO WEEKS AFTER**  
**STARTING OUR NEW**  
**BC CONNECT**  
**INITIATIVE OUR**  
**FACEBOOK**  
**FRIENDS WENT**  
**FROM**  
**100 TO OVER 1150**  
**AND OUR**  
**INSTA FOLLOWERS**  
**WENT FROM UNDER**  
**100 TO OVER 400**

Polly and Julia did excellent jobs of their INSTA story takeovers. Thanks for your time and inspiration ladies! **COMING SOON:** more **INSTAGRAM** story takeovers  
Additional chances for our BC athletes to connect with, learn from and be inspired by BC's own **Canadian HIGH PERFORMANCE** team stars:



**May 1st** our **BC Senior Star:**

**Halle Moger** (born 2003)

Club: Okanagan

Coach(es): Camille, Tammy, Brie, Vlodya

Started RG: age 6

Favourite apparatus: clubs

The best score she has ever gotten :16.25 (Elite Canada 2020)

**“My most exciting result ever was Elite Canada 2020, finishing in the top 10. I hope am (or become) known for my power.”**

- Halle

The next take-over will be on **May 5th** with **Junior Star:**

**Pari Goyal** (born 2006)

Club: Olympia

Coach(es): Daniela Todorova and Daniela Rincon

Started RG: age 4

Favourite apparatus: ribbon

The best score she has ever gotten :15.4 (Olympia Cup 2020)

**“My most exciting result ever was Elite Canada 2020, finishing in the top 8. I hope am known for my clean and graceful lines. Also, my originality in my apparatus handling and technique.”**

- Pari



The final take-over will be on **May 8th** with **Junior Star:**

**Elle Dockendorff** (born 2005)

Club: Okanagan

Coach(es): Camille, Tammy, Brie, Vlodya

Started RG: age 8

Favorite apparatus: hoop

Best score ever: 16.15

(Elite Canada 2020)

**“My most exciting result ever was Elite Canada 2020, winning a bronze medal. I hope I can be known for my artistry.”**

- Elle

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

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.



~~\$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 can be purchased  
by the first 5 people who email  
[bcrsgf@gmail.com](mailto:bcrsgf@gmail.com)

**GET YOUR INGREDIENTS  
READY FOR OUR NEXT  
BAKE ALONG WITH CAMILLE  
(10:30AM MAY 2ND)  
POWER COOKIES**

**DRY**

1 ½ cups flour (or alternative)  
1 ½ cup whole wheat flour (or alternative)  
1 cup oats  
1/3 cup pumpkin seeds  
1/3 cup sunflower seeds  
½ brown sugar  
½ cup sesame seeds  
¾ cup raisins  
½ cup ground flax  
½ cup hemp seed  
¾ cup chocolate chips  
¾ cup coconut  
¾ cup chopped nuts  
1 tsp salt  
1 tsp baking powder  
1 ½ tsp baking soda

**LIQUID**

1/2 cup of grape seed oil (or sunflower)  
3/4 cup yogurt (or sub.)  
2 eggs (or substitute)  
1/3 cup liquid (juice or milk or espresso or...)

**What else do I need?**  
greased cookie sheet  
2 bowls  
measuring spoons  
measuring cups  
stirring spoon  
oven (set at 365)

**SUGGESTIONS:**

- have all your ingredients out so they are ready before we start
- have a parent (or older sibling) there to help you if you aren't used to baking alone

LINK ON FIRST PAGE

**WHAT ELSE CAN WE LOOK FORWARD TO?  
MORE BC CONNECT INITIATIVES:**

**- INTERVIEW, FITNESS AND BODY LOVE  
SESSION WITH OLYMPIAN  
ALEXANDRA ORLANDO**

**- PHYSIO SESSIONS WITH  
TRAVIS DODDS & CODY LOW**

**HOPING WE CAN BRING YOU:  
NUTRITION SESSION WITH MELISSA KAZAN  
AND  
EXCITING ANNOUNCEMENTS FOR OUR BC TEAM**

**DON'T MISS OUT ON ALL THE EXCITING POSSIBILITIES  
BE SURE TO FOLLOW US ON INSTAGRAM AND  
FACEBOOK : BC RHYTHMICS (BCRSGF)**