

# Burlington B.G.'s Newsletter

*Practice doesn't make perfect: Perfect practice makes perfect!*

June 1/2008

BURLINGTON BG'S GYMNASTICS CLUB .... YOUR SOURCE OF EXCELLENCE IN GYMNASTICS, TUMBLING, TRAMPOLINE AND MORE !!!

## Men's Artistic Update:

The artistic gymnasts traveled to Mississauga for the Provincial championships on April 4 – 6<sup>th</sup>, 2008. The competition topped off a year of great results for the boys at all levels. Starting with the First Provincial Qualifier in Ottawa in December 2007, continuing with the second provincial qualifier in Windsor in February 2008, and the

third provincial qualifier in East York in March, 2008, the boys were well prepared for the provincial championships. All results can be found at the Gymnastics Ontario website at [www.ogf.com](http://www.ogf.com).

Artistic Provincial Championship results can be found on page 2.

## Inside this issue:

Men's Artistic Update	1
Germany Anyone?	1
Trampoline and Tumbling News	1
Artistic Provincial Results	2
Trampoline Results	2
Power Tumbling Results	3
Denis Vachon on <a href="http://www.ogf.com">www.ogf.com</a>	3
Recreational Report	4
General Information	5
Annual General Meeting Notice	5

## Germany bound!

Coming up for ten of the artistic competitors this summer is a trip to Friedrichshafen, Germany to compete in the Landes Turnfest Festival, held July 2 – 6, 2008. This is the championship competition of the Baden Württemberg southern province of Germany. Ten of the boys will be competing at the age appropriate elite level of gymnastics, and will be continuing the cultural exchange that started several years ago between the BGs and the Rottweil Gymnastics Club. The boys will have an opportunity to experience different events, do some sightseeing and will have the opportunity to train at the National Training Centre in Stuttgart. The parents and chaperones may also have the opportunity to "taste" the culture of Germany during the trip. Best of luck to all our athletes.



The center of Friedrichshafen

## Trampoline Highlights:

The trampoliners had a fantastic year, starting with the Canada Cup in August, 2007, followed by the First provincial qualifier in January 2008 in Durham, Ontario. The Trampoline Second Qualifier was held on February 16<sup>th</sup> and 17<sup>th</sup>, 2008 in Barrie, Ontario. Our athletes had a fine showing, representing BGs at the highest levels!

## Tumbling Report:

Recently, B.G.'s own Emily Smith was in Evian, France representing Team Canada at the Evian World Cup for Trampoline and Tumbling. She placed 6th in a very strong final which included the top 3 women from the most recent World Championships! In finals, Emily competed a new tumbling pass that helped her set a New Canadian Women's Difficulty Record! This top 8 finish has also guaranteed Emily a spot in this fall's World Cup Final in Togliati, Russia. Only the top 8 ranked athletes on the World Ranking List are invited to attend this competition! Congratulations Emily!

## Artistic Provincial Championship results:

Adam Walsh,  
Jacob Bonnay,  
and Wolfe Gazer  
Ambrosino  
placed first  
overall in their  
respective  
groups!

**Level 1 10-12 years:**

**Adam Walsh:** First overall, first on floor, high bar and rings (tie), second on pommel, fourth on parallel bars and 10<sup>th</sup> on vault (tie).

**Alex Lang:** Second overall, second on floor (tie) and rings, third on parallel bars, sixth on high bar (tie) and 12<sup>th</sup> on vault (tie).

**Ryan Romanoski:** Fifth overall, second on floor (tie) and parallel bars, fourth on pommel, seventh on vault (tie), 11<sup>th</sup> on high bar and 12<sup>th</sup> on rings (tie).

**Level 2 under 10:**

**Jacob Bonnay:** First overall, first on floor and high bar, second on vault and parallel bars, fifth on pommel and rings (tie).

**Level 2 10-12 years:**

**Wolfe Gazer Ambrosino:** First overall, first on floor,

rings and high bar, third on vault (tie), sixth on parallel bars and 11<sup>th</sup> on pommel (tie).

**Liam Bee:** Ninth overall, third on rings (tie), fifth on vault, eighth on floor (tie), ninth on pommel (tie), 11<sup>th</sup> on parallel bars and 14<sup>th</sup> on high bar (tie).

floor, rings and high bar, third in pommel and fourth in parallel bars.

**Matt Mascola:** Fourth overall, second in vault (tie) and parallel bars (tie), third in floor and rings, fifth in high bar and sixth in pommel.

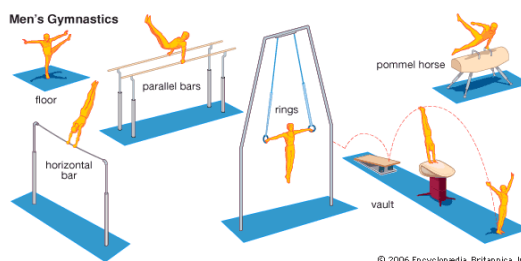
**National Level 6:**

**William Albert:** Sixth overall, third in floor and parallel bars, fifth in high bar and vault, eighth in pommel and rings.

**Kevin Mlynarski:** 14<sup>th</sup> overall, fourth in pommel, seventh in high bar (tie), 12<sup>th</sup> in vault, 13<sup>th</sup> in parallel bars, 14<sup>th</sup> in floor and 18<sup>th</sup> on rings.

**Olivier Zangao:** 17<sup>th</sup> overall, 11<sup>th</sup> in vault (tie), 12<sup>th</sup> in high bar, 13<sup>th</sup> in floor, 15<sup>th</sup> in pommel, rings and parallel bars (tie).

**Eric Laurin:** 18<sup>th</sup> overall, seventh in rings, 15<sup>th</sup> on vault, 16<sup>th</sup> on pommel, 17<sup>th</sup> on high bar and floor and 19<sup>th</sup> on parallel bars.

**Level 3 under 13:**

**Sean Marko:** 21<sup>st</sup> overall (tie), seventh on rings, eighth on vault (tie), 13<sup>th</sup> on high bar and floor (tie), 16<sup>th</sup> on pommel and parallel bars.

**Level 5 12 – 15 years:**

**Adam Kryston:** Second overall, first in vault, second in

## Trampoline Third Provincial Qualifier Results:

**Individual Trampoline****1<sup>st</sup> Place:**

Provincial B 15+  
Ian Phillips

**3<sup>rd</sup> Place:**

Open National Female  
Jess Asztalos

**4<sup>th</sup> Place:**

Provincial B 15+ Male  
Ken Robertson

**5<sup>th</sup> Place:**

Novice 15+ National Male  
Colman Ladouceur  
Provincial C 12- Male  
Matt Marson

**Double Mini-Trampoline****1<sup>st</sup> Place:**

Provincial C 12-  
Jelisa Joncas

**6<sup>th</sup> Place:**

Provincial B Male  
Josh Haibach

**Individual Trampoline****2<sup>nd</sup> Place:**

Men's Provincial B 14-  
Josh Haibach  
Men's Provincial B 15+  
Ian Phillips

**3<sup>rd</sup> Place:**

Women's National Novice 14-  
Chloe Winkworth

**6<sup>th</sup> Place:**

Men's Provincial C 12-  
Matt Marson

**7<sup>th</sup> Place:**

Women's Provincial B 13-  
Jelisa Joncas

## Trampoline Provincial Results:

**Double Mini-Trampoline:****1<sup>st</sup> Place:**

Men's National Senior-  
Denis Vachon

**3<sup>rd</sup> Place:**

Women's Provincial C 12-  
Jelisa Joncas

**4<sup>th</sup> Place:**

Men's National Novice 14-  
Sean Robertson

**5<sup>th</sup> Place:**

Men's Provincial B-  
Josh Haibach

**6<sup>th</sup> Place:**

Women's Provincial B-  
Anisa Pacheco

## Power Tumbler Third Ontario Cup Results:

### Gold:

Denis Vachon: Elite Men  
 Emily Smith: Elite Women  
 Catherine McNutt: Youth Women  
 Justin Wong: Youth Men (became the youngest Canadian to successfully complete 3 double salto's in one pass.)  
 Lauren Robertson: Novice 15+ Women  
 Michael Zeuner: Provincial C 12-Men

### Silver:

Riley Baldin: Novice 10-14 Men  
 Seta Van der Hoop: Novice 15+ Women  
 Jasmine Ellis: Provincial A Women

### Bronze:

Markus Laczko: Elite Men  
 David Findlay: Youth Men  
 Carolynne Wong: Novice 10-14 Women  
 Sean Robertson: Novice 10-14 Men  
 Josh Haibach: Provincial C 12-Men  
 Katelyn Vershoor: Youth Women

### 4th place:

Nick Kurtz: Elite Men  
 Jordan Sugrim: Elite Women  
 Brooke Bottos: Provincial D 11-Women  
 Megan Hefford: Youth Women

### 5th place:

Teja Durante: Elite Women  
 Alyssa Belford: Provincial D 11 - Women

### 6th place:

Alison Zareski: Youth Women  
 Michelle Hefford: Provincial A Women

### 7th place:

Katelyn Higgs: Provincial A Women  
 Lucas Ladouceur: Provincial C 13- Men

## Tumbling Provincial Results:

### Gold:

Meghan Hefford: Women's National Youth  
 Marcus Laczko: Men's National Senior

### Silver:

Catherine McNutt: Women's National Youth  
 Jordan Sugrim: Women's National Senior  
 Justin Wong: Men's National Youth  
 Michael Zeuner: Men's Provincial C 12-  
 Sean Robertson: Men's National Novice

### Bronze:

Alison Zareski: Women's National Youth  
 Emily Smith: Women's National Senior  
 Jaclyn Sicard: Women's National Novice 14-  
 Jasmine Ellis: Women's Provincial A  
 Riley Baldin: Men's National Novice 14-

### 4th place:

David Findlay: Men's National Youth  
 Lauren Robertson: Women's National Novice 15+  
 Josh Haibach: Men's Provincial C 12-

### 5th place:

Naomi Suzuki: Women's Provincial C 12-

### 6th place:

Teja Durante: Women's National Senior  
 Seta Van der Hoop: Women's National Novice 15+  
 Carolynne Wong: Women's National Novice 14-

### 7th place:

Valerie Brown: Women's Provincial C 13+

### 8th place:

Brooke Bottos: Women's Provincial D 11-

## Denis Vachon on the Gymnastics Ontario website:

The Tumbling 3rd Ontario Cup was held on March 29th and 30th in Sudbury. The event was extremely well run by first time hosts, Gymzone Gymnastics. This event was a last chance for many tumblers to receive their qualifying score for T & T Ontario Championships and Eastern Canadian Championships. The results of this qualifying competition are now posted and Qualifying lists will be posted shortly. Here's where the 'bittersweet' comes in. This was the last Tumbling competition for a Tumbling Hero, Denis Vachon. This Qualifier was his first, and last competition in his home town of Sudbury. Denis has made a huge impact for Power Tumbling by competing for Ontario and Canada on the National and International scale. We haven't seen the last of Denis. He is still competing at the Senior Elite level for Double Mini Trampoline, is a Provincial and National level coach for Power Tumblers at the Burlington BG's and is the current Tumbling Coaching Chairperson on the Gymnastics Ontario Technical Committee. We'll miss seeing you tumble Denis but we are grateful you're still contributing to the sport in other ways!



(source:www.ogf.com)

Check out Denis' tumbling blog at: <http://bgtumbling.blogspot.com>. It is a great resource for tumbling parents.

### Recreational Report:



The Burlington B.G.'s is proud to announce that it is this year's proud recipient of the **BURLINGTON POST READERS CHOICE AWARD for BEST SUMMER CAMP PROGRAM!**

Congratulations to the B.G.'s wonderful

summer camp staff and organizers for making our camp #1.

A special thanks to our valued customers for making this possible and to all those who voted!

**WAY-TO-GO B.G.'s!**



**REGISTER NOW FOR THE RECREATIONAL SUMMER SESSION AND SUMMER CAMP PROGRAMS.**

### GYMNASTICS BIRTHDAY PARTIES AT THE B.G.'S:

#### **Relax & leave the work to us!**

Are you looking for a fun, innovative party for your children where all you have to do is bring the cake? Burlington B.G.'s is the place for you! During our birthday parties children will enjoy fantastic, organized, safe fun with our certified and enthusiastic coaches. Our 1,300 square foot facility will keep your kids busy, busy, busy! Whether it's swinging on the rope, bouncing on the trampolines, rolling around in the sponge pit, or going through the exciting obstacle course, the fun will never stop! Book your child's birthday, team party or other special occasion with us. Members and non-members are welcome. Parties for boys and girls 5-12 years. Summer packages available on Saturdays and Sundays from 4:30pm-6:15pm. Don't miss out: book today!



## B.G.'s Summer Camp

### # 1 Camp Program in Burlington!

Spend your summer with the Burlington B.G.'s!

Camp programs available for boys & girls 3-12 years

Half day and full day camps available

Evening classes available for boys & girls 18 mo-17 years

Check out our new KINDERCAMP program!



Please visit the website or main office for more information.

*Practice doesn't make perfect: Perfect practice makes perfect!*

## General Information:

All of our athletes will be looking forward to watching their respective disciplines in the Summer Olympics. Canada is expected to have no less than three medal contenders in artistic gymnastics, two in trampoline, and one in rhythmic gymnastics. It will prove to be an exciting summer!

Summer training schedules are now in place. Please check with the respective coaches for summer training hours.

Our five volunteer teams continue to make progress and improvements throughout the club. For any questions, please do not hesitate to contact the chairs of our respective teams:

Communication: Blair Sicard  
Fundraising: Steve Walsh  
Aesthetics: Bronwyn Bee  
Building Maintenance: Peter Lytwyn  
Club Spirit: Lesley Haibach

All chairs can be contacted through the club email at [info@burlingtonbgsgymnastics.com](mailto:info@burlingtonbgsgymnastics.com)

**Thank you to all the parent volunteers for making BG's a fabulous club!**

## Annual General Meeting:

The annual general meeting of the Burlington BG's Gymnastics club will take place at the club on Thursday, June 19<sup>th</sup>, 2008 at 7 p.m. New volunteers for the Board of Directors are being sought, and will be voted in at the meeting. All members of the club are welcome. Please plan to attend or submit your vote by proxy. Further information can be obtained at: [info@burlingtonbgsgymnastics.com](mailto:info@burlingtonbgsgymnastics.com)



Burlington BG's Gymnastics Club  
680 Maple Ave.  
Burlington, Ontario  
L7S 1M6

Phone: 905 634 0310  
Fax: 905 634 4783  
E-mail: [info@burlingtonbgsgymnastics.com](mailto:info@burlingtonbgsgymnastics.com)  
[www.burlingtonbgsgymnastics.com](http://www.burlingtonbgsgymnastics.com)