



The Manitoba Centre for
Rhythmic Gymnastics Excellence

Program Information

The Value of Training

The duration of an athletic contest is only a few minutes while the training for it may take many weeks of arduous work and continuous exercise of self-effort.

The real value of sport is not the actual game played in the limelight of applause but the hours of dogged determination and self discipline carried out alone, imposed and supervised by an exacting conscience.

The applause soon dies away, the prize is left behind, but the character you build is yours forever.

The Alegria Program

- Designed to reach the maximum level for your daughter's potential
- Where possible, create internationally competitive athletes
- To create a feeling of confidence that goals can be achieved through sport
- To create a strong foundation for their future endeavors be they in sport or in life

The Mind

Our RG classes will develop your child's essential mental skills;

- memory (kinetic, visual & auditory)
- concentration (the ability to focus on one subject or activity during determined period of time)
- logical and analytical thinking
- creativity
- time management
- interpersonal and teamwork skills

The Body

- strength (physical, kinetic and dynamic)
- flexibility (active and passive)
- posture (conditioning your body to maintain the correct shape and style)
- choreographic skills (ballet and dance preparation)
- co-ordination (harmonious functioning of muscles or group of muscles in the execution of movements; linking a series of elements together with good posture, spatial awareness and style)
- fitness (endurance, dynamic and kinetic)
- health (eating a correctly balanced diet to give you energy to train and develop;
- feeling and looking well (not pushing the body too far when training or working while injured)

The Spirit

- discipline (punctuality and attendance at all training sessions; the ability to follow instructions; the ability to focus and concentrate on the routine under the pressure of competition without making any mistakes; motivating yourself to practice the same element hundreds of times to reach perfection; having the correct attitude to training and competition and to work safely)
- perseverance and will power
- self-confidence (believing in yourself and positive attitude to overcoming difficulties)
- love and passion for sports as your way of life
- music & artistic expression
- sportsmanship and competitiveness (fair play)

Typical Training will include

- Warm Up
- Conditioning
- Ballet
- 'American Lessons' – ballet and gymnastics specific conditioning
- Choreography
- Gymnaestrada
- Use of mirrors for “self awareness”
- Video analysis
- Flexibility
- Track & Field style preparations
- Routines
- Breakdown of routines in smaller portions
- Changing routines to adjust to skill and performance feedback

Athlete Selection

- Based on a point system
- Geared towards the athletes ability for progress & improvement
- Results will be shared with parents after tryouts

Athlete Placement

- Will be in 6 levels of training: First Step & Level 1 through 5
- Each athlete will progress as ability progresses
- Coach, parent and athlete will monitor this progression together

ALEGRIA Fees & Levels of Commitments

- First Step: 5 hours per week (2 trainings per week)
- Provincial Stream: 5-6 or 7-9 hours per week

National Stream Levels:

- Pre-Novice (age 9-10): 9-10 or 12-14 hours per week
- Novice (age 11-12): 14 to 16 hours per week
- Junior (age 13-15): 16 - 18 h/per week
- Senior (age 16+): 18 to 20 h/per week
- Program fees calculation is based on level of commitment and training hours.
- Additional training available at an hourly rate as agreed
- The fees include: program administration, coaching, gym rent, ballet lessons, individual and group program and routines design for competitive season, music selection and processing, August summer camp and X-mas camp, supervision during in and out of town competitions.
- The commitment to the program is on a yearly basis

Weekly schedule

- ALEGRIA training levels are consistent to a certain number of training hours per week (refer to „Levels of Commitments”)
- Detailed schedule will be available after the registration according to chosen level

Other Possible Costs

- Body Suits
- Apparatus
- RGM Registration Fee
- Travel as agreed
- Competition Registration Fees
- ALEGRIA tracksuits

Volunteer Commitment

- The centre will participate in RGM bingos and other volunteer events throughout the year to offset some carpet costs, and parents are expected to support this activity
- The centre will have volunteer requirements for competitive experiences through the year as assigned
- The parents may choose to run fund raising activities to offset their own personal costs or ALEGRIA initiatives as agreed

Summer Camp

- Starts on August 17 to 28, 2009
- At Max Bell Centre at U of M, from 6 to 9pm
- Included in Alegria registration fees

Other Requirements

- Medical Form
- Annual commitment

Performance Assessment

- Performance will not always mean the result scored at a competition but rather was the goal of the competition met. This result will be assessed by the coach in discussion with the athlete.

Questions?

Shoot for the moon. Even if
you miss, you'll land among
the stars”
– Les Brown