

Red Ribbon competition summary

Alpha Rhythmics sent two AGG groups to attend the Red Ribbon AGG Invitational in Markham, ON on June 20, 2009. This is the first time groups from Alberta have attended the event and they were superb representatives! Each group had 4 gymnasts and both groups competed in the Interclub Level 4 (16-30 age category). Both groups did INCREDIBLY well and were commended by the judges on their performances, especially as they were first-time participants. Group A (Lauren Wig, Anita Yaremko, Katelyn Malayko and Rhodielyn Padilla) won 2nd place in the free and creative routines, finishing 2nd overall. Group B (Victoria Swiredowsky, Victoria Montalto, Melanie Stephens and Stacey Adams) won 4th place in the free and creative routines, finishing 4th overall. In addition, the judges awarded Group A, the Most Spirited Performance trophy, which goes to a group that shows excellent expression and presentation throughout their routines. Congratulations girls! Hopefully Alpha's participation will pave the way for more teams from Alberta to attend the Red Ribbon event and to give AGG a try!



Fort Worth Sport and Cultural Event summary

19 members of Alpha Rhythmics attended the Fort Worth Sport and Cultural Festival from June 22-28. Alpha was one of two Canadian teams in attendance (the other was Exelta, from Red Deer). The weather was INCREDIBLY hot and humid (+100F every day) but happily all of the performing venues were air conditioned. This event was held in conjunction with the Sokol Slet (a gathering of Sokol sport organizations from around the world that occurs every 4 years, the next is in 2013 in Prague). Teams from 15 countries and 20 U.S. states participated in Fort Worth.

Alpha Rhythmics participated in a number of events: Gymfest (gymnaestrada style routines, 10 minutes in length), the Gymnastics for All Challenge (adjudicated large group routines) and an international AGG competition. In the Gymnastics for All Challenge, Alpha was awarded a Bronze. In AGG, Group A (Lauren Wig, Anita Yaremko and Katelyn Malayko) won 2nd place and Group B (Victoria Swiredowsky, Victoria Montalto, Melanie Stephens and Stacey Adams) won 3rd place out of 6 teams. The Ladies' Team represented Alpha in the USAG Gala on Saturday and were the hit of the event with their "mop" routine. Alpha also sent representatives to participate in the PAGU evening and Opening Ceremonies events.

Alpha's gymnasts did a fantastic job and received many compliments from gymnasts and coaches on their choreography and performance! Congratulations on a very successful trip!

