

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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WELCOME

*To our past
 members &
 brand new
 members!*

*We appreciate
 you very much.*

Glory of the 2024 Paris Olympics

What an exciting summer for all us gymnastics enthusiasts as we were glued to the coverage of the Paris Olympics. (Well, at least I was glued to the coverage of gymnastics and all other sports.)

The Olympics are a time to bring the world together for a common goal of an athletes ultimate athletic achievements. And of course there are many who unfortunately have a "bad day" during their Olympic experience. But that's what sport is all about.

Our Canadian hero, Ellie Black, who attended her fourth Olympic Games at the age of 28 made all Canadians very proud. She had some ups and downs but as a true Canadian she kept her head up and strived forward on each and every routine. Ellie, who lives in Nova Scotia, was awarded the Paris 2024 Fair Play award. This award is a joint initiative by the International Olympic Committee (IOC) and the International Fair Play Committee (CIFP) whereby athletes are nominated and a shortlist is created. This shortlist is then voted by the public which received tens of thousands of votes. **CONGRATULATIONS**, Ellie on this outstanding award. Canada and the gymnastics community is so proud of you!

Overall for our Canadian teams, it was a ground breaking with many great performances by both our men's and women's artistic and trampoline team.

Canadian Highlights:

- Sophiane Methot captured a **BRONZE** medal in the Individual Trampoline.
- Women's Artistic Team placed 5th in Team Finals (The highest placing by any Canadian team at the Olympics)
- Men's Artistic Team placed 8th in Team Finals (The first full team to the Olympics since 2008)
- Ellie Black placed 6th in Vault Finals

Team Canada has so much to be proud of in 2024. Let's keep the momentum going for LA 2028!

Rich Gymnastics History

The city of Windsor has a rich history of gymnastics over the last several decades. Windsor has produced many excellent gymnastics coaches and athletes beginning in the early 1950's.

Bernard Newman started the ball rolling as the coach of Canada's first team to compete at an Olympic Games in 1956. In addition, Bernard coached teams at the Pan Am Games in 1955 and 1959.

He was a pioneer for the sport of gymnastics during this era while producing some incredible athletes who attended the Olympics and Pan Am Games.

One of Newman's prodigy's was Ernestine Russell. Ernestine quickly became one of Canada's superstars when she won her first international medal at the age of 12. She continued to have great success within Canada, winning many national titles.

At the age of 21, Ernestine had a breakout year by attending the Pan Am Games in Chicago winning all four events, including the all-around. She went on to compete at the 1956 and 1960 Olympic Games. Russell attended Michigan State University and eventually transitioned into coaching.

Ernestine became an accomplished author, coach, and international judge. She finished her coaching career at University of Florida whereby earning many regional and state titles.

Bernard Newman



Ernestine Russell



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Welcome to our new staff!

Winstars would like to welcome some new coaches & coaches in training (CIT's) to our team.



We're very excited to have some coaches from across the province join us, along with some local coaches.

Our CIT's will be mentored by our senior staff in order to give them as much knowledge as possible.

Winstars Trivia



1. What iconic US gymnast has several moves named after her?
2. What were the Still Rings called previously?
3. Who won the 2025 Paris Fair Play Award?
4. What's underneath the floor exercise carpet?
5. What was the average age of female gymnasts at the 2024 Olympics compared to previous?
6. What is a flip compared to roll?
7. How wide is the balance beam?
8. Why is it important for children not to wear baggy attire in gymnastics?

1. Simone Biles 2. Flying Rings 3. Ellie Black (CAN) 4. Springs attached to two layers of plywood 5. 22 compared to 16-17 in 2000 6. A flip is in the air, roll on the ground 7. 10cm. (4in.) 8. Safety hazard

Upcoming Holiday Make Up Classes

There will be make up classes for our Thanksgiving Monday Special Needs classes and our Halloween night classes.

Thanksgiving Monday Special Needs make up will be **Friday, October 18** at their regular scheduled class time.

Halloween night classes will take place on **Friday, November 1** at their regular scheduled class time.

