

# EMC

## September Newsletter

Hello EMC family,

We are very excited to welcome you into the 2020-2021 season! We are ecstatic to return to Alliant Gymnasium on September 8th. We are totally ready for the new season to start!

Everyone is working very hard with new routines and looking forward to new leos! We love to see our gymnasts and parents happy!

For our new EMC members please read on page 3 about our knowledgeable and experienced coaches. We also would like to welcome Jenny and Monica Rokhman, who are joining our coaching staff for this season. We are thrilled to have them! Jenny and Monica are California natives, who, like coach Dasha, moved to Deerfield, IL to train at Northshore Rhythmics. They moved at a young age and became Olympians at the 2016 Rio Olympics. Both of them will be helping Coach Dasha with levels 4-7. You can learn more about their rhythmic competitive experience on page 3 and on the EMC website.

EMC is one of the only gyms in the USA where all competitive team coaches have international experience in RG or AGG. As a president, I am so pleased with our coaching staff, and I can't wait to see what this season will bring for our girls!



We are happy to announce that levels 9-10 will have an opportunity to review their routines with USA judge Kathrine Yakimovitch in September, and levels 4-7 with USA judge Masha Krakovskaya at the end of October. They will give our gymnasts helpful feedback for the competitive season. The 2020-2021 competitive season will most definitely happen; USA Gymnastics is working on the logistics of virtual competitions and in-person competitions with fewer spectators. If you have not yet renewed your membership with USAG, please do so.

Additionally, we would like to congratulate our L3 gymnasts, who have learned all three of their routines and are ready to train at the 4S Ranch gym!

And last but not least, we would like to congratulate our pre-junior AGG team. This month, they are going to be learning a new routine from a European choreographer via virtual sessions. Our AGG girls worked really hard all summer to get ready for their first AGG routine!

In this newsletter, you will also find USAG's safety protocols; please read through them. We, the EMC staff, are going to make sure that your kids are safe. We will continue to check temperatures before entering the gym, and social distancing will be maintained at practices.

Good luck to everyone in the new school year! It will be an adjustment, but our gymnasts got this!

Special thanks to Angela Wang and Maggie Chtilianova for a wonderful job on our media pages and advertisements.

Stay healthy and work hard!

Always yours,

Elena

# A HUGE THANK YOU

EMC would like to thank Amy and Lance, the Alliant staff, for providing us with the San Marcos gym. We are blessed to be able to train there while Alliant was closed.

## ALLIANT MASK POLICY:

Gymnasts **MUST** wear masks IF NOT 6 feet apart.

### **Important Announcements**

Training Schedule for FALL:

- Level 4-10 team - Alliant
- Level 3 team - 4s Ranch
- Munchkin team - Alliant outside
- AGG team - Alliant outside Basketball court

**Tuition** is due every 20th of the month, if not paid by the 30th of the month, there will be a late fee of 45\$ and this season it will be enforced.

### **Reminder:**

- Competitive RG gymnasts be sure to register with USAG or renew your membership.
- AGG must all register with AGGUSA federation, all details will be sent soon.

**Thank you Sasha Chernenko for helping us coach our gymnasts this summer, we are looking forward on having you again soon.**

# Meet our coaching staff:



Head Coach and current USA National Team coach Sveta Prokopova started rhythmic gymnastics at age 5. She quickly progressed and was invited to train at the Derugina School, where she remained for the entirety of her professional career.

Her achievements include the Olympics, World, and European Championships.



Fernanda Gutierrez's rhythmic journey was successful; however, after level 8, Fernanda decided to join an Aesthetic Group Gymnastics (AGG) team at Emerald City Rhythmics. She was team captain of the first USA AGG National Team for 2 years. Her achievements include participation in World Championships, World Cups, and Pan American championships.



Vianna Ngo started her rhythmic career when she was 10 years old. Vianna's rhythmic journey was a success; after much hard work and dedication, she became part of the USA Rhythmic Junior Group National Team. She was then invited to become a member of the USA National Team of Aesthetic Group Gymnastics. Her achievements include participation in World Championships and World Cups, and Pan American Games.



Recently retired USA National Team veteran Dasha Baltovick combines significant international competing experience with a love of teaching girls the wonders of rhythmic gymnastics, especially group. In 2016, she was selected to be part of the USA Senior Group National Team. Her achievements include World Championships, World Cups, Grand Prix, Pan American Games.



Ashley Ma genuinely loves working with younger children and is super excited to watch them take their first steps in rhythmic gymnastics. Ashley also takes USAG lectures to keep up with new developments in the sport for youth.

Twin sisters Monica and Jenny Rokhman started Rhythmic Gymnastics at the age of 7 in San Diego. At the age of 12, the girls moved to Northshore Rhythmics in IL to pursue their career where they made the National Team in 2011 and began representing the USA internationally. Monica and Jenny later joined the U.S. Senior National Team Group where they participated in numerous World Cups and World Championships. They received gold and silver medals at the 2015 Pan American Games and proceeded to qualify for the 2016 Olympic Games later that year. Monica and Jenny retired in 2016 after the Olympic Games and went on to perform in 38 cities across the country in the Kellogg's Tour of Gymnastics Champions. The girls continued their passion in health and fitness by finishing up their undergraduate degrees in Health Science at the University of Illinois at Urbana Champaign. Monica and Jenny have coached seasonally at EMC since 2016 and have a lifelong passion for the sport. They strive to create an inclusive environment for all girls in order to help young athletes reach their fullest potential and accomplish their personal goals.



Their accomplishments include:

- National Team from 2011-2016
- Rio 2016 Olympic Team Members
- Members of the team that gave the U.S. its first earned Olympic spot in the group competition at the 2015 World Championships
- 2015 Pan American Games, gold and silver
- Competed at the 2013, 2014, and 2015 World Championships