



L'International Gymnix 2015

24th edition – March 5-8, 2015



NEWSLETTER # 2 – December 2014

MERRY CHRISTMAS & HAPPY NEW YEAR!!!

The L'International Gymnix team wish you a merry Christmas and an amazing 2015 year with happiness, health, love and gymnastics and personal successes!



2015 Registration

- 🇨🇦 Statistics since the beginning of the registration process for the Gymnix Classic 2015 :
 - 455 : Number of registered gymnasts in the provincial level;
 - 270 : Number of registered gymnasts in the national level;
 - 150 : Number of registered coaches;
 - More than 50 gymnasts in the international level;
 - 55 : Number of registered clubs;
 - 8 : Number of registered canadian provinces.

🇨🇦 Important deadlines :

- The deadline for withdrawal without medical certificate, with refund, was on December 10;
- January 10: deadline for modification to an existing registration (10\$ administrative fee);
- February 10: deadline for medical withdrawals (refund with a 10\$ administrative fee).

Schedule

- 🇨🇦 [2015 Tentative schedule \(December 24\);](#)
- 🇨🇦 Competitions will take place from Thursday March 5 to Sunday March 8.
- 🇨🇦 Be prepared to watch the international competitions on March 6, 7 and 8!
 - March 6: Gymnix Challenge
 - March 7 : Junior Cup
 - March 8 : Challenge & Junior Cup finals

Lauréats sportifs montréalais

- 🇨🇦 The 2014 International Gymnix was once again among the nominees for the Lauréats sportifs montréalais on November 8.

2015 participating countries

- 🇨🇦 Here are the Gymnix Classic participating countries :
 - Bermuda
 - USA
 - Caïmans Islands
 - Mexico
 - Sweden
 - Tunisia

- 🇨🇦 Here are the confirmed participating countries for the 2015 International Gymnix, in the Gymnix Challenge and Junior Cup :

- USA clubs
- Chile
- Japan
- Russia
- Sweden
- Switzerland



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The organizing committee

In this 2nd newsletter, we present our general coordinator:



Maryse Allard

- Coordinator of L'International Gymnix since 2011;
- Co-founder of the Transformavie clinic;
- Physical preparation coach for many athletes, including Nansy Damianova;
- Provincial & National coach at the Gymnix club for 10 years.

2017 World Championships



You know which city will host the 2017 Artistic Gymnastics Worlds? Exact, you are right ...

MONTREAL!!!!!!!!!! BE READY!!!

The FIG



Do you know the FIG? It is the International Gymnastics Federation headquartered in Lausanne, Switzerland. It is the federation that governs all the gymnastic disciplines:

- Women's Artistic Gymnastics;
- Men's Artistic Gymnastics;
- Rhythmic Gymnastics;
- Trampoline, Tumbling and Double Mini Trampoline;
- Acrobatic Gymnastics;
- Aerobic Gymnastics;



History facts ...



It is always rewarding to look at our past and to remember that these extraordinary gymnasts have participated in The International Gymnix:

- Lilia Podkopaeva (Ukraine) :
www.youtube.be/n4mSjVpFw84
- Shawn Johnson (États-Unis) :
www.youtube.be/IESXySSRFhw
- Larisa Iordache (Roumanie) :
www.youtube.be/4CJW8d9Ba_o

Gymnastics around the world



The 2014 World Artistic Gymnastics Championships was held last October in Nanning, China :

- Ellie Black from Canada achieved a new Canadian record by finishing 9th in the all-round competition!
- To watch all the competitions:
www.youtube.com/user/figchannel



World Cup circuit:

- The first World Cup event took place in Germany in November;
- The 2nd event took place in Scotland in December;
- The 3rd event will take place in USA in March.

Follow us ...



On our website: www.internationalgymnix.ca



On our Facebook page: [L'International Gymnix](https://www.facebook.com/LInternationalGymnix)



On our Twitter account: @IntlGymnix

For all questions, info or comment, please contact :

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