

# Breakfast of Champions Spotlight: Ryan Baudin

**By Sarah Smith**

All-star twelve-year-old Ryan Baudin started gymnastics when he was six years old.

Why?

?It looked like a lot of fun!?

As a Provincial Men's Artistic Gymnastics (MAG) competitor, Ryan and his teammates train at least twelve hours a week preparing routines on six different apparatus: pommel horse, vault, rings, high bar, parallel bars, and floor exercise.

Ryan enjoys the diversity of Artistic Gymnastics, which brings about improved strength, power, balance, agility and more.

In addition to the many physical gains from his gymnastics experience, Ryan says he has also learned ?to never give up on something I really want to achieve, and to do the best I can to make it happen.?

?I learned to be patient, and to stay focused on the objectives my coaches give me.?

Ryan's favourite event is vault, where he earned his first ever Silver medal. Finishing third overall at the Burlington Provincial Qualifier was the highlight of his 2012/2013 season.

Asked about his short and long-term goals, Ryan responds, ?My goal for the upcoming season is to get all my skills and routines, and do the best I can. My long term is to reach to the highest level in gymnastics that I can.?

Ryan adds, ?I want to thank my coaches for training me and giving me the opportunity to achieve my greatest season last year. I also want to say that Evolution is a great place to train and I am grateful for all the support that I get from my coaches and all the staff at EGA!?

In recognition of Ryan's podium finish at last season's Provincial Championships, Ryan will join 3 of his EGA teammates as an award recipient at the upcoming Sport Aurora Breakfast of Champions.