



Delta Gymnastics

State and National Club Champions 07, 08

Delta Gymnastics Brisbane

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COMPETITORS NEWSLETTER – MAY 09 – SQUADS AND TEAMS

Contents : Recent Results Training this week State Team Trials
 Update on Emily Pad Tests and Parent Meetings State Titles Draw
From : John Mitchell

Recent Results

The girls have been doing a great job over the past four weeks as they attended the Mitchelton Invitational, the Aurora Challenge, the Delta Duel and the Junior Regionals.

To keep up with all results please check our website in the "Latest News" area or the Delta Event Guide under the About Us Tab.

Training this week

This week has normal training for all girls except those coached by Wendy and John on Saturday.

Level 7 – 10's no training this Saturday 30th or Monday 2nd.

Level 4 – 6 training is on Saturday morning only 8:00 – 11:30am. (To allow John and Wendy to get to the State Team Trial)

State Team Trial

This weekend our Level 7 – 10 gymnasts will be giving it their all in a bid to be selected to represent Queensland at the Nationals in Perth or a Team Challenge event to be held in October in New South Wales.

We wish all girls the best of luck and hope that as many of our gymnasts can get out to the comp to support the girls.

The girls will be competing in two rounds of competition on Saturday and Sunday and would appreciate your attendance.

Good Luck to :-

Level 7 : Laura Purdie, Sydney McIlwaine, Jess Wigglesworth, Samantha Hansford and Sophie Musgrave.

Level 8 – 10 : Ally Smith (8), Taylor Ryan (8), Rebecca Carter (9), Alex Trezise (9), Steph Zietek (10), Kristy Bishop (10).

Times for the competition over the weekend are as follows :-

	Competitors Arrive	General Warm Up	Competition	Conclusion
Saturday : Level 7's	2:40 pm	3:00 pm	4:30 pm	6:45 pm
Saturday : Level 8-10's	5:40 pm	6:00 pm	7:30 pm	9:30 pm
Sunday : Level 7's	11:40 am	12:00 Noon	1:30 pm	3:30 pm
Sunday : Level 8-10's	3:00 pm	3:20 pm	4:50pm	7:00 pm

Reminder to competitors : Saturday's competition is also your own Regional Championships!

Update on Emily Conran

In our last newsletter I told you of Emily Conran's trial at the QAS High Performance Program. While Emily has had a few slight setbacks with a strained wrist which will keep her out of the State Team Trial, her coaches are hopeful that she may still get to compete at States and Nationals.

Emily spent time in the past two weeks with our National Coach Peggy Liddick who I am told was very complimentary of Emily's performance and preparation. Emily really enjoyed working with Peggy as well.

PAD TEST

PAD Test – St Margaret's Saturday 6th June 8:00 – 11:00 with Parent meeting for all at 10:30am. This is a really important meeting which will outline all holiday trainings, preparation for the Delta Challenge, State Titles, Raffle, Trip to Sydney, and everything you need to know for the second half of 09!

EVENT INFORMATION

Over the next five weeks we will be hosting the Delta Challenge and attending the State Titles. For details as they come to hand about draft programs or schedules please visit our website in the Delta Invitationals section. In this section we will update any draft programs, results, or notes so you can plan ahead when possible.