



Delta Gymnastics

State and National Club Champions 07, 08

Delta Gymnastics Brisbane
ABN 26 615 599 769

PO Box 477
Clayfield Qld 4011

Ph: (07) 3262 0055
Fax: (07) 3262 1198

Email: admin@deltagym.com.au
Website: www.deltagym.com.au

COMPETITORS NEWSLETTER – October 09 – SQUADS AND TEAMS

Contents : Sydney Tour and State Clubs, Delta Carnival, PAD Test, National Club Championships, John in USA
From : John Mitchell

State Club Championships

Congratulations to all girls who competed at the State Club Championships held in Caloundra. Delta Brisbane successfully defended it's title as the number one club in Queensland and we are proud of the fantastic performances of our girls.

Sydney Tour

Congratulations to all girls who attended our Sydney Open Tour. The tour included a wonderful blend of gymnastic and life experiences and was a whole heap of fun. Our girls did enough to become the first ever club champions of the Gymnastic Clubs of Australia Cup and we are proud of all of you (and special mention to Kristy Bishop who has crowned Gymnast of the Meet). I look forward to receiving feedback from parents about the tour to assist us in deciding if we should attend again in 2011.

Delta Carnival.

This weekend we will host the Delta End of Year Carnival for all our Delta Members. The carnival includes performances from all our 5 – 15 year olds (in 1 – 4 hour programs) and is a great event for our young gymnasts. An important part of the carnival is our younger gymnasts looking up to the big girls and what they can do. Our Squad and Team gymnasts have been invited to attend a session to act as an assistant coach or to participate in a simple display. During the weekend our membership will have the opportunity to provide a gold coin donation or buy a raffle ticket, with all proceeds going to supporting our travelling gymnasts.

This is an important part of our Teams gymnasts learning about being leaders and performing in front of a crowd. Please ensure you attend the session you are invited.

TRAINING CHANGES due to Carnival and Andrews Cup

On Friday 30th October there will be training only for the girls who train from 1:30 – 5:30. This session will be held at Clayfield for the entire time.

On Saturday 31st October all girls will train for 3 hours only. Groups will train as follows :-
Amy's Squad who train Saturday 8:00 – 11:00 will train Friday 20th Nov 4:30 – 7:30pm.
John and Wendy's group who train 8:00 – 12:00 will train from 7:30 – 10:30am.
John and Wendy's groups who train 10:00 – 2:00 will train from 9:30am – 12:30.
Lauren's squad that train 8:00 – 11:00 will train 7:30 – 10:30am
Lauren's squad that train 11:00 – 2:00 will train 9:30 – 12:30.
Elle's squad that train 11:00 – 2:00 will train 7:30 – 10:30am.

On Friday 5th November there may be an adjusted training session to accommodate the large number of girls attending the Andrew's Cup competition. Further news will be available soon.

National Club Championships

The final teams for National Club Championships have now been chosen.

Congratulations to the girls who have been selected to represent Delta in Canberra.

Level 10 – Kristy Bishop, Steph Zietek, Alex Trezise and Rebecca Carter.
Level 8 – Ally Smith, Taylor Ryan, Laura Purdie and Jess Wigglesworth.
Level 7 – Sophie Musgrave, Sidney McIlwaine, Larissa Lum and Olivia Dykes.
Level 6 – Lauren Galvin, Alex Johnson, Courtney Campbell, Amber Fraser, Lauren Moore, Kaitlin Darrach, Tahlia Hensley, Leah Nelson and Tiahna Scanlon.
Level 5 – Maddie Ryan, Brianna Walker, Charlee McIlwaine, Lauren Tam, Nisa Morgan.
Level 4 – Lauren Atkinson, Kahlee Mace, Madison Thompson, Ashaya King, Lizzie Neilsen.

Thankyou to all girls and families who have been waiting on the final selections. I appreciate the positive support provided by all members. While I understand that in any selection processes there may be disappointment, I thankyou for your understanding that as coaches we aim to provide children with a selection process which rewards performance, good training and competitive outcome for all girls.

Girls will be travelling at the following times :-

Level 6 – 10 travel to Canberra on Saturday 28th November at 8:30 or 9:00am and return on Wednesday 2nd December at 6:15pm.
Level 4 and 5 gymnasts will travel on Sunday 29th November at 9:00am and return on Wednesday 2nd December at 6:15pm.

A Tour briefing will be distributed two weeks prior to the event.

John away in USA.

From Monday 8th to Wednesday 18th November, John will be travelling to USA for an educational tour of USA Gymnastics. John will be visiting and meeting with successful gym club operators in LA and Cincinnati and attending a Boot Camp at Kid's First Gymnastics Club in Cincinnati (one of the world's most successful clubs). While John is away Stacy Robson will be working with the teams coaches to cover his absence. (Please note : don't call John during this time or you may be waking him up!)