



# Delta Force E-News



March 2011



Cat Delta SHS Coach working with Delta Bris Squads at Boot Camp

### Enews is here!

Welcome to the first fortnightly Delta Gymnastics Teams Enews! This enews letter will be sent out to each Teams member fortnightly. We hope this will keep you up to date with all information and up coming events. If you have any questions or queries please contact Belinda Wall at the gym or via email [bwall@deltagym.com.au](mailto:bwall@deltagym.com.au).

### February PAD

Congratulations to all girls who participated in the February Physical Ability and Development Test. All girls did a great job. While overall we did show a slight decrease from the November PAD, which was expected due to Christmas holidays, we were actually up from this time last year. So all around a fantastic result. The test is broken up into three components; skill specific, flexibility and strength. The test is not only a great gage to measure each athlete's readiness to successfully compete, it also can identify any specific area's of weakness our athlete's and coaches need to work on. February 2011 results indicate that our athletes are slightly stronger and more prepared for the year ahead. Watch out Delta Force!

Upcoming Events		
<b>April</b>		
9	PAD	St M
16/17	MYC Level test	MYC
29/30	Judges Classic/ Aurora Challenge	MBC

### Boot Camp Wrap Up

On January the 21st to the 23rd Delta kicked off 2011 with the annual Delta Gymnastics Boot Camp! It was a fantastic event held at Delta St Hilda's/Southport venue. With two full days of training and activities. Highlights included: the level 4-6 dance and Level 7-10 dance, swimming, training and working with different coaches, Wendy kissing a snake, Nic C's Jodie impersonation, Belinda being tricked with a cow manure charade and building Delta logo's out of people. The weekend also included the initiation of our Delta Sprits! Our new level 8's and new 8-10 athletes had their Delta Spirit initiation. The process, activities and ceremony involved in becoming a Delta Spirit is top secret! We are very proud to welcome the follow as true Delta Spirits: Leah Nelson, Rachel Armstrong, Lauren Galvin, Larissa Lum, Abbie Benstead, Bridget Beattie, Alex Johnson, Olivia Dykes and Tiahna Scanlon. Many thanks to all who took part in the camp; gymnasts, coaches and parent volunteers. The weekend was a great start to the year!

### Congratulation Natalie Bennison! QUT Scholarship

Level 10 Delta Brisbane athlete Natalie Bennison has been awarded one of only five QUT's sporting scholarships. The scholarship is awarded to students who achieve an OP 1-5 and are competing at a national or international level. The scholarship is valued at \$24 000! The scholarship holders will also have additional benefits like an accelerated program of study, early access to research opportunity, the opportunity to represent QUT through the Student Ambassador Program, QUT College of Excellence and the QUT Mentoring Program as well as the Vice-Chancellor's Scholars Orientation, Vice-Chancellor's Scholars Camp and Vice-Chancellor's Scholars Welcome Evening to assist with the transition from school life to university life. Congratulation and great job to Natalie for not only achieving great results in gymnastics but also academically!



### Competition Entry Form

A letter has been sent out detailing the first round of competitions for the year. We have included information on setting up perpetual billing for all events. Please ensure you have received this letter and if you have any questions contact Belinda Wall.

### Help Needed...

We have several small jobs around the gym that need doing. If you can get your handyman or women gear on and help with any of the following it would be greatly appreciated!

1. Re rope white high jump mats & donation of rope
2. Glue foam around air vent
3. Put carpet on tramp legs, donation of carpet, glue or rope needed
4. Large hooks for hoops & ropes in shed, donation of large hooks
5. Clean shed/Office
6. Hook for upstairs clock, donation of hook

If you can help with donations or the work to do any of the above please contact Belinda to organize the best time.

### Gymnast of the Month



#### LEVEL 7-10

#### Tiahna Scanlon

Tiahna has done a great job this month, learning that if she concentrates on the feedback given and physically puts her body through the change she needs to she can perform higher level skills with improved quality. This is a hard quest for a gymnast to conquer. We are very pleased to see Tiahna go through this learning stage. Congratulations Tiahna!

#### LEVEL 4-6

#### AMBER FRASER

Amber has been working very hard over the past month. Amber is quite often the first to complete her full program and is increasing and improving her skills and strength everyday! Amber is always well mannered and hard working in the gym. Congratulations Amber!



### Tip for the Fortnight

## The Athlete's Food Pyramid.



To succeed and compete at a safe and competent level in Women's Competitive Gymnastics athletes need to be fit and well muscled, which results in a high power-to-weight ratio. It is extremely important that gymnasts are eating the right food to fuel their bodies for training.

- Gymnasts should be eating lots of nutrient-rich, low fat foods such as fruit and veggies, lean meat and fish.
- They should be avoiding high fat and nutrient-free carbohydrates foods such as white bread, butter and fried foods.
- Try opting for brown rice instead of white, whole meal wrap instead of white bread or better yet a Tupperware dish with a fresh salad and lean ham, chicken or tin of tuna for lunch (this can fit very easily into the school lunch bag).

If you would like any more information on nutrition for gymnasts please contact Belinda Wall.

### Achievements! Apparatus Highlights

#### Level 7-10

- Beam:** Natalie Wigglesworth—front layout 1/1 dismount  
**Floor:** Natalie Bennison—Double back to mats in the pit  
 Taylor Ryan—Double back to mats in pit, Front lay 1/1 to front salto  
 Sophie Musgrave—Back lay 1 1/2 twist  
 Ali Kaye—Back lay 1 1/2 twist, Front lay 1/1 to front salto  
 Alex Johnson—Back lay 1 1/2 twist  
 Tiahna Scanlon—Back lay 1 1/2 twist  
 Leah Nealsen—Front lay 1/1 to front salto  
 Jess Wigglesworth—Front lay 1/1 to front salto

#### Level 4-6

- Vault:** Maddi Y, Maddi T, Tahlia Hensley, Angela Lingard—1/1 twist to mats in pit  
**Beam:** Natasha Hensley, Nicola Lum, Taylor-Jane Sisson—cartwheel back salto dismount  
 Tahlia Hensley—Round off back salto dismount  
**Floor:** Maddi T, Nisa Morgan, Amber Fraser—Front layout front salto



# Challenging the Limits