



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

## Delta Gymnastics

State and National Club Champions 07, 08

### COMPETITORS NEWSLETTER – DELTA FORCE SQUAD

Contents : PAD Test, Parent Meeting, Parents Night, Boot Camp, Integrating Training with school curriculum

#### PAD TEST, PARENT MEETINGS and Parents' Night

Please note our Next PAD Test for all Delta Force Squad (9 – 20 hour gymnasts) will be held on Saturday the 13th February from 10:00am – 1:30pm at the St Margaret's Gym. This is a critical test to set up the girls goals for 2009 and beyond, please do your utmost to ensure your daughter will be in attendance.

At the PAD test we will conduct meetings for the parents of each girl on our Delta Force Squad. Please note that the 2009 booklet will be distributed, the confirmed calendar including tours and comps will be finalised and all information that you will need for 2009 will be available. This is the most critical meeting of the year. **Meeting : 1:30 – 2:15pm**

On Saturday the 13th February John and Megan would like to invite all parents of our Delta Force Squad to join us at our home at 182 Bonney Avenue Clayfield for drinks and nibbles from 7:00 – 9:30pm. This is a get together to allow parents to meet each other and celebrate the start of what will be a great year. Please BYO drinks and a platter to share.

#### Integration with School Curriculum

In 2009 we have a number of girls who are training 12 hours or above who have expressed interest to access training during school hours to reduce the amount of time girls are away from home. If you would be interested in this program, please contact John.

#### BOOT CAMP

Boot Camp is our Delta way of getting our team gymnasts ready for the year ahead. From Friday 22nd to Sunday 24th our Twelve - 20 Hour gymnasts from Brisbane will join our Delta Force Squad from St Hilda's Southport in a jam packed 48 Hours of training, goal setting and fun. Boot Camp balances our training needs with getting the gymnasts ready for touring and meeting other gymnasts in a social environment so they can make friends and be more comfortable at competitions this year.

All gymnasts will need to arrange their own transport to the Delta Southport venue to arrive for training at 9:00am on Friday the 22nd of January (Owen Park, Queens Road Southport). John is arranging a Bus for anyone who needs a lift (to Southport Only) at a cost of \$12 each. The bus will leave outside Clayfield College Gymnasium at 7:00am on Friday.

Gymnasts must bring training gear, swimming gear, sleeping gear, hats, sunscreen and training snacks for Friday.

All gymnasts will train two sessions of Friday which will include conditioning, apparatus, dance session, swim, sprint training and goal setting. The gymnasts will have lunch and dinner provided on Friday and then Delta Brisbane gymnasts will be billeted in groups of 2-4 girls (of like age) with Delta St Hilda's Southport families. (Final allocation of girls to SHS families will be communicated to parents by Wednesday 20<sup>th</sup> Jan along with contact details and address)

On Saturday we have another two training sessions and then the girls will be staying at the Southport Gym overnight for a games night and videos (Lunch, Dinner and Snacks provided). On Sunday 24th the girls will start the day early at the beach (just opposite our sponsors "The Grand" at Labrador) and then families are invited to join us for a bar b q breaky on the beach which will conclude the boot camp at 9:00am.

All families and gymnasts (who need to have an adult to supervise them - can be in groups) are then invited to join us at White Water World at a cost of \$20 per person(This is optional and not a part of the official Boot Camp program).

The cost of the boot camp to Delta members is \$30 which can be paid prior to Friday 22nd. (Thanks to our fundraising efforts the other \$50 is being provided by our fundraising).

If members have questions, cannot make it to boot camp or would like your daughter not to be billeted or stay in the gym please email John at jmittell@deltagym.com.au or phone on 0409 620035.

#### **THE FOLLOWING RETURN SLIP AND PAYMENT NEED TO BE RETURNED BY MONDAY 18<sup>th</sup> JANUARY**

I give my permission for \_\_\_\_\_ to attend boot camp. (Parent Signature : \_\_\_\_\_)

My daughter will be travelling with \_\_\_\_\_ to get to boot camp.

My daughter will be travelling with \_\_\_\_\_ on the way back from Boot Camp.

I would like to have a seat on the Bus on the way to Southport and have enclosed \$12 (first in first served).

I will be joining you for breakfast on Sunday on the beach, please cater for \_\_\_\_ many people (Free)

My daughter will be attending the optional White Water World day (Sunday) and have enclosed \$20.

My daughter will be supervised by \_\_\_\_\_ at White Water World.

I would like to order the following additional tickets to WWW \_\_\_\_ x \$20 and enclose.

**Payment by:**  Cash  Cheque  Credit Card

In the case of Credit Card payment...  Master Card  Visa Card

**CREDIT CARD NO:** \_\_\_\_\_

**Expiry:** \_\_\_\_/\_\_\_\_

**TOTAL PAYMENT :** \_\_\_\_\_ **PARENT SIGNATURE :** \_\_\_\_\_

To assist in communication this year Delta would like to correspond and provide newsletters via EMAIL.

PLEASE PROVIDE YOUR EMAIL ADDRESS FOR CORRESPONDENCE : \_\_\_\_\_