

Coach Profile ~ Belinda Wall

I am sure many of you by now will have met our newest member of the Delta Team – Belinda Wall.

Belinda commenced working with Delta on 7th July one week before John and I left on long service leave. Belinda comes to Delta with many years of experience in coaching gymnastics. Belinda commenced her own gymnastics career as a gymnast when she was 12 years old after 8 years of classical ballet training. After finishing senior school Belinda took up post at Cooroy Gymnastics Club. Since then, Belinda has coached at the very successful Maroochy Beach Gymnastics on the Sunshine Coast and Barron Valley Gymnastics club in Cairns. A move to Brisbane saw Belinda take on a position at the Queensland Academy of Sport for Gymnastics at Chandler. Here Belinda was the Program Manager working with the International Development program and senior gymnasts preparing for Australian Team selection. Belinda brings to Delta a wealth of knowledge and experience and we welcome and look forward to having Belinda on board in a full time role.

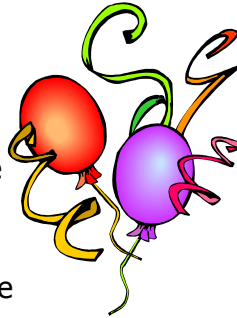


Delta Dinner



Our annual Delta Dinner is fast approaching, please join us to celebrate the success of our competition girls. Awards will be presented to girls from Extension through to our 20hour teams program.

When: Friday 3rd December
Time: 5.30pm
When: Kedron Wavell Services club, Blue Pacific Room, Hamilton Rd, Chermside
Cost: Adults \$36.00
Children (Under 14) \$26.00
Canapés, Buffet, Dessert, Tea & Coffee
Drinks available at bar prices



We hope you can make it for a very special evening!

Call the office on 3262 0055 or email admin@deltagym.com.au prior to the 17th November to book your place.

Delta Girls are Tops!

Over the September School holidays forty-four of Delta's finest gymnasts lined up to take on the best of the best in Queensland at the State Club Championships. Girls from Cairns to Coolangatta and every region in between were performing for their clubs to be crowned number one in Queensland.

Delta Brisbane had won the title for the four previous years and our coaches and gymnasts were feeling the pressure of expectation as they approached the event. In the lead up "Team Challenge" meet our girls had managed to win by the narrowest of margins and were looking over their shoulders as in both Level 4 and Level 5/6 divisions there were six teams within one fall of first place!

The girls knew that to win State Club Championships they needed to have each team place as high as possible to earn points for the Overall Club Event. The event aims to demonstrate which club can prepare not only individual champions, but every girl. To win, a club needs to demonstrate strength across all levels and all divisions.

Lead by Senior Competitive Coach Wendy Gilliver our coaching team put our girls through their paces to prepare mentally, physically and most importantly as a team of friends who were willing to do their best for each other.

Day one of the event saw our Level 4 teams take centre stage in a hotly contested meet. Our girls did a good job to finish 5th, 6th, 16th and 19th out of 44 teams. (In a consolation, it was our sister club Delta St Hilda's Southport who managed to take out first place in the division). On day two our Level 5 and 6 girls were amazing as they all "hit" routines and were the best they could be. Our teams showed fantastic depth and spirit to place 1st, 2nd and 11th out of 34 teams.

Finally our senior girls stood up to be counted and performed like the champions they are in the highest level division. Our girls placed 2nd and 3rd out of 15 teams to win enough points to be declared State Club Champions for the 5th year in a row, edging out Delta St Hilda's Southport in 2nd place and Splitz Gymnastics in Third.

Congratulations to all girls for their fantastic efforts and performances and a special thanks to our champion coaching team in Wendy, Lauren, Belinda, Amy and Elle for all their hard work. We are so lucky to have you!

Spring Carnival

**The Delta Gymnastics Spring Carnival is coming
29th - 31st October 2010!**

What happens at a carnival?

The Spring Carnival is an opportunity for all our Gymnasts to come along and show a selection of the skills they have learned throughout the year. The goal of our carnival is for each child to develop confidence from the process of learning and demonstrating skills in front of their peers and supporters. Please note children must attend the carnival session to receive their medal.

Early Gym Start

The day will start with a fun warm up, where we will warm up the different parts of the body using a variety of fun and activities. We will then split into groups and rotate around to each of the circuits set up around the gym. The gymnasts will move around the circuits under the guidance of a Delta coach. After all circuits are completed the group gathers together and a very special gold medal will be handed out to each Early Gym Starter - it's a very exciting moment!

Gym Start, Gym Explorer, Gym Mover & all Plus Classes

The day will start with all our Gymnasts doing a group warm up, we will then split into groups to perform 5 skills on each apparatus. Each Gymnast will perform 'one at a time' in front of a judge who will assess the level of performance and skill demonstrated on each activity. At the end of the day each child will receive a medal according to the 'Step' they are performing. A report will also be completed for you to keep, this will indicate how your child is progressing on each of the skills performed. Each skill will be evaluated on a scale of 'Needs Developing' through to 'Well Developed'. This system of evaluating will provide you with an understanding of your child's progress.

Who can come and watch?

Everyone! Mums, Dads, Aunts, Uncles, Grandparents, Cousins and friends! Bring along as many people as you like to help cheer on the fantastic children who try their hardest and bring a smile to the face of all!

Don't forget to bring your camera to take photos of their medal presentation

We look forward to seeing you at the carnival!

Spring Carnival Schedule

Friday 29th October

Session 1 ~ 5.30pm—8.00pm ~ Gym Mover, Gym Mover Plus & Gym Explorer Plus Girls

Saturday 30th October

Session 2 ~ 9.30am—11.30am ~ All Early Gym Start Girls

Session 3 ~ 12.30pm—2.30pm ~ Gym Start & Gym Start Advanced Girls

(Please note there are two Gym Start sessions. Please check website or carnival invite to confirm which Session your child will be involved in)

Session 4 ~ 3.00pm—5.00pm ~ All Boy Session. All Boys in prep and above.

Sunday 31st October

Session 5 ~ 8.30am—10.30am ~ Gym Start, Gym Start Plus & Early Gym Start Plus Girls

(Please note there are two Gym Start sessions. Please check website or carnival invite to confirm which Session your child will be involved in)

Session 6 ~ 11.00am—1.00pm ~ Gym Explorer Girls

2011 Classes—Renewal Process

By the end of October each current Delta Gymnastics family will receive a letter regarding class timetables, class recommendations, and membership options for 2011. Our current members will have first preference for booking into 2011 classes until the end of November, Classes will then be opened to families on waitlists and new enquiries. Please ensure you read your letter which will be posted Thursday 21st October, if you do not receive it by Monday 25th October please call our office. If you have changed address recently and have not already let the office know, please do as soon as possible.

2010 State Championships

Congratulations to the following girls who were selected to compete in this year's state championships

- Level 10 ~** Kristy Bishop, Natalie Bennison
Level 9 ~ Alexandra Smith, Taylor Ryan & Rebecca Carter
Level 8 ~ Jessica Wigglesworth
Level 7 ~ Olivia Dykes, Lauren Galvin, Leah Nelson, Tiahna Scanlon & Larissa Lum
Level 6 ~ Lauren Moore, Nisa Morgan, Lauren Tam, Breanna Walker, Tahlia Hensley, Charlee McIlwaine, Amber Fraser, Courtney Campbell & Ali Kay
Level 5 ~ Bronte Langley-Brooks, Hannah Rasmussen, Lizzie White, Tamara Champion, Ashaya King, Maddison Thompson & Olivia Pennefather
Level 4 ~ Nicola Lum, Emi Watterson, Georgia Townsend, Zoe Harden, Natasha Petsky, Ella Jones, Isabelle Musgrave, Georgia Duhig, Anna Steele, Abbey Childs, Eloise Owens, Amy Evans, Christine Cross, Sophie Dennis, Breanna Gimblett, Molly Duhig, Leila Davis, Brittany Shaw, Nicolette Kramer & Lauren Vasey



Congratulations to our 2010 State Champions!!

- Natalie Bennison - Level 10
Taylor Ryan - Level 9
Jessica Wigglesworth - Level 8
Rachael Armstrong - Level 6 Under
Maddison Thompson - Level 5 Under
Emi Watterson - Level 4 Under
Eloise Owens - Level 4 Over

Well done to all girls who competed in the 2010 State Championships we are very proud of your achievements and efforts!

2010 National Championships

The Delta girls were on fire at this years National titles. Our girls helped the Queensland teams to win Gold Medals in the Level 7, Level 8 and Level 9 divisions, a Silver Medal in the Senior International event, and a Bronze medal in the IDP 9 Team event. In the individual events Delta girls managed to win two Individual All Around Titles and Six Apparatus Titles.

Our final medal tally stood at 11 Gold Medals, 3 Silver Medals & 1 Bronze Medal.

Our girls had the following exceptional results



Level 7

- Olivia Dykes - 2nd Overall, Silver Medal Floor
Larissa Lum - 6th Overall, Gold Medal Bars.
Leah Nelson - 11th Overall, Bronze medal Beam

Level 8

- Jess Wigglesworth - National Champion, Gold Medals Bars and Beam
Alicia Biggs (St Hilda's Southport) - 11th Overall

IDP 8

- Emily Conran - 13th Overall

Level 9

- Taylor Ryan - National Champion, Gold Medals Bars and Beam
Ally Smith - 7th Overall
Bec Carter - 8th Overall

Level 10

- Natalie Bennison - 4th Overall, Silver Vault
Jade Rowe (St Hilda's Southport) - 17th Overall

Senior International

- Sophie Budack - 6th Overall, Gold Medal Vault