



Delta Gymnastics
G O L D C O A S T

Challenging the Limits

Squads Newsletter

October 2011

- Term 4 Mini Calendar
- 2012 Training
- Recent Competitions Results
- PAD Test
- Delta Carnival
- Delta Classic Competition
- National Club Championships

Term 4 - Mini Calendar

For your reference: the mini calendar below sets out some of the activities, events, and deadlines for this term. As applicable, an event-specific handout will follow closer to the date.

| | | |
|------------------------------------|-----------------------------------|---|
| Mon 17 Oct | DEADLINE: Competition Fees | <i>Delta Classic competition entry fees & National Clubs deposit – see below for payment form.</i> |
| Sat 29 Oct | Megan Mitchell Shield Competition | <i>Any squad gymnast on St. Hilda's Andrew Cup teams will compete this afternoon (replaces training).</i> |
| Sat 29 Oct | CHANGE IN SCHEDULE: Level 4s | <i>Squads 9 & 12 to train Saturday morning with Squads 16 & 20 8:00am – 12:00pm</i> |
| Wed 2 Nov | CHANGE IN SCHEDULE: Level 5s | <i>Level 5's to train this Wednesday 2 November instead of Friday 4 November.</i> |
| Fri 4 Nov | Andrew's Cup Competition | <i>Any squad gymnast on St. Hilda's Andrew Cup teams will compete this afternoon (replaces training).</i> |
| Sat 5 Nov | PAD TESTING | <i>PAD testing will run from 1:30 to 4:30, replacing all Saturday regular training sessions. Parent meeting will begin at 4:00.</i> |
| Sat & Sun 5-6 Nov | DELTA CARNIVAL | <i>Every squad gymnast will help take a group around and demonstrate at a nominated session.</i> |
| Mon 14 Nov | DEADLINE: Competition Fees | <i>National Clubs final payment – see below for payment form.</i> |
| Sat & Sun 19-20 Nov | DELTA CLASSIC COMPETITION | <i>Delta Classic Competition (@ Delta Brisbane).</i> |
| Sat Nov 26 – Wed Nov 30 | NATIONAL CLUBS | <i>Level 6-10 Teams Nov 26-30 (@ AIS Canberra). Level 4-5 Teams Nov 28-30 (@ AIS Canberra).</i> |
| Sat 17 Dec - Mon 2 Jan | Summer Holidays | <i>Have a wonderful summer break! 2012 training begins Tuesday 3 January.</i> |

Training 2012

The 2012 Training Schedule is currently being finalised, and is expected to be released by the start of November. You will receive a letter from the Head Coach, as well as a renewal letter from Delta Admin with any changes to fees. The last day of training for Squads will be Friday 16th December and training will resume in 2012 on Tuesday 3rd January. The Holiday Training Schedule will also be sent out shortly.

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Recent Competitions

Congratulations to all our gymnasts on the State Club Team Championships, Border Challenge, and Wet 'N' Wild Competitions:

| | |
|--|--|
| <p>QLD STATE CLUB CHAMPIONSHIPS</p> <p>Delta GC 3rd OVERALL</p> <ul style="list-style-type: none">→ Level 7-10 teams: 4th, 10th→ Level 5-6 teams: 4th, 8th→ Level 4 teams: 12th, 22nd <p>BORDER CHALLENGE</p> <ul style="list-style-type: none">→ QLD Level 7 team: 1st→ Anna Rowe: 3rd AA! | <p>WET N'WILD TEAM COMPETITION</p> <p>Delta GC 3rd Overall</p> <ul style="list-style-type: none">→ Level 7-10 team: 2nd→ Level 5-6 teams: 2nd, 7th, 14th→ Level 4 teams: 6th, 15th→ Level 3 Novice teams: 1st, 3rd→ Level 3 Open teams: 5th→ Level 2 Novice teams: 3rd, 11th→ Level 2 Open teams: 4th, 6th→ Level 1 Open teams: 4th, 10th→ Alicia Biggs – Tumble Off Champion (second year in-a-row!) |
|--|--|

A special note: At QLD State Club Championships, Delta Gold Coast received a number of compliments about how many volunteers we provided and how helpful those volunteers were. We couldn't be more proud! A huge thank you to all our volunteers, including: Nicole Allen, Emma Croydon, Donna Fraser, Jasmin Fraser, Dayna Gosper, Ravena Gosper, Grace Jamieson, Sophia Kirke, Monique Lewis, Sarah Stevens, Tayah Semple-Lewis, Portia Van Der Horst, Emma Whitehead, and Lauren Zanelli.

PAD Test

The next PAD Test will be held on Saturday 5th November at the Southport Venue from 1:30 – 4:30pm. This test will involve all gymnasts from Extension and Squad. There will be a Parent Meeting at the conclusion of the PAD Test, as well as a BBQ at the conclusion of the meeting. Please feel free to join us for a Sausage Sizzle (Gold Coin Donation) afterwards, it is a great chance to chat with the coaches and meet the other families in our Club.

Delta Carnival

The Delta Summer Carnival is fast approaching; it is a fantastic opportunity for our youngest gymnasts to show their parents and friends what they have been learning in the gym. It is also when our Squad gymnasts get to show their fantastic leadership and inspire our youngest gymnasts by helping take a group around and demonstrating skills at a nominated session.

The Delta Carnival will be compulsory for all gymnasts in Squads, please keep an eye out for the Carnival Schedule which will be placed up in the gym shortly. We will also need some volunteers over the weekend to help the event run smoothly. The Volunteer Roster will also be posted shortly!



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Delta Classic Competition: Nov 19 to Nov 20

Delta Classic is our last competition for 2011, and a final tune-up for our National Club Teams. It is a two-part competition: a team competition on one day, and an individual competition on the other day.

- Level 5-10: Gymnasts representing Delta at National Clubs will compete in the team competition, with the option to compete in the Individual competition; our reserves for National Clubs will compete in the individual competition only.
- Level 4: All Level 4 gymnasts will compete in the team competition. Level 4 gymnasts who are representing Delta at National Clubs are encouraged to sign up as well for the individual competition to prepare for the two days of competition at National Clubs.

National Clubs 2011: Nov 26 to Nov 30

This year we are in the fortunate position of having more gymnasts in our Level 4 – 10 program and for the first time will need to select gymnasts to represent Delta Gold Coast at the National Clubs Championships in Canberra in November. The National Clubs teams for 2011 are as follows:

- Level 4: Jessica Dobak, Jasmin Fraser, Sophia McLeod, Lauren Sprague, Sarah Stevens
Reserve: Dayna Gosper
- Level 5: Natasha Jelacic, Sophia Kirke, Shanay Percival, Murran Read, Emma Whitehead
Reserve: Emma Croydon
- Level 6: Nicole Allen, Anna Rowe, Emma Wilson, Lauren Zanelli, Shiori Uemura*
**Subject to fitness, Reserve: Asha Covey*
- Level 7: Rachael Armstrong, Jatalia Hoxha, Chelsi Mikeska, Zoe Smith,
Reserve: Savarnah Nielsen
- Level 10: Alicia Biggs, Samantha Pearce, Anna Plourde
Reserve: Savarnah Nielsen

A big thank you to every squad gymnast for working so hard, and making our choice so difficult!!

Season 4 Competition Nominations

Competition nominations for our final season for the year are now due.

Please keep in mind that Competition Entries are due 5 weeks prior to the event, therefore if we do not have your daughter's payment, we will not be able to enter her.

Refunds – in the event your daughter has nominated for an event and is unable to attend due to injury or illness, a refund can be obtained (less the 20% Gym QLD Administration Fee) by providing a Medical Certificate to the Head Coach prior to or immediately following the event.

| EVENT | DATE | LOCATION | PARTICIPANTS | COST |
|--|------------------|-------------------|---------------------|-------------|
| Delta Classic - Team | November 19-20 | Clayfield College | Level 1 – 10 | \$55.00* |
| Delta Classic - Individual | November 19-20 | Clayfield College | Level 1 – 10 | \$55.00* |
| <i>*Any gymnast entering both the Team & the Individual competitions gets a \$10 discount (\$100 total).</i> | | | | |
| National Clubs | November 26 - 30 | AIS Canberra | Selected Level 6-10 | \$800 |
| National Clubs | November 28 – 30 | AIS Canberra | Selected Level 4-5 | \$575 |



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Gymnast Name: _____

Due Date: Monday 17th October 2011

| | | | | | |
|--|--|--------------------------------------|----------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Cash | <input type="checkbox"/> Cheque | <input type="checkbox"/> Credit Card | Card Type: | <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard |
| Credit Card Number _____ / _____ / _____ / _____ | | | Expiry Date: _____ / _____ | | |
| Signature: _____ | | | | | |
| Competition Entry Fees | National Clubs Deposit | Nov 26-30 | Selected Levels 6 - 10 | \$250.00 | <input type="checkbox"/> |
| | National Clubs Deposit | Nov 28-30 | Selected Levels 4 – 5 | \$250.00 | <input type="checkbox"/> |
| | Delta Classic - Individual | Nov 19 - 20 | Levels 1 – 10 | \$55.00* | <input type="checkbox"/> |
| | Delta Classic – Team | Nov 19 - 20 | Levels 1 – 10 | \$55.00* | <input type="checkbox"/> |
| <i>*If entering both, total is \$100 (\$10 discount)</i> | | | | | |
| Levels Badge | <i>Please ask your Coach to confirm if you have passed</i> | | | \$5.00 | <input type="checkbox"/> |
| Total Payment | \$ | _____ | | | |
| Office Use Only - Delta GC - 2011 Competition Entry: Season 4 | | | | | |
| Club Members <input type="checkbox"/> Squad Payment Log <input type="checkbox"/> | | | | | |

Gymnast Name: _____

Due Date: Monday 14th November 2011

| | | | | | |
|--|---------------------------------|--------------------------------------|----------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Cash | <input type="checkbox"/> Cheque | <input type="checkbox"/> Credit Card | Card Type: | <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard |
| Credit Card Number _____ / _____ / _____ / _____ | | | Expiry Date: _____ / _____ | | |
| Signature: _____ | | | | | |
| Competition Entry Fees | National Clubs Final Payment | Nov 26-30 | Selected Levels 6 - 10 | \$550.00 | <input type="checkbox"/> |
| | National Clubs Final Payment | Nov 28-30 | Selected Levels 4 – 5 | \$325.00 | <input type="checkbox"/> |
| Total Payment | \$ | _____ | | | |
| Office Use Only - Delta GC - 2011 Competition Entry: Season 4 | | | | | |
| Club Members <input type="checkbox"/> Squad Payment Log <input type="checkbox"/> | | | | | |

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