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Delta Gymnastics

2007 State and National Club Champions

COMPETITORS NEWSLETTER – September # 3

Contents : Team Challenge Results, Spring Hill Invite, Border Challenge and State Clubs,
International Level's Challenge, State Squad, September Holiday Training

From : John Mitchell, Wendy Gilliver, Lauren Park, Eleanor Gavioli

Team Challenge Results

Congratulations to all girls who competed as members of Team Delta in the South East Queensland Team Challenge. We were very happy with the results and look forward to building on the foundations of performance at this event as we get ready to defend our State Club Champion Title.

Spring Hill Invitational

This weekend we wish the following girls good luck as they represent Delta at the Spring Hill Invitational. Lauren Atkinson, Hannah Rassmussen, Steph Ogden, Lauren Moore, Nisa Morgan, Breanna Walker. The event will be held on Saturday the 13th September at the Brisbane Girls Grammar Sports Complex. Girls should arrive at 12:40 for a 1:00pm General Warm up.

International Level's Challenge

Good luck to Kristy and Alex (and Bianca Delta St Hilda's Southport) as they compete for Australia against Japan and New Zealand. The girls will be competing in the Team event on Friday 12th, while Kristy competes in the Apparatus and All Around Finals on Saturday and Alex and Bianca on Sunday.

Watch our website for a tour diary and results headlines. Feel free to Text messages to John's phone on 0409 620035 to send your wishes. Special thanks to Megan Mitchell, Elle Gavioli and Amy Reinke who will be doing special guest coaching while Wendy and John are away in Perth.

Border Challenge and State Club Championships

We wish Jess Wigglesworth, Sidney McIlwaine, Sophie Musgrave and Samantha Hansford (congratulations Sam for being called up into the team. Sam was the reserve after placing 7th at the State Titles) all the very best of luck as they represent Queensland at the 2008 Border Challenge against New South Wales. The girls will be competing at the Caloundra Sports Centre at the following times.

Sunday 21st September Arrive 4:30pm. General Warm Up 5:00pm. Competition 6:40pm. (Team Event)

Monday 22nd September Arrive 4:00pm. General Warm up 4:30pm. Competition 6:30pm. (Overall and App Finals)

While we understand we have training in Brisbane on the Monday morning for girls competing at the State Club Championships. We would welcome all support for the girls as they represent our State. (Please note the special State Clubs Training Sessions on Monday the 22nd of September.

On Team Selection

It is important for all girls and parents to understand that selection of teams for State Clubs is based on each girl's performance at training and in competition. Furthermore it is critical that we all understand and reinforce that teams are selected based on matching individual performances on each apparatus to maximise the scores of each team.

I was very pleased with the attitude of our Level 4 teams at the Team Challenge. One of our girls came up to Wendy after the comp so excited that Team Delta had won a Trophy! This was great because that child understood that every girl contributes to our success and even though she was not on the team on the podium, she knew she was an important part of that success. Parents please help us to reinforce this great attitude.

State Squad

Special reminder to all girls selected on the development State Squad (Level 4 – 6) that the state squad clinics will now be held at MBC on Friday the 26th and Saturday 27th September. These sessions will be coached by some of Queensland's International Coaches and a fantastic opportunity for the girls to learn. All girls on the State Squad should have the aim to represent Queensland in 2009 (at either Border Challenge Level 6 or Nationals Level 7). This clinic is a good opportunity to see the other girls in Queensland in training and be recognised by our State judges and coaches.

Session Times Friday 26th September 11:00 – 2:00pm

Saturday 27th September 2:00 – 5:00pm

September Holiday Training Times

Over the September holidays all girls will have 5 – 8 days off as per our year plan.

As the State Club Championships were moved we have had to reschedule our holidays around the individual competition times of each level. Please find on the back of this page a full schedule of holiday training.

Please remember, all girls will have our end of year invitational and National Club Championships only 8 weeks after the end of the State Club Championships. This is a critical time for our girls development and an important time to be at training.

End of Year Dinner

Don't forget to mark in your diaries our end of year awards night which will be held on Friday the 5th December.