

Delta Gymnastics

2007 State and National Club Champions

Delta Gymnastics Brisbane

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COMPETITORS NEWSLETTER – October 1

Contents : International Challenge Results, Border Challenge Results, State Clubs Results,
Training Changes, Andrews Cup Gymnastics, PAD Test, Raffle
Delta Carnival, Delta End of Year Invitational, National Clubs

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

International Challenge

Congratulations to Kristy Bishop and Alex Trezise for their fantastic effort of being selected and competing for Australia at the International Level's Challenge held in Perth in September.

Kristy competed in the Level 10 division (including the team from Japan in which girls are preparing for the next world championships). Kristy's team won the silver medal and Kristy finished the competition in 8th place overall with a 6th place on Vault.

Alex did a wonderful job to help her team to the silver medal as well as winning the Bronze medal in the Apparatus finals for Bars and placing 6th overall. We are so proud of you Kristy and Alex.

Border Challenge

Our Level 6 girls showed dominance in the 2008 Border Challenge placing 1st, 2nd, 3rd and 4th overall in the Queensland V's New South Wales showdown. The girls' performances guaranteed Queensland the Gold medal in the team event and sent a clear message to the rest of Australia to look out for the Delta girls when they hit Level 7 National Titles next year. Congratulations to Sidney McIlwaine 1st, Sophie Musgrave 2nd, Jessica Wigglesworth 3rd and Sam Hansford 4th. (All from Delta)

State Club Championships

Our girls proved again that they are the number one program in the state with a strong display across all levels at the State Club Championships held in Caloundra over the school holidays.

Our level 4 girls exceeded all expectations by placing 1st, 6th and 14th overall teams in Queensland (out of 39 Teams), while our Level 5-6 teams placed 1st, 2nd, 5th and 14th out of 33 teams. Our level 7 – 10's showed great performance under pressure to place 1st and 3rd in Queensland out of 10 teams.

Thankyou to all girls for their great teamwork while on tour. A special thankyou to Katrina Gilligan and Vicki Moore who helped look after the team on tour. I am aware that this role is a difficult job which requires long hours and great patience. On behalf of all parents and gymnasts I thank you.

Training Changes

Over the next four weeks we will be reviewing training changes for 2009 in relation to training groups, times and days. It is my intention to confirm any changes in early November to enable people to best prepare for the new year. To assist in this matter could you please complete and return the remittance slip below to indicate your daughter's intention to train in 2009.

There will be some minor changes to training around the Andrews Cup Competition (Nov 7), the Delta End of Year Invitational (Nov 22/23) and the National Clubs Championships (24 – 29 Nov). I will send out any changes in the next newsletter.

Andrews Cup Gymnastics

Good luck to all our Delta Gymnasts who will be competing for their school at the 2008 Andrews Cup Gymnastics Meet. Special congratulations to Phoebe Holland (St Margaret's), Jess Wigglesworth, Lauren Galvin and Olivia Dykes (Clayfield College) who have been selected as captains of their teams.

PAD Test

Reminder that the next PAD test is due to be run on Saturday the 1st of November. Teams and squads will be on from 8:00 – 11:00 with a parent meeting at 11:00am, while Extension and Extension Plus will be on at 11:30 – 2:00 with the parent meeting at 11:30am. Please remember that for the health, safety and performance of each girl it is critical to attend the PAD test.

End of Year Awards Dinner

Please make a note in your diary that the Awards Dinner will be held at the Kedron Wavell RSL on Friday the 5th December. More Details Soon!

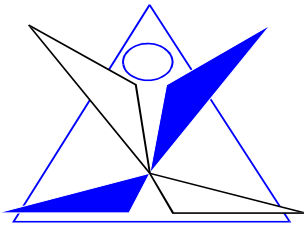
IMPORTANT – At the end of year awards night we try to provide photo / video montage presentations of the girls doing gymnastics throughout the year. As this year's dinner is just after National Clubs I am trying to prepare the night NOW. If you have any videos or photo's of your daughter (or other girls) doing gymnastics this year that we could use I would ask that you send them in on CD / DVD now so we can prepare the presentations.

Gumby Nominations

At the end of year presentations we dedicate a section to those people who have said or done something a little silly throughout the year. If you know of (or have video / photo's) of any of the Delta Family (Coaches, Parents or Gymnasts) doing something a little silly, we would love to hear about it. Send me stories to jmitchell@deltagym.com.au with any supporting photo's etc you might have.

Korean Airlines Sponsored Raffle

I am proud to announce that Korean Airlines have confirmed their continued sponsorship of the Delta Program by providing two return trips for two to the USA for our club to raffle off. Tickets will be available to each family on the 1st of November and the raffle will be drawn on the 6th of December. We have deliberately made this a short lead time to enable people to immediately sell and return their tickets while it is fresh in their minds. Please help out the team by supporting the raffle.



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Delta Carnival

The Delta Carnival will be held on the 15th and 16th of November. At this carnival we invite all high school age extension gymnasts, all squad and all team gymnasts to attend and assist with the carnival or display. The younger gymnasts love looking up to our older or higher level gymnasts and it is a great opportunity for girls to be exposed to coaching and judging.

Delta End of Year Invitational

This year the Delta End of Year Invitational will be held at St Hilda's at Southport on Saturday 22nd and Sunday 23rd of November. This event will be both a practice meet for girls preparing to compete in Canberra and a full competition for all other girls. (Girls competing in Canberra will not be eligible for awards as they may be either competing different requirements / expectations and receiving reports from the judges to use to prepare for National Clubs.) This event is now a qualifying event for 2009 State Titles and may be used as a level test if coaches chose to nominate girls to pass their next level.

Nominations for this event close on Wednesday 22nd November.

National Club Championships

Congratulations to all girls who have been selected to represent Delta at the 2008 National Club Championships. The strength of our team this year has been significantly improved due to the strong group of girls vying for selection. We thank you all for make the strongest Team Delta possible. The final girls selected to the squad are Charlie McIlwaine, Breanna Walker, Nisa Morgan, Melissa Ferrier and Tiahna Scanlon.

Girls will be accommodated at the AIS residences and travel to Canberra on the following flights :-
Level 8 – 10 : Depart Mon 24th Nov Qantas QF 953 at 8:30am and return to Brisbane Sat 29th Nov Virgin Blue DJ1225 5:40pm
Level 4 – 7 : Depart Tues 25th Virgin Blue DJ1214 at 9:15am and return to Brisbane Sat 29th Nov Virgin Blue DJ1225 5:40pm

Reminder that final payments for National Clubs are due November 1st.

Government Grant Applications :

Please find attached an application form designed for Queensland Sports people attending National Events. This is available to all girls and can provide funding to assist travel and accommodation. Please consider completing the form and sending it in as soon as possible. Once completed it needs to be signed by John and then posted in independently to the address of the form.

Holiday Training Times

Please note that training held over the Christmas holidays may not be at the normal term time training times. A final training program will be distributed by mid November. Girls training 9 hours will have holidays from Saturday 13th and recommence from Monday 12th January. 12 – 19 hour teams will break from Saturday 13th December and return on from Monday 5th January. The coaches are preparing now for a different January training program which may include some BOOT CAMP activities designed to get the girls back to full fitness. While we recognise that it may not be possible to arrange family holidays in the gymnastics break, it will be critical that girls arrange to attend full training to be ready for the skill learning season.

REMITTANCE SLIP FOR:

DO NOT HAND THIS TO COACHES (Especially not John) – PLEASE POST TO: PO BOX 477 CLAYFIELD or Fax to 07 3262 1198

<input type="checkbox"/>	National Club Championships Final Payment	\$	400	(payable by November 1 st)
<input type="checkbox"/>	Delta End of Year Invitational	\$	40	(payable by October 22 nd)
<input type="checkbox"/>	Level Test Fee	\$	15	

Total Fee Payable \$ _____

Payment by: Cash Cheque Credit Card

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

CREDIT CARD NO: _____ Expiry: ____/____

Name on Card: _____ Signature: _____

INTENTION FOR TRAINING IN 2009

In order to prepare groups and times for 2009 we need to know if girls are planning to continue in the new year. Please complete and return the form below to indicate your intentions for 2009

My daughter will be / will not be continuing training in 2009.