



## Delta Gymnastics St Hilda's - Southport

Delta Gymnastics St Hilda's Southport  
ABN 59 878 550 510

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Queen Street, SOUTHPORT

St Hilda's : St Hilda's Sports Complex  
Whitby Street, SOUTHPORT

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Tuesday 23<sup>rd</sup> February, 2010

### Change to Training Venue

Dear Parents,

In any Club, it is important for the younger gymnasts to see the high level girls training, so they can look up to them and aspire to be like them. At Delta St Hilda's Southport, we are fortunate to have a number of excellent role models amongst these young ladies.

As our Competitive Squads train solely at Southport, and our Development Gymnasts train predominantly at St Hilda's, I would like to give the Development Gymnasts the opportunity to see the amazing things our high level gymnast's can do.

To achieve this, I would like to conduct one training session a month over at St Hilda's instead of Southport. Each month will be a different day and/or group, and I will attempt to give as much advance notice as possible.

For February, I would like to have the Thursday Squads train at St Hilda's from 3:45 – 7:30 on **Thursday 25<sup>th</sup>**. This will involve the Level 7-10's plus Chelsi Mikeska and Zoe Smith.

For March, we will have the Tuesday Squads train at St Hilda's from 3:45 – 7:30 on **Tuesday 23<sup>rd</sup>**. This will involve the Level 7-10's plus Rachael Armstrong and Savarnah Nielsen.

I would also like to clarify the names of the training groups a bit further, as there still appears to be some confusion. All gymnasts training 9 hours or more are classified as Squads within the Delta Force Team. Each Squad is named based on the number of hours they do.

Squad 9 Senior	Gymnasts who train 3 times a week for a total of 9 hours with Natalie
Squad 9 Junior	Gymnasts who train 3 times a week for a total of 9 hours with Jodie and Natalie
Squad 12	Gymnasts who train 3 times a week for a total of 12 hours with Jodie and Natalie
Squad 16	Gymnasts who train 4 times a week for a total of 16 hours with Jodie and Natalie
Squad 20	Gymnasts who train 5 times a week for a total of 20 hours with Jodie and Natalie

If you have any questions, please do not hesitate to ask.

Kind Regards,

*Jodie McGinnity*

**CLUB MANAGER**  
Delta St Hilda's Southport

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