



# Delta Gymnastics Club E - News Term 1 2011

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March 2011

Apr		
9	PAD Extension & Squad classes	Southport
22	Good Friday No classes	
23	Easter Saturday No Classes	
25	Anzac Day No Classes	
26	Easter Monday (Public Holiday) No Classes	

## E-News is here!

Welcome to the first Delta Gymnastics whole club E-news! We are launching newsletters online to assist in keeping our members informed, sharing our successes and growing the Delta community. You will notice also changes to our website and the launch of our Delta Facebook Page. This E-News-letter will be emailed to your nominated email address once per term. We hope this will keep you up to date with information, results and up coming events. If you have any feedback or suggestions we would love to hear them.

## Welcome!



I would like to welcome everyone—new and current members alike—in to the gym for what promises to be a fantastic year ahead! I hope all families have settled in to 2011 and that all of the children have adapted to their new routines and environments. Please enjoy our first newsletter for the year.

2010 saw our Delta Force gymnasts experience great success, competing at Regional, State, National and International Events. Our Senior Gymnasts displayed outstanding performances in Canberra in December to round out the year with an Overall Ranking of 3rd Overall in Australia!

The major highlight for the year was the Combined Delta USA Tour! 20 gymnasts and 7 coaches/chaperones from the Gold Coast and Brisbane visited the top women's College Gymnastics Team in America (The UCLA Bruins), and trained in a number of amazing gyms across Southern California. We competed in an International Meet (winning 57 medals) and had an amazing team building experience visiting Universal Studio's, Disneyland and all the sights of LA.

With 2010 behind us we are looking forward with anticipation to what 2011 will bring!

At Delta, we are not only proud of the competitive success of our Senior Gymnasts, but equally so of our ability to provide all children with an opportunity for growth and development using gymnastics as the tool. With a highly-qualified and enthusiastic staff, we hope by providing excellent tuition and fabulous role models that each child will feel inspired to be the best they can be and in doing so improve their self esteem and self concept.

We look forward to your support and making 2011 a fantastic year in gymnastics for everyone.

*Jodie McGinnity - Club Manager*

## NEW LOOK for Delta on the Gold Coast!

By now you may have noticed in your correspondence from Admin and Club Management, we are operating under a new name—**Delta Gold Coast**.

When we first started on the Gold Coast 4 years ago, the name Delta St Hilda's Southport recognised that we had gymnasts and coaches from 3 Clubs coming together to form one Club. Creating the new name Delta Gold Coast recognises that we have fully melded, and we are very proud of the combined Club that we have become.

We will continue to use Delta St Hilda's and Delta Southport to recognise the Venues in which we operate.



## NEW Uniforms!



With the change in name comes new exciting Uniforms! You may already have noticed the smart new Club Shirts our Staff are wearing in the gym, and we have now finalised the Gymnasts Uniforms.

On **Saturday 26th March**, we are fortunate to have Sylvia P, our Leotard Manufacturer, available for fittings and taking orders for the new Uniforms at our Southport Venue from 12pm. In addition to the new Competitive Uniforms, we have also designed a new Club leotard for anyone to purchase. A Leotard or Crop Top/Pants set will be available to order, in addition to a selection of other outfits that Sylvia will bring with her. Please take advantage of this amazing opportunity!

## ADMINISTRATION

Our Administration Team is made up of Melissa South, Danielle Hall and Megan Mitchell. Mel is full time in the Office from 9.00am-5.00pm Monday to Friday and will most likely be the person you will be speaking to on the phone. At times all three staff members are on the phone, so if you are calling between 9.00am-5.00pm and you do not get through please leave a message and we will endeavour to return your call as soon as possible. Please ensure all fees are paid through the Office as our Staff are not permitted to collect payments.

## BIRTHDAY PARTIES

Did you know we are now offering Birthday Parties in the gym?!

We run Parties on selected Saturday afternoons from 4.00pm and Sundays (times negotiable) at our Southport Venue. Our staff will conduct an hour of power with games, relays, circuits and activities. All you need to do is provide food & drinks for the guests and sit back and enjoy!

**Please call Jess Ross our Birthday Party Co-ordinator on 5571 0736**

**for more information.**

## PLEASE SUPPORT OUR SPONSORS BECAUSE THEY SUPPORT US!

Sunsail provide sailing holidays in the beautiful Whitsunday Islands. Based on Hamilton Island the company provide skippered or "non- skippered" sailing experiences in one of the world's most picturesque locations.

In 2010 Sunsail provided a prize for our raffle and this year will provide 10% of any "first time" chartering from a Delta family of friend.



To book your holiday just call the Delta Office and we will provide you with a direct contact at Sunsail who will make sure that as a Delta Member your holiday is extra special.



## We're a bank you can bank on.



In an Australian First - At Delta we are very proud to announce that "Our Bank" - Westpac has entered into an agreement to support our members by contributing a fee for every loan that is written with Westpac that has been referred by Delta. (Delta members, friends, families)

If you are thinking about financing or refinancing a loan please consider Westpac as Australia's leading bank. Remember that not only will they look after you with great service and products (especially so as a part of the Delta community), but by doing so you will be supporting the club.

It is important that when you are looking at financing through Westpac that you let them know that you would like to be considered as referred by Delta or please feel free to contact John Mitchell on 3262 0055 who will arrange an introduction to a Westpac staff member who will provide you with the very best Westpac has to offer.

## WHY GYMNASTICS?

Gymnastics is the perfect sport to teach skills for life including independence, focus and self-discipline, along with skills that can assist with self-esteem, learning and physical development.

### Gymnastics:

- Builds strength and prepares the body for challenges in life
- Enhances co-ordination and agility, allowing the body to move like lightning
- Develops posture and confident body movement, including safe landings
- Develops healthy minds and bodies for now and later life

*Give your child the right start in life. Let them experience Gymnastics and watch them develop into a strong, confident and well-balanced person.*

## OUR NEW GYMNASTICS YEAR

We are very excited to announce our new gymnastics year. Instead of offering classes for 10 months of the year, classes will now be on offer for 11 months of the year. Dates will vary each year, however classes will be run from the middle of January to the middle of December. December and January will combine to make one month when looking at membership fees and length.

Each Delta member will attend normal classes in the first week in December and the Last week of January. In addition each member can now choose to attend a special four day "intensive" training clinic either in December or January **included** in their membership.

This year in December the week will run from Monday 12th—Thursday 15th December and in January 2012 the week will run from Monday 16th.(Members can attend both for a fee.)

So as an example, Joanna Gymnast who attends Gym Start (1 hr class per week) will attend the first week in December, last week in January and then choose from either a four day (one hour per day) clinic in December or January.

We think this is a great way to provide even more value to our members, provide accelerated learning from the "four days in a row" clinic

## What is Early Movers?



Early Movers is our Delta program especially designed to help 2.5yr olds - 4.5yr olds develop their movement potential and body control in a safe and fun environment. With small coach to gymnast ratios and our parent helpers joining in the class, this program really accelerates learning and builds confidence.

We know that children learn best when they are having fun so our fantastic coaches deliver our classes in a fun filled way that combines group work and "one on one" activities with a caregiver in our circuits.

The Early Movers program is designed to guide children and their caregivers through a path of development which allows each child to develop at their own speed. Our coaches deliver the class in a combination of group based and "one on one" activities in a circuit and provide important information and assistance that allow caregivers to understand how activities should be attempted and why these activities provide value to their child.

Children are be grouped into Early Movers (for 2 and 3 year olds) and Early Groovers (for 4 and 5 year olds—parent who are Pre Prep aged). While we know that children best when they have an adult caregiver assisting in class, we also aim to develop each child's ability to follow instruction independently.

The Early Movers classes aim to give children an excellent grounding in fundamental movement patterns along with developing early listening skills.

At this stage we still have a number of places left in our Early Movers & Groovers programs throughout the week. If you have a friend who you think may benefit, please see you Venue Manager for your complimentary "Bring A Friend" Pass.