



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

Southport : Owen Park
Queen Street, SOUTHPORT

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

Postal Address PO Box 477
Clayfield Qld 4011

Ph Office : (07) 3262 0066

Fax: (07) 3262 1198

Email: admin@deltagym.com.au Web: www.deltagym.com.au

St Hilda's - Southport

Competitive Newsletter – March 5th 2010

- State Squad
- Change to Training Venue
- Extension Parent Meeting
- Training Groups clarification
- PAD Test Reminder
- Movie Night
- Open Day
- Choreography
- Overseas Tour
- Uniforms
- Revised Calendar 2010
- Remittance Slip

State Squad

Congratulations to the following gymnasts who have been selected for State Squad for 2010:

Alex Papamanolis, Frazer Papamanolis, Sam Armstrong, Dylan Hodge, Jade Rowe, Sam Pearce, Alicia Biggs, Jana Hoxha, Shauna O'Halloran-Anderson, Rachel Clarke, Zoe Smith, Chelsi Mikeska, Jatalia Hoxha, Rachael Armstrong, Savarnah Nielsen, Anna Rowe.

The first MAG State Squad Session will take place on **Sunday 14th March** at Chandler from 8:30am – 11:30am. This session will take the place of the regular Thursday night training for that week. The boys will be required to wear any leotard, shorts and longs, and arrive 15 minutes prior to the starting time.

The first WAG State Squad Session will be in our gym at Southport on **Saturday 20th March** from 4:00 – 8:00pm. Girls will be required to wear the red training leotard, and arrive 15 minutes prior to the starting time. Due to the training session being placed over a regular meal time, girls should bring some light, healthy snacks to get them through the session. Rice crackers, muesli bars, fruit and sandwiches are all good options.

Change to Training Venue

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, a different group of our WAG Squads will take turns each month to train over at St Hilda's.

For March, we will have the Tuesday Squads train at St Hilda's from 3:45 – 7:30 on **Tuesday 23rd**. This will involve the Level 7-10's plus the Level 6's who usually train on that day. Extension gymnasts – keep an eye out for the big girls, and be ready to take them on again in the handstand competition!

Extension Parent Meeting

There will be an Extension Parent Meeting on Saturday 13th March at Southport gym from 12:00 – 12:30pm. During this meeting we will hand out Delta Force Booklets, give a general overview for the year and answer any questions you may have.

Training Groups clarification

A handful of parents have asked for a clarification of what is what when it comes to Squad training groups. Basically, 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. Please see below for a brief outline:

Squad 9 Senior	Gymnasts who train 3 times a week for a total of 9 hours with Natalie in Level 3-5
Squad 9 Junior	Gymnasts who train 3 times a week for a total of 9 hours with Jodie and Natalie in Level 3-4
Squad 12	Gymnasts who train 3 times a week for a total of 12 hours with Jodie and Natalie in Level 4-5
Squad 16	Gymnasts who train 4 times a week for a total of 16 hours with Jodie and Natalie in Level 5-6
Squad 20	Gymnasts who train 5 times a week for a total of 20 hours with Jodie and Natalie in Level 7-10



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PAD Test Reminder

The next PAD Test will be for ALL WAG and MAG Competitive Programs, including Extension/Extension Plus. It will be held at Southport Venue on **Friday 16th April** from 4:00 – 7:00pm, not Saturday 17th as previously advertised. There will be a Parent Meeting and BBQ following the test.

Movie Night

As mentioned in the previous newsletter, the Southport Parents Support Group will be hosting a Fundraising Movie Night in the Gym on **Saturday 13th March**. Tickets cost \$10 and will include a Sausage Sizzle and drinks. The first movie will be "Up" and will screen at 4pm – 7pm (G Rated), minimum age is Grade One. The second movie is "Confessions of A Shopaholic" and will screen from 7:30 – 10:30pm (PG-13). Please contact Jane Hoxha on 0416 288 113 if you would like more information, or would like to volunteer to help out.

Choreography

It's that time of year again, when we start organising floor routines for the upcoming competitions. In general, floor routines will be usable for 1-2 years. Some girls grow out of them quicker than others, some need that extra time to perfect their performance skills. Your child's coach will decide when it is time for a new floor routine, if you are unsure whether your daughter is in need of new choreography, please speak with her coach. Routines will be constructed by one of 3 choreographers – Jodie, Nikki or Jess Ross. Prices for choreography will be negotiated with the individual choreographer.

If it is decided that your daughter needs a new routine, the next step is to find music. The girls are welcome to find music that they like, and bring it in for their coach to listen to. Music must not have singing, and can be any length as we have software programs to cut the music to fit. You Tube is a great place to find music, and the following websites are great too - www.floormusic.co.nz and www.floorexpress.com

Once we have finalized music, choreography sessions will be scheduled outside of training time, usually on a Saturday afternoon or Sunday morning. Before school sessions on a Monday or a Wednesday are also an option, as are school holidays. The girls will start training their new routines around the middle of April, so we will need to have all routines choreographed by then. Please see Jodie if you have any questions.

Uniforms

Thank you to everyone for their feedback on uniforms, a decision will be made in the next 7 days. Stay tuned!

Revised Calendar 2010

Please find attached a revised copy of the 2010 Calendar of Events. There have been some changes since the first version was handed out, specifically the dates for Junior Regionals and the Delta Duel.

Remittance Slip/ Upcoming Competitions

How fast the year flies! The competition season is creeping up on us and many nominations will be due in April. Please see below for the first group of competitions and who will attend each. Payment is due by the **Tuesday 30th March**, please complete the remittance slip and forward it to the office via phone 3261 0066 or fax 3261 1198. The only exception is the MAG Gold Coast Competition Fee, which is due by **Thursday 18th March**.

EVENT	DATE	COST	WHO ATTENDS
Gold Coast Invitational	April 17 th /18 th	\$45	MAG Level 2 – 7
Mitchelton Invitational	May 1 st /2 nd	\$45	WAG Level 4 (Squads 9 only)
Lawnton Invitational	May 1 st /2 nd	\$45	MAG Level 2 – 5
Brisbane Boys Grammar Invitational	May 8 th	\$45	MAG Level 6 – 10
Aurora Challenge	May 8 th /9 th	\$45	WAG Level 4 – 6 (Squad 12 a& above)
Judges Classic	May 8 th /9 th	\$45	WAG Level 7 – 10
Delta Duel	May 15 th /16 th	\$45	WAG Level 1 – 10
GC Junior Regionals	May 23 rd	\$65	MAG Level 2 – 5
GC Junior Regionals	May 30 th /31 st	\$65	WAG Level 3 – 6
GC Senior Regionals + State Team Trial	May 30 th /31 st	\$65	WAG Level 7 – 10, MAG Level 6 – 10



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If your child needs to test their current level, they will do so at the first competition for the season. Levels test will incur an additional \$5 fee. If you are unsure if your child needs to do a levels test, please ask their coach.

TOTAL COSTS

MAG Level 2 – 5	\$110.00 + Gold Coast Invitational Payment of \$45.00
MAG Level 6 – 10	\$110.00 + Gold Coast Invitational Payment of \$45.00
WAG Level 1 – 2	\$45.00
WAG Level 3	\$110.00
WAG Level 4 Squads 9	\$155.00
WAG Level 4 – 6 (Squad 12 & above)	\$155.00
WAG Level 7 – 10	\$155.00

WAG Overseas Tour

As John mentioned in the Squads Parent Meeting in February, we are in the planning stages of a WAG Delta International Tour for the end of 2010/ start of 2011. Whilst we don't have specific details, we have the following information:

When?	Between December 2010 – January 2011
Where?	We are investigating a couple of different options - America, Korea and Japan are all contenders
Who?	At this stage, the Tour will be open to gymnasts in Levels 7-10.
Cost?	Approximately \$3,000 - \$3,500, depending on fundraising, with fees required as costs are incurred (i.e. flights may be booked soon to get a good deal)

Could all current Level 6-10 gymnasts please fill out the Expression of Interest Form below and hand it in to either Jodie or Nat. It has not yet been decided whether Level 6 gymnasts moving to 7 at the end of the year will be involved, so it will be important to get an indication of potential numbers for the tour.

If you have any questions about your child's progress, or anything else within this newsletter, please don't hesitate to contact me on the email address below, or call on 0411 561 441 between the hours of 3:00 – 3:45 daily.

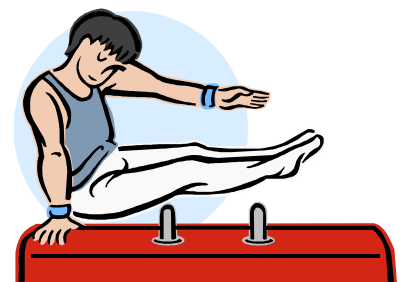
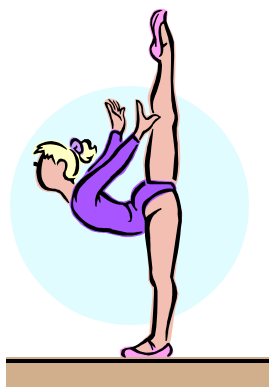
Kind Regards,

Jodie McGinnity

CLUB MANAGER

Delta St Hilda's Southport

jmcginnity@deltagym.com.au





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SENIOR GYMNASTS – please complete this section

YES, my child would be interested in attending the Delta International Tour

YES, I would consider attending the Delta International Tour as a chaperone

NO, my child would not attend the Delta International Tour

Please tick the appropriate box and hand back to Jodie or Natalie. Thank you.

Remittance Slip for: _____ Due: 1^{8th} March, 2010

Please DO NOT hand to coaches. You can call the office on 3262 0066 or fax the form to 3262 1198. Thank you.

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 Fees Payment	Gold Coast Invitational	\$40.00	<input type="checkbox"/>		
	Total Payment	\$ _____			

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Rolls Club Members Renewal log Waitlist Recommendations

Remittance Slip for: _____ Due: 30th March, 2010

Please DO NOT hand to coaches. You can call the office on 3262 0066 or fax the form to 3262 1198. Thank you.

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 Fees Payment	Mitchelton Invitational	\$45.00	WAG Level 4 (Squads 9)	<input type="checkbox"/>	
	Lawnton Invitational	\$45.00	MAG Level 1 – 5	<input type="checkbox"/>	
	Brisbane Grammar Invitational	\$45.00	MAG Level 6 – 10	<input type="checkbox"/>	
	Aurora Challenge	\$45.00	WAG Level 4 – 6 (Sq 12 & above)	<input type="checkbox"/>	
	Judges Classic	\$45.00	WAG Level 7 – 10	<input type="checkbox"/>	
	Delta Duel	\$45.00	WAG Level 1 – 10	<input type="checkbox"/>	
	GC Junior Regionals	\$65.00	WAG Level 3 – 6/ MAG Level 2 – 5	<input type="checkbox"/>	
	GC Senior Regionals/State Trial	\$65.00	WAG Level 7 – 10/ MAG Level 6 – 10	<input type="checkbox"/>	
	Levels Test	\$5.00		<input type="checkbox"/>	
	Total Payment	\$ _____			

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