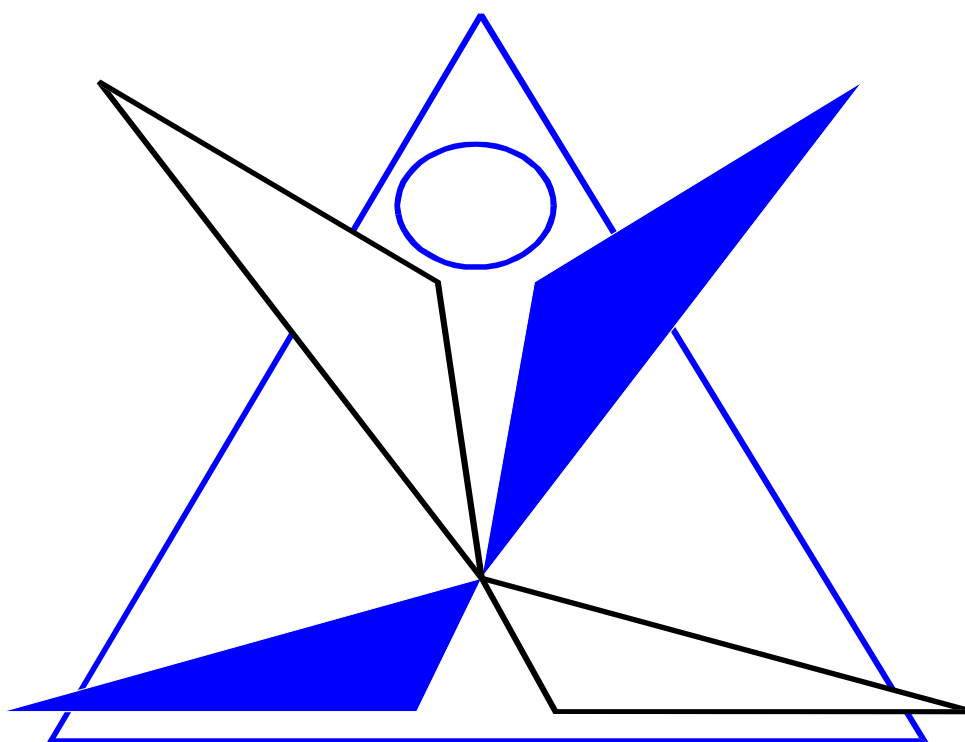


DELTA GYMNASTICS
St Hilda's Southport Competitors
INFORMATION BOOKLET 2010



Delta Gymnastics

Challenging the limits

Delta Gymnastics St Hilda's Southport
PO BOX 477 Clayfield 4011

Phone: 07 3262 0066
Fax: 07 3262 1198

Southport – Training Venue
Owen Park
Queens Road
Southport

St Hilda's Training / Competition Venue
St Hilda's Sports Complex
Whitby Street
Southport

Website : www.deltagym.com.au

Email : admin@deltagym.com.au

This publication was up to date as of printing

Delta Gymnastics

Vision

To be recognised as a leading club throughout Australia in the provision of quality gymnastics tuition and providing the opportunity for the growth & development of the individual through excellent gymnastic training.

Mission

To provide an opportunity for children to participate in the sport of gymnastics at a level that challenges learning and provides experiences which will foster growth and development of the individual.

Core Values

Freedom Mutuality Responsibility Quality

Delta Force Team Affirmation

EXPECTATION EFFORT EXCELLENCE

An Interesting Excerpt from a book considered to be one of the most significant books written on the topic of coaching Women's Gymnastics.

Excellence in sport is an idea much talked about. Honesty and integrity are the only ways to achieve it. You are in charge of a process of training that should provide your gymnasts with a healthy exercise in goal setting, hard work, evaluation of progress, and dealing with success and failure. The gymnast will learn that progressing to the goal was the most fun and the most rewarding. Once they reach that goal, they usually discover that the joy is short-lived, and that they must now set a new goal and begin the process all over again.

This process of cumulative learning and re-establishing goals once former goals are achieved forms a life long pattern. In other rewords you are teaching the gymnast to win the "real game". The long-term game of life is not only more important than the short-lived game of gymnastics, but gymnastics cannot be successful on its own without laying a foundation for learning about life and self

Bill Sands (1984:19) in Coaching Women's Gymnastics

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The History of Delta Gymnastics

Delta Gymnastics was formed as a private club in July 1992 to provide a local solution to the delivery of quality gymnastics programs. Starting from a school hall at Craigslea State High School, Delta grew in numbers and quality to provide classes for children across Brisbane to provide services to children in eight venues. In 1995 Delta Gymnastics was awarded 'Club of the Year' by Gymnastics Queensland for its significant contribution to our sport.

In 1997, the Directors of Delta saw the club's future best served by being in a permanently set up facility and changed the strategic direction to incorporate recreational / developmental gymnastics and Competitive Women's Artistic Gymnastics. (Prior to this our club was also involved in Rhythmic, Mens and Sport Acro). This provided a strong strategic match to QGSSSA schools (Clayfield College, St Margaret's) that provide both developmental and competitive gymnastics for girls within the school curriculum.

The change provided improved quality of equipment and safety and centralised the coaching resources of the club to maximise the quality of services provided to our members. Delta prides itself in providing highly trained and experienced staff for the important task of educating children through gymnastics.

Over the past 17 years Delta has trained over 7500 children in the sport of gymnastics and is proud of its record of moving gymnasts of our club into both coaching and judging roles within our programmes. In 2010 over one third of our Delta staff are ex gymnasts of Delta Gymnastics.

In 2007 the Directors of Delta Gymnastics were invited to join forces with the Southport Gymnastics Club to provide gymnastics classes at Southport. The club is now called Delta St Hilda's Southport .

Delta recognises the significant history of both the Southport Gymnastics Club and St Hilda's Gymnastic Club and consider the strength in joining these three entities provides the very best opportunity for children in the Southport and surrounding areas.

What's in a Name

Delta Gymnastics St Hilda's Southport

Our Club includes the name Delta Gymnastics for two reasons.

Firstly, the Greek letter Delta means 'change' and our goal was to provide a change in the way gymnastics was offered in Brisbane by providing better facilities, better support and better coaching than what was on offer in gymnastics.

Secondly the word / letter Delta is represented by a Triangle which represented our philosophy that by providing a broad base of children with a solid base of gymnastic learning, the top of our triangle (The Delta Force Team) could reach even higher. The club is now called Delta St Hilda's Southport.

The Delta Force

The 'Delta Force' was the name given to a crack group of military made up of the best marksmen, fittest and toughest infantry, best strategists and overall the elite fighters of the army. Our Teams aim to be the fittest, strongest, best gymnasts that they can be and we aim for them to be the best of the best in Australian Gymnastics.

Club Structure

Our Club is a unique combination and partnership between the Southport Gymnastic Club, St Hilda's School and Delta Gymnastics.

Both Southport and St Hilda's have as their aim to provide a great training environment and support for members while 'Delta Gymnastics St Hilda's Southport' is a private entity which has been charged with the task of organising and implementing the gymnastics operations of the club.

The reason we have joined together to provide this service is that the Delta team members provide excellent role models for our club members, they are ambassadors for our club in the general community and they historically have become the coaches and judges of the club.

Meet our Team

David Mitchell

Delta Gymnastics Australia Chairman

David commenced coaching in 1980 and was the head coach of Chermside Youth and Recreation Club and a State Coach of Women's Artistic Gymnastics in 1984 – 1986.

While David has not coached gymnastics for many years he has owned and run many small businesses and is the Chief Financial Officer and Executive Director of the Hornery Institute.. David is a builder by trade and in 2008 completed a Strategic Graduate MBA. David provides valuable insight into the running of a small business as well as leadership and advice to the management team at Delta.

John Mitchell

Director

John commenced coaching gymnastics for Chermside Youth and Recreation Club in 1984 as a recreation and Men's Artistic Gymnastics Coach. In 1987 John became a Level 2 coach in both Mens and Women's Artistic Gymnastics and assumed the position of Head Coach while coaching the Senior WAG program. In 1992 John started Delta Gymnastics and managed the club while head coach of the original Delta Force Program.

In 1993/94 John successfully completed the three components of the Level 3 course in Women's Artistic Gymnastics in Canberra. In 1995 the expansion of Delta Gymnastics took John away from coaching full time and he took up roles in business management of the Clayfield College Sports Centre and associated businesses.

In 1999 John made a welcome return to the coaching arena as a part time senior coach in the Delta Force programme and worked with Head Coach Trevor Dowdell and wife Megan Mitchell to rebuild the Delta Force Programme.

In 2002 John assumed the role of Head Coach in Brisbane again with an aim to lead a team of coaches to take Delta to its rightful place as a leading program in Women's Artistic Gymnastics in Australia. John is passionate about coaching and inspiring children to be the best they can be whether they be National Champions or three year olds learning to hop! John coaches on the floor each day and is actively involved in all components of coaching in addition to his role of leading the staff at Delta in both Brisbane and the Gold Coast.

In 2009 John was acknowledged for the success of his gymnasts and awarded the title of his contribution to Women's Artistic Gymnastics Queensland Women's Artistic Gymnastics National Stream coach of the year.

Megan Mitchell BEd.(PEd) Director of Operations and Administration

Megan started her gymnastics career with Delta in 1989 and was our first ever Gymnast of the Year. Megan then retired as a gymnast and commenced coaching as a trainee and progressed to becoming a Senior Coach working with children from 2 years to National Champions. In 2000 Megan completed her Bachelor of Education and taught at Somerville House in Brisbane for three years.

As a Senior female coach, Megan has prepared many Delta Teams and individual state champions on apparatus and overall. In her coaching career Megan placed girls on the State and National teams and was selected as coach for both Queensland and Australia.

In 2004 Megan was awarded National Stream 'Judge of the Year' and qualified as an FIG Internationally qualified judge for the 2005 – 2008 Olympic Cycle.

In 2005 Megan was selected as one of four female coaches to be mentored by the National Coach to assist her development as a coach. In this role Megan was tutored by the top coaches in Australia and travelled to Canberra to view training of the Australian teams in their preparation for major international meets.

In 2007 Megan was named Gymnastics Queensland National Stream Coach of the year.

In 2007 Megan decided to take a step back from coaching to focus on the development of Delta as a whole and to provide her more time for her growing family. Megan now is responsible for the development of our operating systems of Delta Gymnastics and the training of our staff to deliver our programs to all Delta Members from 2 year olds to competitive Teams.

Jodie McGinnity Club Manager

Jodie has been coaching for Fifteen years, coaching all levels from 1 – 10. Jodie's first six years of coaching were in Tamworth (the 2001 Level 4-6 National Club Champions) and afterwards for two years as a prep and team coach for the highly successful Chandler Comets.

In 2002-2007 Jodie headed up Brisbane's Team Prep development programme, co-ordinated team choreography and managed both the Clayfield and St Margaret's Venues. Jodie was one of the cornerstone coaches in the development of Brisbane's junior competitive gymnasts and her work laid the foundation for the great success that Delta Brisbane now enjoys as National Club Champions.

In 2007 Jodie completed a Diploma of Sports Development to further her ongoing coaching and management skills. When Delta moved to the Gold Coast to partner with St Hilda's and Southport, Jodie's experience and study made her the obvious person to head up this new venture at the start of 2008.

As the newly appointed Club Manager and Head Coach at Delta St Hilda's Southport, Jodie set about training the staff and establishing systems within the club which would provide the opportunity for all gymnasts to grow and develop by being challenged at their own level.

As the Head Coach, Jodie quickly made her mark and over the past two years has moved the girls program to be recognised as the number two program in the state and number 4 in the Nation. Our boys program now has structure and with the support of Jodie will establish itself as a top 5 program in Queensland over the next two years.

Jodie is an excellent teacher and the results of her gymnasts have demonstrated the effectiveness of her teaching. In the past two years Jodie has placed girls on both the State and National Team and Jodie has been selected to the coaching staff for Queensland.

Natalie Moore Senior Women's Competitive Coach

Natalie started her coaching career at Canberra City Gymnastics Club in 1985 before moving to the Gold Coast Gymnastics Club to become the Senior competitive coach. At this time Natalie was offered to join the Australian Institute of Sport School program as a coach of the developing International gymnasts.

In 2001 Natalie moved to Townsville to work at the Heatley Gymnastics Club before taking over the club and running it as a private club until December 2007 when disaster happened and the club was burned down in a fire.

Having enough of "running the club" Natalie moved back into a strict coaching role at Mackay Gymnastics prior to be offered a position as Senior Coach with Delta St Hilda's Southport to start in July 2008.

Natalie has prepared girls in National Stream for state and national team selection and has represented Queensland as a coach at National Titles for many years. Natalie is one of Queensland's most senior judges and has been a qualified International Judge for Sixteen Years.

We are very lucky to have Natalie as a member of our team and know that she will help continue the ongoing great improvements our girls experienced in 2008 and 2009.

Nikki Haworth

Nikki was a successful competitive gymnast from Tamworth who represented New South Wales at National Titles.

Nikki then became a level 1 coach and State Level Judge before taking time away from gymnastics. In 2007 Nikki returned to coaching at Delta and is now an integral part of the coaching team in both recreational and competitive gymnastics.

Nikki coaches all classes from Early Gymstart through to competitive teams and is one of our coaches of the St Hilda's competitive gymnastic school teams.

Nikki is an excellent choreographer and an invaluable member of our team.

Andrew Stubbersfield Senior Men's Competitive Coach

Andrew was a competitive gymnast prior to commencing his coaching career at Allstars Gymnastics Academy in Toowoomba. Andrew managed two venues for Allstars and developed a Men's Gymnastics program which boasted numerous state champions.

Andrew continued to develop his coaching by attending International Gymnastics Camp in America and commenced work at the QAS men's program at Chandler.

Andrew brings a wealth of experience to our Men's Program and a youthful motivation to his athletes.

Women's Artistic Gymnastics

Level 1 – 3 Competitive Structure

In 2010 the Level 1 – 3 program in Queensland is designed to introduce competition to young girls by providing them with set routines to perform. For competition, Level 1 – 3 is predominantly a club and interclub based program with Level 3 girls invited to attend regional championships.

An alternate Level 1 – 3 program for Elite athletes has also been developed, which provides guidance for those girls who have been selected as being suitable for high level gymnastics. At Delta we have used this program at times when we believe a group of girls would benefit from following that curriculum.

Girls at this level will compete in three main events (with Level 3's being able to access a fourth).

They are usually held:-

April - The Delta Duel – Hosted at St Hilda's Sports Complex

May - The South East Coast Regional Championships

June - The Delta Challenge – Clayfield College Sports Complex – Brisbane

Nov - The Delta End of Year Invitational - Clayfield College Sports Complex – Brisbane

Level 4 – 6 Competitive Structure

The Level 4 – 6 competition structure is based around a range of competitions which act as lead up meets to four major competitions.

- The first is in April - May which includes two-three invitational meets in the lead up to the Regional Titles.
- The second includes one lead up meet to the State Titles in June.
- The third includes two lead up meets to the State Club Championships in September.
- The fourth includes one meet leading up to the National Club Championships which will be held in Canberra in mid December.

Level 7 – 10 Competitive Structure

The Level 7 – 10 competition structure is based around three seasons of competition.

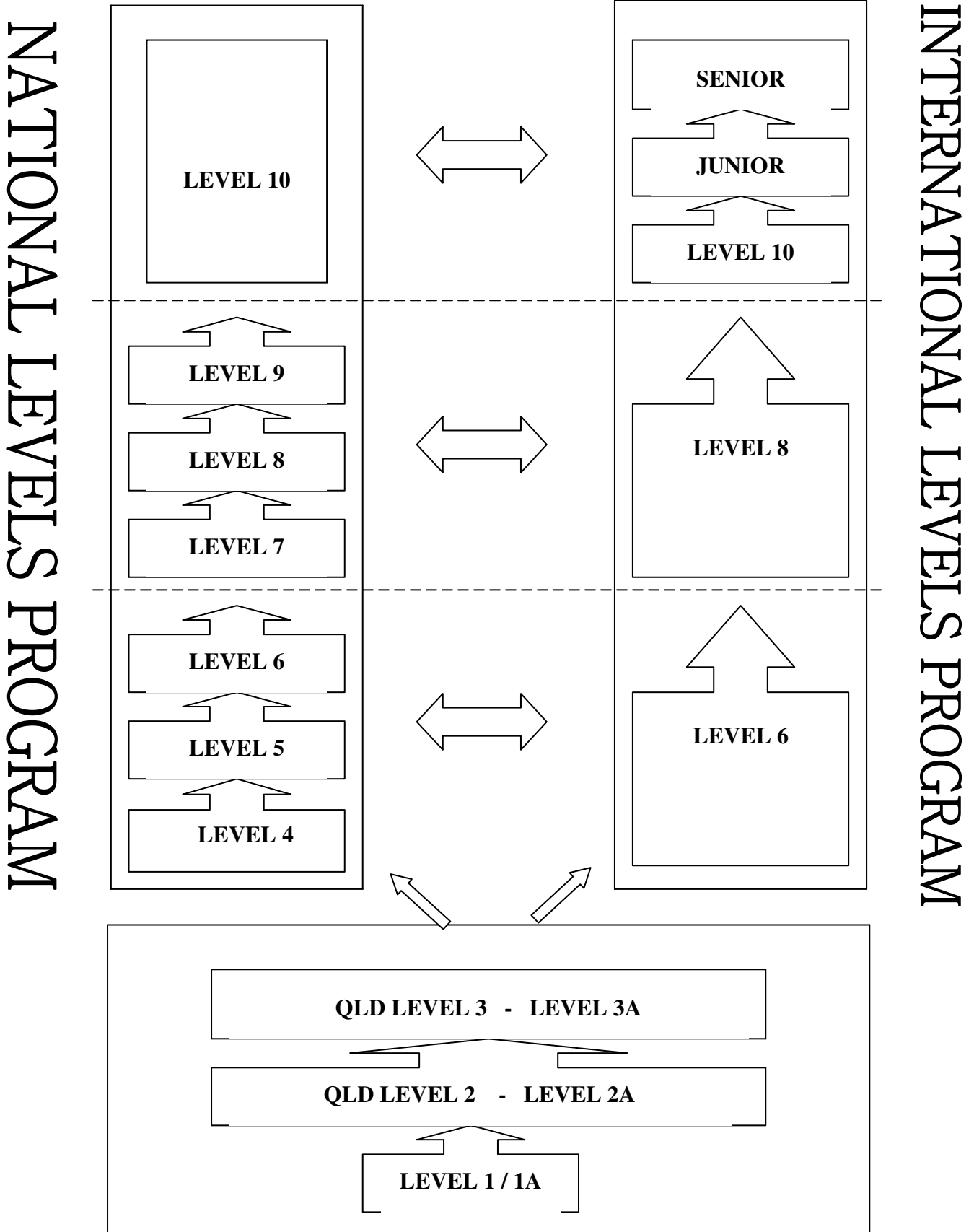
- The first is an individual season which runs from mid April until June and includes the Judges Classic, Combined Regional Championships, State Titles and National Titles.
- The second season includes a lead up meets to the State Club Championships and the Border Challenge Championships.
- The third season includes one lead up meet to the National Club Championships in December.

Elite Gymnastics

In Women's Artistic Gymnastics the path of an Elite Gymnast commences at an early age when a girl is identified as having the attributes of a future Olympic Gymnast. At Delta we aim to provide an opportunity for each child to participate in the sport of gymnastics at their own level. For the elite athlete we aim to give a child the correct basics and groundings in the sport and then when ready, recommend families to attend a trial at a suitable "High Performance Centre" in Australia for further training.

WAG National Programme

Over the past 4 years a change in the philosophy of Gymnastics Australia has led to a shift in the flow of gymnasts between National Stream and International Stream. The current leaders of our sport in Australia encourage suitably prepared National Stream gymnasts to move to international stream and provide this flow chart to give guidance to the relative level of gymnasts in either stream.



Men's Artistic Gymnastics

In Men's Gymnastics there is one stream of competition with different age groups of competition.

In contrast to the Women's program in which girls who are being prepared for Olympic Competition have their own stream, in Men's Gymnastics all boys compete in the same level's program.

However, it is understood that boys who are preparing for Elite level gymnastics should be competing in the UNDER age categories.

Level 1 – 2

At this level of competition boys will participate in interclub events. Events will be chosen to accommodate the readiness of our boys.

NOTE : As of 2010 there is no level 2 division at the State Titles.

Level 3 – 10

Boys in these levels are eligible to compete in Club, Regional, State and (Level 6 Under age only and Level 7 – 10) National Titles.

In boys the Regionals are held in the 8 weeks prior to State Titles (End June), with State and National Clubs being held in the September School Holidays.

Delta Award Structure

GYMNAST of THE YEAR

The Gymnast across all levels who demonstrates excellence in training and competition and by their competitive results demonstrate leadership for our program. This award is presented in a Girls Squad division (9 hours and above), Boys, and Extension Girls.

DELTA TRAINER OF THE YEAR

The gymnast that epitomizes a Delta Gymnast. The gymnast, who by their effort and performance in training, competition and extra curricula activity provides a role model for Delta Gymnasts. This award is presented in a Girls Squad division (9 hours and above), Boys, and Extension Girls.

CLUB CHAMPIONS

Highest average score over the top two competitive events for the year. Awards for Level 1, 2, 3, 4 Club champion, Level 5, Level 6 and Level 7 – 10 (subject to numbers in each division). Awards for Boys are giving in a Junior and Senior Division.

MOST IMPROVED

The gymnast from Teams who has had the largest improvement in skill development, learning and AA score improvement from the previous year. This award is presented in a Girls Squad division (9 hours and above), Boys, and Extension Girls.

EXCELLENCE AWARDS

Provided to any girl who achieves the following results for Delta throughout the Competition Season:-
1st place on an apparatus or overall at the South East Coast Championships
1st, 2nd or 3rd place on an apparatus or overall at a State Championships
1st, 2nd or 3rd place on an apparatus or overall at a National Championships

DELTA FORCE HONORS

Awarded to all Delta Force Squad members according to the average All Around (AA) score achieved from their two best sanctioned competitions for Delta for the year. Based on the new scoring system the new 1st, 2nd and 3rd class honours score categories will be reviewed prior to the Awards night.

TOURS

An integral component of the Delta Force Programme is the conducting of gymnastic tours. Each year we will embark on one or two major tours at which we will take teams of girls to compete intra and interstate. This provides a life experience for the girls and provides reward for their hard work.

The Role of Parents on Tours

When we are travelling as a club on tour we keep the cost of touring down thanks to the support of our parent body. It is important to inform our admin / coaches early in the year if you plan to attend / not attend our tours.

When attending tours it is critical that all parents / coaches speak with one voice and provide consistent authority to our girls. While it can be difficult, our tour procedures can only be successful if all parents travelling with the team support the same rules, and expectations of our gymnasts.

Prior to each tour a meeting will be held for parents attending the tour to be inducted to our tour itinerary, procedures and policies to ensure a successful tour.

Discipline Policy on Tours

In the event a girl misbehaves on tour she would be sent home at the expense of her parents. This has not ever had to be enforced but acceptance of this condition is a requirement of attendance of tours.

General Discipline Policy

Delta Force Gymnasts are role models for Delta members and ambassadors for Delta Gymnastics. Training requires significant discipline from our gymnasts to achieve success and safety we expect a high standard of behavior.

In the event a gymnast does not follow the standard of behavior set, our coaches follow this model:

1. Tell the gymnast of the behavior expected
2. Tell the gymnast when they have not followed the behavior expected and ask them to rectify the behavior.
3. Remove the child from training for them to consider their behavior
4. Contact the parents of the gymnast and ask the child to be removed from training.

Qualification to State Titles

In 2010 all gymnasts in Level 7 – 10 can nominate to compete in the Senior State Titles.

In level 4 –6 (and level 3 boys) Girls can post a qualifying score at any 2010 sanctioned meet and compete at the relevant regional championships in order to enter the 2010 Junior State Titles. Boys can only qualify at Regional Events. Qualification scores for 2010 will be published on the Gymnastics Queensland Website once the 2010 handbooks have been approved.

Rules for Competition

Eligibility – Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified. Qualification is gained by:

- Being at the appropriate level or age for the competition.
- Having attended all training sessions, and shown gradual improvement in all training variables.
- Having reached a MINIMUM standard in all skill & routine goal areas and physical conditioning scores
- Having achieved a performance score on each apparatus at a prior tactical meet.
- Demonstrating support of team mates in training and competition.
- Completing and delivering any nomination form and appropriate fee by the due date.

Note: In competition if a gymnast cries (from disappointment etc) they will be removed from the floor and will not be permitted to complete the competition.

Level Test Policy

Gymnasts can pass levels at any sanctioned meet in Queensland. In consultation with coaches and gymnasts we will choose to pass a gymnast up a level when they are ready to successfully compete in the next level.

i.e. We care for each gymnast's self esteem and worth and do not choose to promote anyone to their level of incompetence.

Choreography - Girls

Choreography of optional floor routines is mandatory for girls' squad gymnasts, optional for Extension gymnasts. Floor Exercise routines will be choreographed by appointment outside class hours and will incur a fee paid directly to the choreographer.

Floor Music - GIRLS

In 2010 our music library is made available for team members. Our parent support group fundraising activities support the purchase of new music and all music remains the exclusive property of Delta Gymnastics.

State Squad

Gymnastics Queensland select girls from their results at the State Titles to become members of the State Squad to provide recognition and guidance to girls who have demonstrated the capacity to represent Queensland in senior levels in the future.

It is a glowing endorsement of the hard work our team of gymnasts and coaches have put into making our programme one of the leading programmes in Queensland.

The State Squad program for 2010 has not yet been finalised.

FUNDRAISING

In 2010 it is our goal to raise \$20000 for funding travel to events and facility and equipment upgrades It is our intention to raise these funds as follows :-

Invitational	\$ 5500
Carnivals	\$ 2500
Raffle	\$ 5000
Other	\$7000

Raising funds is not easy and is required to run our programme in its current structure. The conduct of our programme is only possible due to the support of our parent group and we hope that all families feel confident to offer support and do their part for the programme. Please give of your time and support to this endeavour.

Recently we have formed a Fundraising group which meets to discuss fundraising opportunities. If you are interested in assisting and attending, please phone Southport Committee President Jane Hoxha on 0416 288 113.

2010 Delta Calendar - DRAFT

Date	Discipline	Event	Location
JANUARY			
4		Teams Commence	
22-24		Boot Camp	
29		Club Staff Training	
30		Staff Training	
FEBRUARY			
1		Classes commence	
6		PAD Tests and Extension Meetings	
MARCH			
APRIL			
2 - 11		School Holidays (Good Friday 2nd April)	
17		PAD Test (Whole of Club)	
26		Anzac Day Public Holiday (Monday)	
MAY			
1 - 2	WAG	Delta Duel / Megan Mitchell Shield	
3		Labour Day Public Holiday	
6	WAG	QGSSA	
8 - 9	WAG	Judge's Classic (Mothers Day)	
15 - 16	WAG	Bne Nth & SSC Junior Regionals	
22 - 23	WAG	GC/ DD Junior Regionals	
22	MAG	BNE Nth Junior	
23	MAG	BNE Sth Junior	
29 - 30	WAG	Bne Sth Junior Regionals	
	WAG	SEQ Snr Regionals & State Trial	
	MAG	SEQ Snr Regionals & State Trial	
JUNE			
5 - 6		Brisbane Carnival	
12		GC Carnival	
18-20		Delta Challenge	Brisbane
25 - 29	WAG, MAG, RG	State Championships	Chandler
JULY			
	WAG	State Team Training Camp	Brisbane
4 - 11	WAG, RG	National Championships	Perth, WA
12 - 17	MAG	National Championships	Canberra, ACT
AUGUST			
7		PAD Test (Whole of Club)	
21 - 22	WAG	Team Challenge 1	
28 - 29	WAG	Team Challenge 2	
SEPTEMBER			
17 - 21	WAG, MAG, RG	State Club Championships	Caloundra
		Sunshine Team Challenge	Caloundra
		GCA Cup	Sydney
OCTOBER			
30-31		Brisbane Carnival and Megan Mitchell Shield	
NOVEMBER			
5		Andrews Cup	
6 - 7		PAD Test (Whole of Club) / GC Carnival	
20-21		Delta End of Year Invitational	Brisbane
28 - 1		National Club Championships	
30		Last day of Classes	
DECEMBER			
1 - 9		Summer Clinics	
10		GC End of Year Dinner	
???		International Tour	
3-Jan		Teams and Squad Return to Training	

Event Guide 2010

The Delta Duel - Delta St Hilda's Southport Invitational (Girls)

This is the first of our club invitationals and will be held at St Hilda's. This event is a competition for Level 1 – 6 and a final practice meet for level 7 – 10. Awards are provided to 6th place overall and on apparatus up to Level 6.

Judges Invitational – MBC Invitational (Girls)

This event is a preparation event for girls entering the Level 7 – 10 Individual Season and an invitational event for Level 4 - 6. The event is a sanctioned event for the purpose of Level 4 – 6 gymnasts qualifying for State Titles and is also designed to allow Level 7 – 10 girls the opportunity to receive feedback from some of Queensland's best judges to assist in the preparation for State Titles. This is a fundraising event from which proceeds go to sending Queensland judges to the Australian Championships. There are no awards for the Level 7 – 10 event.

Other Invitationals

At times our coaches chose invitationals which will assist in the preparation of our athletes. In girls we have at times competed at Mitchelton and Splitz, while in Boys we usually attend the Maroochy Beach, Lawnton or Boys Grammar Invitationals.

South East Coast Regional Championships (Girls and Boys)

This event for girls will be held on the Gold Coast and is for level 3 – 6 gymnasts. For boys it is for Level 3 – 5 gymnasts and is usually held in conjunction with other regions and usually in Brisbane. This event is suitable for qualification to State Titles for girls, level testing for both boys and girls and gymnasts will be awarded to 3rd place on apparatus and overall.

Combined Regional Championships 7 – 10 (Girls and Boys)

This is the regional championships for those in Level 7 – 10 (Level 6 as well for boys) from the Brisbane, Sunshine Coast, Gold Coast and Darling Downs regions. Awards are provided from 1st to 3rd on each apparatus and overall in each level.

State Team Selection Trial (Girls and Boys)

The State Selection trial will be held in conjunction with the Combined Regional Championships. The trial will encompass two rounds of competition with the first round being the Regional Championships. The team will be announced at the conclusion of the second round of competition.

Delta Challenge (Girls)

The Delta Challenge is the Delta Brisbane invitational meet and is an individual competition in levels 1 – 6. Awards are provided for girls in each division through to sixth place on each apparatus and overall.

Queensland State Titles (Lev 4–10's and International Girls, Level 3 – 10 Boys)

This event is the individual State Titles for all WAG and MAG gymnasts. The event will be combined with the Rhythmic Sportif Gymnastics discipline at Chandler and is hosted by Gymnastics Queensland. Gymnasts are awarded from 1st to 3rd place on each apparatus and overall in the following Divisions

Girls Level 3A -	Under 9 on the first of January 2010		
Girls Level 4 -	Under 10 on the first of January 2010	and	OPEN Division
Girls Level 5 -	Under 11 on the first of January 2010	and	OPEN Division
Girls Level 6 -	Under 12 on the first of January 2010	and	OPEN Division
Senior Girls			
Level 7	Level 8	Level 9	Level 10
International divisions			
Boys Level 3 – 10, Open and Under age Divisions			

National Championships (Boys and Girls)

The National Championships for Boys are to be held in Canberra while the Girls will be held in Perth in 2010. The boys event is for boys in Level 6 Under to Level 10, while in girls it is for Level 7 – 10 National Stream Gymnasts and International Stream Level 6 – Senior competitors.

The competition is held over two rounds. For Girls National Stream and Boys Open divisions the first round is the team event and the second round decides the individual awards. (In girls only the top 24 gymnasts from competition 1 are invited to compete in the finals some two days later). Overall winners are based over two days competition. In Boys the Under Age gymnasts perform Compulsories on Day one and Optionals on Day 2.

Team Challenge (Girls)

Team Challenge is a team event only for gymnasts in two divisions. (Level 4 and Level 5/6) with all gymnasts competing at their own level. (Although Level 6 girls D Score is capped at 5.4)

The winning teams are awarded by combining the scores from two rounds of competition. The team score is calculated by adding the top three scores on each apparatus. Teams can consist of up to 5 gymnasts with all girls to compete on each apparatus. Awards are provided for the top six team places in each round and over the two rounds combined.

State Clubs (Boys and Girls)

In 2010 this event will be held in Caloundra and is a team event for gymnasts in three divisions. (Boys Level 3 / 4, Level 5/6 and Level 7- 10) (Girls Level 4, Level 5/6 and Level 7 – 10 with all girls competing at their own level (senior division girls all compete the same rules). Teams can consist of up to 5 girls with all girls competing on all apparatus and the top 3 scores on each apparatus are added to get the final team score. (Boys can have six in a team)

Awards are provided for the top three team places on apparatus and overall. Teams in the top 12 in each division earn points for our club and the overall club champion is awarded to the club with the most points at the end of the three rounds of competition.

In 2009 our girls placed 2nd Overall and our Boys placed 9th. It is our goal to always stay in the top 5 clubs and challenge for the title of overall club champion.

Border Challenge

The Border Challenge is a interstate competition for Level 6, 7 and 8 gymnasts who are chosen to represent Queensland against New South Wales and Western Australia. The Level 7 and 8 teams will be selected at the State Team Selection Trial while the level 6 team will be selected at the Senior State Titles. The team is made up of the next six highest ranked gymnasts after the State Team to compete at National Titles is selected. This event will be held in conjunction with the State Club Championships in September.

Delta End of Year Invitational

This is an event hosted by our club and designed as an opportunity for girls to pass their next level, to trial new skills for their next competition season and a ready date to achieve end of year goals . Awards are provided to 6^h place overall and on apparatus.

National Club Championships (Girls)

(Boys event scheduled for September – Details to be confirmed)

In 2007 this event is will be held in Canberra and is a team event for gymnasts in 7 divisions. (Level 4, Level 5, Level 6, Level 7, Level 8, Level 9/10, Elite) Gymnast in this competition compete at their own level in all divisions except the Level 9 -10 division which girls compete level 10).

The rules are based on the National Programme . In Level 4 – 6 teams may consist of up to 5 gymnasts with all gymnasts competing on each apparatus and the top three scores to count. In Level 7 – 10 teams consist of four gymnasts with the top three scores to count. Points are awarded in each division and a National Club Champion is awarded in the Level 4-6 category, Level 7 – 10 category and Elite category.

Delta Care – Health Management System

As a part of the registration fee paid to Gymnastics Queensland each year, your child is insured for any accident or injury that may occur while training or competing. Information regarding this insurance cover can be found on the Australian Gymnastics Website at www.gymnastics.org.au

Gymnastics Queensland strongly advise that private medical cover is subscribed to in order to best recover costs associated with specialist services which can occur due to the demands of training.

Advice to families of gymnast who has sustained an injury.

Dear Gymnast and Parents,

We wish you a speedy recovery from your recent sports injury. Please note that we have attached a Sports Medicine Report for your practitioner to complete. Upon your return to the gym please give the completed Sports Medicine Report to your Venue Manager. With that information, our coaches will be able to program to assist your recovery and hasten your return to normal training.

We strongly recommend the following practitioners who work closely with the Delta coaches in formulating accurate diagnosis and efficient recovery programs.

Physiotherapists:

1. Allsports Physiotherapy & Sports Medicine Clinics.
8/130 Scarborough Street, Southport 4215
Phone: 5528 2666

As may be aware, your Delta membership includes the GA gymnastics insurance.

The following information is how a parent must go about making a Personal Accident Claim - as you can see, they must notify JLT Sport within 28 days from the date of the injury on their intention to lodge a claim. For further information please logon to the JLT Sport Website www.jltsport.com.au

How to lodge a Personal Accident Claim

- **Step 1:** Within 28 days from the date of injury, please notify SUA Claims Department on 1300 363 413 of your intent to lodge a claim.
- **Step 2:** Download [Gymnastics Australia's Claim Form](#) or call SUA Claims Department on 1300 363 413 for a copy to be sent to you.
- **Step 3:** Complete each section of the claim form. *Please note: Incomplete claim forms may cause delays in processing your claim. For assistance, please contact SUA Claims Department on 1300 363 413.*
- **Step 4:** Send your claim form (via post or fax) to SUA Claims Department – PO Box 2717 Taren Point, NSW 2229 or FAX: 02 9524 9003 *Important: Do not wait for all treatments to be completed before sending your claim form. Treatment is permitted even after you have submitted your claim.*
- **Step 5:** SUA will confirm receipt of your claim form or contact you should they require further information.

For assistance with your Personal Accident Claim

- *Claims enquiries:* SUA Claims Department – 1300 363 413
- *General enquiries:* JLT Sport – 1300 130 373

Please make an appointment with me (Club Manager) who will guide you through this process and endorse the “Club” section of the claim.

Looking forward to seeing you once again in the gym.

Regards,

Jodie McGinnity

Program Manager

SPORTS MEDICINE REPORT

Dear Practitioner,

At Delta Gymnastics we do a number of activities which may be appropriate for the gymnast to do while recovering from a sports injury. Please help us maximise their safety and minimise the interruption to training during recovery by advising us on the following information.

Dear Parent,

*In order for our coaches to give your child an appropriate training program, **THE GYMNAST MUST RETURN THIS FORM TO THE VENUE MANAGER PRIOR TO RESUMPTION OF TRAINING.** Please do not place us in the awkward position of having to suspend membership temporarily pending receipt of medical guidance.*

Date _____ Practitioner's Name _____

Date next treatment _____ Signature Practitioner _____ (Dr., Physio, _____) Degree

Gymnast's Name _____ Phone _____

Approximate Date of Onset _____ Problem (in layman's terms) : _____

The gymnast may participate in the following training activities using pain as a guide:

- Warm-up activities _____
- Stretching : Light _____
- Normal _____
- Strength : Postural _____
- Overload _____
- Skills: Dance _____
- Swings _____
- Support _____
- Low Impact _____
- High Impact _____
- Forward Bending _____
- Backward Bending _____

The gymnast will undergo physiotherapy from _____ to _____.

The gymnast is expected to return to full training on _____.

Specific Recommendations to Improve Performance:

If there is no Sports Med. Report: GYMNAST MAY NOT RESUME TRAINING.	
Prior to the resumption of training:	
	The Venue Manager asks for the Sports Medicine Report, recording on the rolls: 1/ Specific programming needs 2/ Date of expected return to full training.
	The Coach adjusts the program in consultation with the practitioner &/or Head Coach.
	The Coach follows the programming advice.
	The VM returns the Sport Medicine Report to the Safety Officer's tray for review and filing.
If there is further physiotherapy beyond to expected recovery date:	The VM 1/ Gives the gymnast a new Sports Medicine Report prior to their next physio visit 2/ Notes on the roll to ask for the Sports Medicine Report when the gymnast returns to training.
If the same problem reappears:	Track the problem on the Loss of Training Time Diary
If there is no improvement by the expected date of return to training:	Give the Parent another Sports Medicine Package and refer them to Delta's preferred practitioners. Follow the flow chart starting with : "On the next day..."
If the gymnast loses training time due to another reason:	Track the problem on the Loss of Training Time Diary. Follow the 3/3 or the 5/10 rules.
Club Manager/Safety Officer:	Attach to Acc/Lott Report, track on Summary Page Take needed actions. File Reports alphabetically.

Physical Ability and Development Test

EVALUATING THE GYMNAST'S PHYSICAL ABILITY DEVELOPMENT

The PAD test aims to measure each girl's physical readiness to successfully compete. While competition scores remain the best indicator of current gymnastic level, the PAD score has been an accurate indicator of the future performance of gymnasts. The test is broken into three components as follows: -

Skill Specific

This component measures the core skills required for all high level gymnastics. It includes Handstand, Press Handstand, Cast Handstand and Kips.

Flexibility

This component measures 'passive' hip and shoulder flexibility as well as 'active' hip flexibility. Passive measures the flexibility of the relaxed muscle; active measures the useable flexibility of the joint.

Strength

This component measures a combination of the strength and endurance of the Prevailing Body Actions that are required for Artistic Gymnastics.

GIRLS

To compare your daughter's current level of fitness from her last report, see the expected scores which will be achieved by a club competitor and State/National Competitor.

Level	Club Competitors				State/National Team Members			
	Skill	Flex	Str	Total	Skill	Flex	Str	Total
1a-2a	10%	50%	45%	35%	35%	75%	75%	60%
4	15%	55%	45%	40%	55%	80%	70%	70%
5	25%	65%	55%	50%	75%	85%	85%	80%
6	45%	70%	65%	60%	80%	90%	90%	85%
7-10	55%	70%	70%	65%	90%	90%	90%	90%
Team	40%	70%	70%	60%	2004 average across all team members (level 4-10)			

The Boys PAD Test guidelines for performance – will be developed over the first two tests.

Team Member Responsibilities

Gymnast Obligations

A Gymnast must:

- arrive at least 10 minutes before the scheduled training time to assist the coach in preparation for training.
- train in neat apparel at all times (includes leotard, tights, wrist-bands, socks and t-shirt)
- always obey and respect the instructions of their coach. Show by their words, actions, posture and demeanor a commitment to positive, energetic performance and seek to become the best gymnast they can become.
- always treat other people in the gym with respect and courtesy.
- when competing and training, gymnasts will remember that they are both role models for younger gymnasts and representatives of Delta Gymnastics. Gymnasts will always adhere to the rules of competition.
- Always observe and encourage their team mates to achieve and succeed
- where possible make their coach aware of the fact they may be late or absent from training prior to the event, and see their coach before they start training to explain the lateness of arrival if they arrives late for training.

Parent Responsibilities

The parents of the gymnast must;

- Support your child in meeting the above requirements.
- Ensure attendance at training and competition events.
- Arrange suitable transport to gymnastic events and training. Deliver gymnasts into the facility and pick them up from inside the facility.
- Provide medical and paramedical support for your child through the recommended sports medicine facility.
- Support and assist the activities of Delta Gymnastics.

Please complete and Return

Dear Parent/Member,

We request that you supply the following information to aid us in giving our best care to your child/you while he/she/you are participating in our sports program. All information herein will remain confidential.

Members Name: _____ DOB: _____

Address: _____

Home Phone: _____ Email Address : _____

Parents Names Contact : Mother _____ Mobile : _____

Mother's Employer/s: _____ Work 'Phone: _____

Father : _____ Mobile : _____

Father's Employer/s: _____ Work 'Phone: _____

Emergency Contact : _____ Phone: _____

Are you an ambulance subscriber? YES / NO Number: _____

Your preferred Doctor & Physiotherapist? (if not using our recommended Professionals)

Doctor: _____ Phone: _____

Physio': _____ Phone: _____

Medical information: Has your child / you had the following: (answer Yes or NO & specify)

1. Heart Disease Y / N If so, specify: _____
2. Epilepsy Y / N Frequency _____
3. Asthma Y / N Controlled by _____
4. Haemophilia Y / N
5. Does your child carry drugs or injections for any condition? Y / N If so, specify:

6. Bone, muscle or soft tissue injury requiring a period of treatment or surgery? Y / N
Specify: _____
7. Spinal injury or abnormality: Y / N Specify _____
8. Are there any other facts that you feel we should know concerning your child's health?

Confirmation

We confirm we have received a copy of the Delta Force Teams Information booklet for 2010 and agree to the policies and our obligations under this document.

We consent to photographs of our child being used for promotional material or posted on the club website.

Signed _____
Relationship to Gymnast Relationship to Gymnast

My Current Email Address is : _____