

Dear Parents, Please find below a roster of training over the next few weeks. To best prepare for the State Titles and National Titles we have a number of small changes to training over this period. Please feel free to email me at jmitchell@deltagym.com.au

if these times create difficulties for you. Wendy and I will be away at the National Titles in Perth from the 3rd - 8th July with Wendy going on holiday We welcome new Coach Belinda Wall who will be replacing me when I go on long service leave on the 18th July.

I will provide a full newsletter to all parents after States and Nationals in preparation for our Team season ahead.

Purple Times State Titles Competition time

Orange Regional Challenge Competition times.

Delta Force Training Program June / July

	Mon 21	Tues 22	Wed 23	Thur 24	Fri 25	Sat 26	Sun 27	Mon 28	Tues 29	Wed 30	Thur 1	Fri 2	Sat 3	Sun 4	Mon 5	Tue 6	Wed 7	Thur 8	Fri 9	Sat 10	Sun 11	Mon 12	Tues 13	Wed 14	Thur 15	Fri 16	Sat 17								
Kristy Bishop	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00		5:30 - 9:00	11:00-2:00		Training Camp	Nationals in Perth	Holiday																3:30 - 7:30	10:00-2:00							
Natalie Bennison	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00		5:30 - 9:00	11:00-2:00																								3:30 - 7:30	10:00-2:00			
Ally Smith	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00		5:30 - 9:00	11:00-2:00																									3:30 - 7:30	10:00-2:00		
Rebecca Carter	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00		5:30 - 9:00	11:00-2:00																									3:30 - 7:30	10:00-2:00		
Taylor Ryan	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00		5:30 - 9:00	11:00-2:00																									3:30 - 7:30	10:00-2:00		
Jess Wigglesworth	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00	2:45 - 6:00		11:00-2:00																									3:30 - 7:30	10:00-2:00		
Leah Nelson	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	5:00 - 8:30		11:00-2:00																									3:30 - 7:30	8:00 - 12:00		
Larissa Lum	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	5:00 - 8:30		11:00-2:00																									3:30 - 7:30	8:00 - 12:00		
Olivia Dykes	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	5:00 - 8:30		11:00-2:00																									3:30 - 7:30	8:00 - 12:00		
Lauren Galvin	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	5:00 - 8:30		11:00-2:00																									3:30 - 7:30	8:00 - 12:00		
Tiahna Scanlon	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	5:00 - 8:30		11:00-2:00		Holidays	Holidays	Holidays																								
Alex Johnson	3:30 - 7:30	3:30 - 7:30		3:30 - 7:30			11:00-2:00																												
Sophie Musgrave	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00			11:00-2:00																												
Annalise Nicholson	3:30 - 7:30		3:30 - 7:30	12:00 - 4:00			11:00-2:00																												
Sidney McIlwaine				3:30 - 7:30			11:00-2:00																												
Ali Kay	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00				10:15-2:30																							
Courtney Campbell	3:30 - 7:30		3:30 - 7:30	3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00				10:15-2:30																							
Lauren Tam	3:30 - 7:30	3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00				10:15-2:30																							
Nisa Morgan		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00				10:15-2:30																							
Lauren Moore		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00				10:15-2:30																							
Maddison Ryan		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00																												
Breanna Walker		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00																											
Amber Fraser		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00																											
Charlee McIlwaine		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00																											
Tahlia Hensley		3:30 - 7:30		3:30 - 7:30	8:30 - 12:30		11:00-2:00	8:00 - 11:00																											
Tamara Champion		3:30 - 7:30		3:30 - 7:30		8:15 - 11:00																													
Hannah Rassmussen		3:30 - 7:30		3:30 - 7:30		8:15 - 11:00																													
Bronte Brooks		3:30 - 7:30		3:30 - 7:30		8:15 - 11:00																													
Lizzie White		3:30 - 7:30		3:30 - 7:30		8:15 - 11:00			7:45-11:30																										
Eloise Owens		3:30 - 7:30		3:30 - 7:30	1:00 - 5:00		2:45-5:30	2:15-5:30																											
Amy Evans		3:30 - 7:30		3:30 - 7:30	1:00 - 5:00		2:45-5:30																												
Olivia Pennefather		3:30 - 7:30		3:30 - 7:30		2:15-5:00																													
Ashaya King	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00	2:15-5:00																													
Georgia Townsend	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00		7:45-10:30																												
Maddi Thompson	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00	2:15-5:00			7:45-11:30																										
Nicola Lum	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00		7:45-10:30	2:15-5:30																											
Emi Watterson	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00		7:45-10:30	2:15-5:30																											
Natasha Petski	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00		7:45-10:30	2:15-5:30																											
Zoe Hardon	4:30 - 7:30		4:30 - 7:30		1:00 - 5:00		7:45-10:30	2:15-5:30																											
Kia Seymour	4:30 - 7:30		4:30 - 7:30																																
Brooke Hensley	4:30 - 7:30		4:30 - 7:30																																
Lydia Gavioli	4:30 - 7:30		4:30 - 7:30																																
Ellena Rasmussen	4:30 - 7:30		4:30 - 7:30																																
Thea Penny	4:30 - 7:30		4:30 - 7:30																																
Evie Stafford	4:30 - 7:30		4:30 - 7:30																																
Meg Crawford	4:30 - 7:30		4:30 - 7:30																																
Julia Dodds	4:30 - 7:30		4:30 - 7:30																																
Chelsea Gildea		4:30 - 7:30		4:30 - 7:30																															
Isabelle Musgrave		4:30 - 7:30		4:30 - 7:30	4:30 - 7:30		7:45-10:30																												
Leila Davis		4:30 - 7:30		4:30 - 7:30	4:30 - 7:30		2:45-5:30																												
Breanna Gimblett		4:30 - 7:30		4:30 - 7:30	4:30 - 7:30		2:45-5:30																												
Christine Cross		4:30 - 7:30		4:30 - 7:30	4:30 - 7:30		2:45-5:30																												