



**Delta Gymnastics**  
B R I S B A N E

Delta Gymnastics Brisbane  
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## COMPETITORS NEWSLETTER July 2010 – DELTA FORCE SQUAD

Competitive Results    Training Times    Welcome    Upcoming Events    Competition Entries    BonVoyage

### **CONGRATULATIONS!!!!**

We are so proud our amazing girls have done a fantastic job over the past 5 weeks with gymnasts exceeding expectations and many girls performing to their personal best. As a part of the mission of our Delta Force program we aim to assist in the growth and development of young ladies by providing an opportunity for girls to be challenged at their own level. The process of preparing for competition, competing and then reviewing the results is an invaluable component of our program.

While there have been many outstanding results over the past five weeks, as a club we have had many "best ever" results with 2 Individual All Around National Champions (Jess Wigglesworth and Taylor Ryan), 5 Apparatus National Champions (Jess on Bars and Beam, Taylor on Bars and Beam, Larissa Lum on Bars) , 6 Individual All Around State Champions (Emi Watterson, Eloise Owens, Maddie Thompson, Jess Wigglesworth, Taylor Ryan and Natalie Bennison) and multiple State and National Medallists.

Congratulations to all girls who performed at the Delta Challenge, State Titles, Regional Challenge and National Titles. We are proud of your effort, outcome and results. For a full copy of results from all our events please see our website at [www.deltagym.com.au](http://www.deltagym.com.au)

### **TRAINING TIMES**

I would like to apologise for the late notice provided to families who have had time or venue changes this term. Please find attached s summary of training days for Term 3 as a confirmation for all families.

### **WELCOME**

We would like to welcome Belinda Wall who will join us this month to replace John while he is away and then stay in a management / coaching role at Delta on John's return. Belinda comes to Delta with a wealth of experience, previously coaching and managing Barron Valley Gymnastics Club and over the past two years as manager and coach at the Queensland Academy of Sport Gymnastics High Performance program (coaching girls like Emily Conran preparing for International Gymnastics).

I would also like to welcome the Merret family (Maddie Merret - Level 7) and the Rettie family (Charlize Rettie -Level 4) to our program.

### **PAD TEST**

Please mark in your diaries our Next PAD Test and parent meetings which will be held at St Margaret's on Saturday the 7th August. Our PAD test is critical to the development of our girls and an important opportunity to communicate with parents all the information required for girls to be in the Delta Force Squad.

Delta Force Squad (9 hours girls and above) :	PAD TEST 8:00 – 11:30	PARENT MEETING 11:15am- 11:30.
Extention and Extension Plus (4 – 6 hour girls)	PAD TEST 11:30 – 2:30	PARENT MEETING 2:15pm – 2:30.

### **Upcoming Competition's**

The next round of competitions are team-based events for girls training 9 hours and above in Level 4 - 10. Girls will be selected into certain team's dependant on their individual performances and their ability to strengthen the team result. Please see below for a run-down on each of these events:

#### Team Challenge

Team Challenge is a team event 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 will be 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 7 gymnasts with 5 girls to compete on each apparatus. Awards are provided for the top six team places in each round and over the two rounds combined. (Please note that teams cannot be changed between rounds and girls must be available for both weekends)

#### QLD State Clubs

In 2010 this event will be held in Caloundra and is a team event for gymnasts in three divisions – Level 4, Level 5/6 and Level 7 – 10 with all girls competing at their own level (Level 7 – 10 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. 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. Over the past four years our girls have placed 1<sup>st</sup> in Queensland as a club and it is our goal oin 2010 to defent our State Club Champion Title. All Level 4 – 10 Squad gymnasts will be invited to attend and compete in this event. Please see below the DRAFT STATE CLUBS SCHEDULE

- Friday 17<sup>th</sup> Sept                      Border Challenge
- Saturday 18<sup>th</sup> Sept                  Level 4, Border Challenge
- Sunday 19<sup>th</sup> Sept                    Level 4 (mainly the 3<sup>rd</sup> teams from each Club), Level 5/6
- Monday 20<sup>th</sup> Sept                    Level 7-10

Please note that at this event we will not be staying as a tour and all girls will be travelling up to Caloundra for competition and presentations. Please add into your plans to come up on the Monday for the 7 – 10 event and Overall Club presentations and photo.



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Wet and Wild

In June the Sydney Tour event was changed to the final weekend of the school holidays. As we had advertised that all squad gymnasts will have the second week of the September holidays off training we have decided not to attend this event. In place of this event we will be attending the "Wet N Wild Competition" which is an Annual event run by Gold Coast Gymnastics. Gymnasts will be categorised not only by their levels, but in accordance with the number of hours they train. This is to ensure that gymnasts training lower hours are not disadvantaged. Our aim is to take a Level 1, 2 and 3, 4, 5/6, 7-10 team in the Open Division. Teams comprise of 5 gymnasts, with 3 scores to count on each apparatus.

This event is quite unique in terms of the prizes that are awarded. Each child receives a goody bag and there are special awards in addition to the trophies, medals and ribbons. Teams in the Open Divisions have the opportunity to earn Prize Money, as well as for the Overall Club Champions which if we were successful these funds would be donated to our fund raising kitty.

**Dates to Remember**

- PAD Test #3 St Margaret's Saturday 7<sup>th</sup> August
- State Clubs Caloundra 17<sup>th</sup> – 21<sup>st</sup> September. (Please see below for a DRAFT schedule)
- State Squad Maroochy Beach Tuesday 22<sup>nd</sup>/Wednesday 23<sup>rd</sup> September. Dates to be confirmed by Gym QLD.

The September/October Holiday Break will be from Monday 27<sup>th</sup> September – Sunday 3<sup>rd</sup> October for ALL Squad gymnasts.

**Competition Entry Fees**

The next round of Competition nominations are due, and comprise of the following events:

EVENT	LOCATION	DATE	PARTICIPANTS	COST
Team Challenge #1	Spring Hill	21 <sup>st</sup> /22 <sup>nd</sup> August	All Levels 4 – 6	\$40.00
Team Challenge #2	Spring Hill	28 <sup>th</sup> /29 <sup>th</sup> August	All Levels 4 – 6	\$40.00
QLD State Clubs	Caloundra	17 <sup>th</sup> – 21 <sup>st</sup> September	All Levels 4 – 10	\$50.00
Wet 'n' Wild	Gold Coast	23 <sup>rd</sup> – 28 <sup>th</sup> September	Selected Levels 1 – 3 All Squad Levels 4 - 10	\$50.00

Please complete the payment slip below and fax to the office 5571 0032 or call the office on 3262 0066 by the Monday 19<sup>th</sup> July. If you have any questions about any of the information in this newsletter, please drop me a line at [jmcginnity@deltagym.com.au](mailto:jmcginnity@deltagym.com.au) , call the office on 3262 0066 or see me in the gym for a chat after class.

**END OF YEAR AWARDS NIGHT – STOP PRESS**

**This year the end of year awards night will be moved to Friday the 3<sup>rd</sup> of December to accommodate our Senior International Tour. PLEASE NOTE – THIS IS A CHANGE FROM THE CALENDAR!**

**BON-VOYAGE**

On Sunday 18<sup>th</sup> Megan, Lachlan, Matthew and I will be heading off our our long awaited long service leave. Over the next eight weeks we will be tripping around the world, relaxing and taking in a few gymnastic sights such as the USA Nationals, Congress and a visit to IG gymnastics camp. In our absence Amy Reinke will be the acting Club Manager and Wendy Gilliver Acting Head Coach. If you have any queries or need to contact Amy or Wendy, please call our office on 3262 0055 or email [areinke@deltagym.com.au](mailto:areinke@deltagym.com.au) or [admin@deltagym.com.au](mailto:admin@deltagym.com.au). I would like to thank all families for their well wishes and thank all families in advance for helping me feel comfortable heading off on holidays with reassurance that our Delta ship will sail smoothly over the next two months.

Gymnast Name: \_\_\_\_\_

Due Date: **Monday 26<sup>th</sup> July 2010**

<input type="checkbox"/> 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 Entry Fees	Team Challenge #1		\$ 40.00	<input type="checkbox"/>	
	Team Challenge #2		\$ 40.00	<input type="checkbox"/>	
	QLD State Clubs		\$ 50.00	<input type="checkbox"/>	
	Wet 'n' Wild		\$ 50.00	<input type="checkbox"/>	
	<b>Total Payment</b>		<b>\$ _____</b>		

Office Use Only - Delta BRIS - 2010 Competition Entry: Season 3

Club Members  Payment Log