

**Delta Gymnastics Brisbane**  
*State and National Club Champions 07,08*

Delta Gymnastics Brisbane Pty Ltd  
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## COMPETITORS NEWSLETTER – SQUADS AND TEAMS – July 28th

<b>Contents:</b>	Recent Results	Tours and Team Selection	PAD Test / Parent Meeting
	State Squad	End of Year Dinner	Comp Fees

### Recent Results

Congratulations to all girls on their fantastic results over the past month we are so proud of you. Our girls continue to show that with hard work anything can be achieved. Have a look at our results:-

### National Titles

#### **Sidney McIlwaine Level 7**

*Individual Overall Champion, National Champion Bars and Beam, 5<sup>th</sup> Place Floor and Bronze Medal Team member.*

**Jess Wigglesworth Level 7** – 7<sup>th</sup> Overall (and 1<sup>st</sup> overall in the finals) and Bronze Medal Team member.

**Sophie Musgrave Level 7** – 12<sup>th</sup> Overall and Bronze Medal Team member.

**Ally Smith Level 8** - Third All Around and National Champion on Uneven Bars and Gold Medal Team member.

**Taylor Ryan Level 8** – Fourth All Around, Bronze Medal Vault and Gold Medal Team member.

**Alex Trezise Level 9** – Fourth All Around, Bronze Medal Beam and Silver Medal Team member.

**Kristy Bishop Level 10** – 7<sup>th</sup> All Around, Silver medal Vault and Gold Medal Team member.

**Stephanie Zietek Level 10** – 16<sup>th</sup> All Around, Gold Medal Team member and Queensland Team Captain.

**Emily Conran International Level 6** – 9<sup>th</sup> All Around, Silver Medal Team member.

### State Titles

#### **Level 4 Open**

Kahlee Mace Bronze Medal Overall, Silver medals Bars, Beam and Floor and upgraded to Level 5, Lauren Atkinson 7<sup>th</sup> and upgraded to Level 5, Phoebe Holland 8<sup>th</sup> Overall and Bronze Medal Bars, Hannah Rassmussen 18<sup>th</sup>, Tamara Champion 19<sup>th</sup>, Amy Stevens 27<sup>th</sup>, Elizabeth White and Deanna Simpson 39<sup>th</sup>, Danica Dodds 53<sup>rd</sup>, Ruby Steinburg 62<sup>nd</sup>, Emalli Pruha 75<sup>th</sup> and Brittany Shaw 81<sup>st</sup>.

#### **Level 4 Under 10**

Maddie Thompson 5<sup>th</sup> Overall, silver medal floor and upgraded to Level 5, Nicola Lum 9<sup>th</sup>, Ashaya King 11<sup>th</sup>, Amy Evans 39<sup>th</sup>, Eloise Owens 42<sup>nd</sup>.

#### **Level 5 Under 11**

Amber Fraser Silver Medal Overall, Silver medals on Bars and Floor and upgraded to Level 6. Charlee McIlwaine 5<sup>th</sup> Overall, State Champion on Vault.

#### **Level 5 Open**

Maddison Ryan Overall State Champion. Bronze Medals on Beam and Floor and upgraded to Level 6. Brianna Walker Silver Medal Overall, Silver medals on Vault and Beam and upgraded to Level 6. Lauren Tam Bronze medal overall, Bronze Medals on Bars and Beam, Nisa Morgan 9<sup>th</sup> Overall and State Champion Beam. Lauren Moore 12<sup>th</sup>, Ellen Henry 27<sup>th</sup> and Millie Demichelle 29<sup>th</sup>.

#### **Level 6 Under 12**

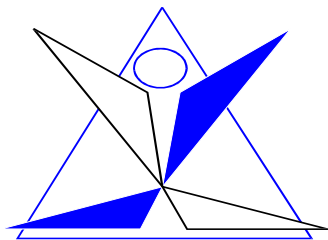
Leah Nelson and Tess Hannah Tied for Overall State Champion. Leah Nelson was State Champion on Beam and Floor while Tess Hannah was State Champion on Vault and Bars. Leah and Tess were both offered optional upgrades to Level 7 and selected to represent Queensland in the Border Challenge in September in Caloundra. Courtney Campbell placed 10<sup>th</sup> Overall, won the Bronze medal on Bars and was offered optional upgrade to Level 7.

#### **Level 6 Open**

*Lauren Galvin Overall State Champion, State Champion Beam, Bronze medalist on Bars and Floor, offered optional upgrade to Level 7 and was selected to represent Queensland in the Border Challenge in September in Caloundra. Olivia Dykes Bronze Medal Overall, Bronze medal beam and Silver medal Floor, offered optional upgrade to Level 7. Alex Johnson 4<sup>th</sup> Overall, Silver Medal Beam and offered optional upgrade to Level 7. Tiahna Scanlon 5<sup>th</sup> Overall, Silver medal on Bars and offered optional upgrade to Level 7.*

#### **Level 6 International**

*Emily Conran - Bronze Overall, Silver Medal Vault, Bronze medals Bars, Beam and Floor.*



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### **Level 7 – 10 at State Titles**

*Sidney Mcllwaine Level 7- Overall State Champion, State Champion Bars, Beam and Floor.*

*Sophie Musgrave Level 7 – Silver Medal Overall, State Champion Vault, Laura Purdie Level 7 – 8<sup>th</sup> Place Overall.*

*Jess Wigglesworth Level 7 – Competed only two apparatus. Silver Medal Bars, Silver Medal Beam.*

*Taylor Ryan Level 8 – Overall State Champion, State Champion Vault, Silver Medal Bars, Bronze Medal Beam & Floor*

*Ally Smith Level 8 – 6<sup>th</sup> Overall*

*Alex Trezise Level 9 – Silver Medal Overall, Silver Medal Bars, Silver Medal Beam.*

*Rebecca Carter Level 9 – 7<sup>th</sup> Overall, Bronze Medal Floor.*

*Kristy Bishop Level 10 – Bronze Medal Overall, Silver Medal Vault and Beam, Bronze Medal Floor.*

*Stephanie Zietek Level 10 – 5<sup>th</sup> Overall and Silver Medal Bars.*

Congratulations also to John Mitchell who was awarded **Gymnastics Queensland National Stream Coach of the Year** which was presented at the State Titles. Special thankyou to Coaches, gymnasts and parents who were responsible for nominating John.

### **Tours and Team Selection**

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 children and provides reward for their hard work.

I would like to congratulate the following gymnasts who have been selected to compete in the following competitions. This year the team structure and rules pertaining to changing teams in Team Challenge and State Clubs have changed. John will explain these rules at the PAD Test parents meetings and finalise which girls will compete in each team closer to the event. As we cannot change teams after nomination, please advise John ASAP if you daughter is unavailable for any of these events.

#### **WAG Team Challenge 1 and 2, Spring Hill 29/30 August and 12/13 September – Level 4-6 COST \$80 for both events**

Level 4 : Kahlee Mace, Lizzie White, Lauren Atkinson, Ashaya King, Amy Stevens, Caroline Padgham, Hannah Rassmussen, Bronte Langley, Phoebe Holland, Deanna Simpson, Amy Evans, Tamara Champion, Nicola Lum, Dana Coster, Zoe Hardon, Eloise Owens, Emi Watterson, Olivia Pennefather, Katie Scott, Maddison Thompson.

Level 5-6 : Courtney Campbell, Leah Nelson, Tess Hannah, Ally Kay, Lauren Galvin, Olivia Dykes, Tiahna Scanlon, Alex Johnson, Charlee Mcllwaine, Amber Fraser, Holly Wiseman, Millie DiMichelle, Ellen Henry, Tahlia Hensley, Caitlin Darrach, Breanna Walker, Maddison Ryan, Lauren Moore, Lauren Tam, Nisa Morgan.

#### **WAG State Clubs and Sunshine Team Challenge -, Caloundra 18-21 September – Level 4-10 COST \$60**

Level 4 : Kahlee Mace, Lizzie White, Lauren Atkinson, Ashaya King, Amy Stevens, Caroline Padgham, Hannah Rassmussen, Bronte Langley, Phoebe Holland, Deanna Simpson, Amy Evans, Tamara Champion, Nicola Lum, Dana Coster, Zoe Hardon, Eloise Owens, Emi Watterson, Olivia Pennefather, Katie Scott, Maddison Thompson.

Level 5-6 : Courtney Campbell, Leah Nelson, Tess Hannah, Ally Kay, Lauren Galvin, Olivia Dykes, Tiahna Scanlon, Alex Johnson, Charlee Mcllwaine, Amber Fraser, Holly Weyman-Jones, Millie DiMichelle, Ellen Henry, Tahlia Hensley, Caitlin Darrach, Breanna Walker, Maddison Ryan, Lauren Moore, Lauren Tam, Nisa Morgan.

Level 7 – 10 : Sophie Musgrave, Jessica Wigglesworth, Laura Purdie, Larissa Lum, Taylor Ryan, Ally Smith, Stephanie Zietek, Kristy Bishop, Alex Trezise, Rebecca Carter, Sidney Mcllwaine, Natalie Bennison.

#### **WAG Sydney Open Tour, Northern Beaches – Level 4-10 COST \$500**

Ashaya King, Amy Stevens, Caroline Padgham, Hannah Rassmussen, Bronte Langley, Deanna Simpson, Amy Evans, Tamara Champion, Dana Coster, Eloise Owens, Olivia Pennefather, Courtney Campbell, Leah Nelson, Tess Hannah, Lauren Galvin, Olivia Dykes, Tiahna Scanlon, Charlee Mcllwaine, Amber Fraser, Holly Weyman-Jones, Ellen Henry, Tahlia Hensley, Breanna Walker, Maddison Ryan, Lauren Moore, Lauren Tam, Nisa Morgan, Laura Purdie, Larissa Lum, Taylor Ryan, Ally Smith, Stephanie Zietek, Kristy Bishop, Rebecca Carter, Sidney Mcllwaine.

#### **WAG National Clubs, Canberra – Level 4-10 COST \$750**

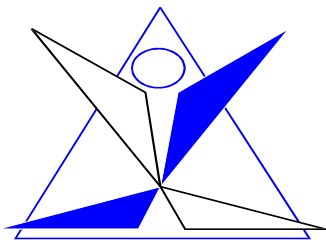
Level 4 : Kahlee Mace, Lauren Atkinson, Madison Thompson. (two to selected at a later date)

Level 5-6 : Courtney Campbell, Leah Nelson, Tess Hannah, Lauren Galvin, Olivia Dykes, Tiahna Scanlon, Alex Johnson, (1 to compete as Level 7) Charlee Mcllwaine, Amber Fraser, Tahlia Hensley, Caitlin Darrach, Breanna Walker, Maddison Ryan, Lauren Moore, Lauren Tam, Nisa Morgan.

Level 7 Sophie Musgrave, Jessica Wigglesworth, Laura Purdie, Larissa Lum, Sidney Mcllwaine (2 to compete as Level 8)

Level 8 Taylor Ryan, Ally Smith, (+two level 7's)

Level 10 Stephanie Zietek, Kristy Bishop, Alex Trezise, Rebecca Carter, Natalie Bennison.



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### National Club Championships Team Selection

Our level 4 team has yet to be finalised as we are now working on new National Requirements in a bid to ensure that the girls selected will be the most successful at those requirements. Selection of the final two gymnasts will occur over the next two weeks.

The National Club Championships is the highest level of team competition in Australia and clubs from throughout the country attend to provide National competition for their athletes. Due to the popularity of the event the team nomination in each level is limited to just one team per club.

This year we have the enviable problem that we have too many strong competitors which means that we could have the situation where even girls who are placing in the top 3 in Queensland would not be selected into a Delta team and would then be unable to attend the event.

To tackle this problem I sought permission from the event director to nominate an additional team in the Level 6 division (which has now been granted). This means that out of the 16 girls selected in the level 5/6 division we will have 5 girls in the Level 5 Team, 10 girls in the level 6 division and 1 girl move up to compete in our level 7 team.

Based on the ever changing speed of improvement of our girls I do not expect to know which girls will be in each team until as close as four weeks prior to the event. All girls selected will have the opportunity to compete at the championships. In the Level 6 division we will have 5 girls in our second level 6 team which although I believe the team will be very competitive at the event will be ineligible for awards or points as a condition of entry of that team.

Girls will be selected into teams to maximise the team score for the club and selection will be made by the coaches and that selection decision will be final.

I am very comfortable that this is a fantastic outcome for our girls to provide them with this National experience and expect that all parents will fully support this initiative.

Please sign and return the payment slip by the due date signifying your understanding and acceptance of the team design and selection process for National Clubs.

### PAD Test Reminder

The next PAD Test is fast approaching, it will be held on Saturday 8<sup>th</sup> August from 9:00 – 12:00pm, with a Parent Meeting at 11:30 for all parents. More detailed information regarding upcoming competitions and end of year events will be distributed during this meeting.

### RAFFLE RETURNS

Please remember to bring back your sold raffle tickets to the PAD test on Saturday the 8th of August. We need these tickets sold if we are to provide support to our tours, events and awards night.

### State Squad

The first Junior State Squad clinic will be held on Tuesday 22<sup>nd</sup> and Wednesday 23<sup>rd</sup> September at Maroochy Beach Gymnastics Club. Times will be confirmed at a later date. An in-house State Squad training day will be held at St Margaret's on in November with coaching from visiting state squad coaches.

### Delta End of Year Dinner

The Delta End of Year Dinner is our annual awards night, whereby we recognize the achievements of these wonderful athletes and celebrates the successes of 2009. This year the Delta Brisbane Awards Dinner will be held at the Kedron Wavell RSL and is shaping up to be a fantastic night. Funds raised by our raffles and the Delta Challenge will go towards subsidizing the cost of the dinner for families. The final cost will be \$ 36 per adult and \$ 26 per child (5 – 12 years) for a full sit down meal.

### COMPETITION SEASON NOMINATION FEES

As discussed at our June Parent Meeting, the team competition season nominations are due shortly. Please find the remittance form below which includes all competitions up to and including National Clubs. Please note that **each of the remittance forms have different due dates** and they are being provided to you in this notice to ensure you have plenty of notice of due dates. In the event a girl cannot compete in an event due to injury or that she did not qualify for the event, competition fees will be refunded. (Note that we need to send a doctors certificate within 14 days of the event to claim a refund).

### WELCOME TO NEW GYMNASTS

Please welcome the following gymnasts to our Delta Teams and Squad program.

**New to Squad** – Georgia Townsend, Anna Steele, Isabelle Musgrave, Brooke Schwenke, Leila Davis, Brianna Gillbert, Chelsea Gildea, Meg Crawford, Julia Dodds, Madison Facey.

**New to Teams** – Holly Weyman-Jones Level 5, Ali Kay Level 6, Natalie Bennison Level 9.

