

## COMPETITORS NEWSLETTER June 2010 – DELTA FORCE SQUAD

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### State Team Trial

Congratulations to all girls for their performance in the 2010 Senior Regional Championships and State Team Trial.

The girls did a great job and while I am confident that we still have more to give on our way to States and Nationals they did fantastically at the trial.

Congratulations to the following girls who will be travelling to Nationals as members of the Queensland Team :- Olivia Dykes, Leah Nelson, Larissa Lum, Jessica Wigglesworth, Taylor Ryan, Ally Smith, Rebecca Carter, Natalie Bennison and Kristy Bishop.

Also congratulations to those girls who will represent Queensland at the 2010 Border Challenge:- Lauren Galvin, Sophie Musgrave and Sidney Mcilwaine.

### Delta Challenge – We Need You

The draw for Delta Challenge 2010 is out and we are gearing up for a great comp with over 300 gymnasts. This is our opportunity to compete in our own club and for some, received feedback from judges as a build up to States. As this is our Club Invitational and all proceeds from the door and canteen go to our parent support group fundraising effort, we ask that all parents contribute as a volunteer for at least one session throughout the weekend. Please write your name on the posters as they are put up in the gym this week.

#### **Session 1 – Saturday 19th June 2:00 – 5:30pm**

Level 6 – 10, Level 1 (Novice and Open) and Level 1 and 2 Carnival.

#### **Session 2 – Sunday 20th June 9:00am – 12:30**

Level 5, Level 4 Under, Level 2 Novice and Level 3 Unders.

#### **Session 3 – Sunday 20<sup>th</sup> June 1:00 – 4:30pm**

Level 4 Open, Level 3 Open, Level 2 Open and Level Carnival.

### CHANGES TO TRAINING TIMES :

Saturday 19<sup>th</sup> June : Our Level 3 Squad and Level 4-5 Squad who normally train on Saturday mornings from 8:00 – 11:00 will train as usual (as these girls will have missed training on Monday 14<sup>th</sup> due to the public holiday) . All other Squad / Team gymnasts will not train on this day as they will be competing Saturday or Sunday.

### State Titles

The draw for State Titles is yet to be released. I will post it on our website the same day that Gym Qld place our gymnasts into groups, sessions and days.

### Holiday Training

A full schedule of training will be published once the draw for State Titles is confirmed. Gymnasts who are not competing at states will have holidays from Friday 25<sup>th</sup> to Thursday 1<sup>st</sup> (inclusive). All girls who are competing at States will have seven days holidays from their last competition at states. (Girls going to Nationals will have seven days off after they return from Nationals.

**Senior International Tour – Stay tuned : Details to be available by the end of this week.**