

COMPETITORS NEWSLETTER MAY 2010 – DELTA FORCE SQUAD

Contents : Junior Regionals Senior Regionals Training Nominations

Brisbane North Regional Championships

Our Delta Brisbane girls did an amazing job at the Brisbane North Regional Championships held at Brisbane Girls Grammar School on Saturday 22nd and Sunday the 23rd of May.

We are so proud of our girls effort, behaviour, performance and results at the championships. Many girls achieved new personal bests and our coaches have commented how proud they were of the girls as a whole.

For our Level 3 girls this is the highest level individual competition in Queensland and our Level 3 girls were fantastic . While we are always going to have the muck ups and "I forgot to do my Handstand" type of routines, overall the girls exceeded expectations and had a great time.

Our Level 4 - 6's were outstanding and demonstrated performances that tell us that they have been working hard and committing to trying to be the best they can. It is important to note that the competitive results are not as important as the process which arrived at those results.

Of particular note, it was great to see some of our girls who train in Extension (4 hours per week) and Extension Plus (6 Hours per week) awarded medals and ribbons for placing in the top six in the region. Great Job Girls! You should be really proud of this outcome.

The championships had so many good results it is not possible to name them all. Please find full results at our Website as well a our newest Regional Champions and Regional Team members.

Brooke Hensley	Level 3 Under 9 : Vault Champion
Kaiya Sermour	Level 3 Under 9 Bars Champion
Chelsea Gildea.	Level 3 Under 9 Beam, Floor and Overall Champion
Madison Langley Brooks	Level 3 Open Beam Champion
Georgia Townsend	Level 4 Under 10 Vault Champion
Nicola Lum	Level 4 Under 10 Floor Champion
Natasha Petski	Level 4 Under 10 Bars and Overall Champion
Eloise Owens	Level 4 Open Bars, Beam, Floor and Overall Champion.
Madison Thompson	Level 5 Under 11 Vault, Bars and Overall Champion
Tamarra Champion	Level 5 Open Beam and Floor Champion
Lizzie White	Level 5 Open Overall Champion
Charlee McIlwaine	Level 6 Under 12 Vault and Floor Champion
Ali Kay	Level 6 Open Vault, Bars, Beam, Floor and Overall Champion

Congratulations Girls selected to Represent Brisbane North at the Regional Challenge!

Level 4 : Eloise Owens, Zoe Harden,Emi Watterson, Nicola Lum, Natasha Petzki.

Level 5 : Lizzie White and Maddie Thompson.

Level 6 : Lauren Moore, Lauren Tam, Courtney Campbell, Nisa Morgan and Ali Kay.



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Senior Regionals and State Team Trial – WE NEED YOU

On Saturday 29th and Sunday 30th May our Level 7 – 10 girls will attend the State Team Trials to challenge for Team selection with the aim to represent Queensland at the National Titles in Perth. We would love to have as many Delta families as possible attend the event and cheer on our girls.

At this meet the girls will compete over two days of competition with the teams being selected at the conclusion of the second round. Competition times are as follows :- **(NOTE THEY HAVE CHANGED)**

Saturday 29th May

Level 7	Arrive 2:00pm	Warm Up 2:15pm	Comp 3:45
Level 8 – 10	Arrive 4:45pm	Warm Up 5:00pm	Comp 6:30

Sunday 30th May

Level 7	Arrive 12:15	Warm Up 12:30	Comp 2:00pm
Level 8 – 10	Arrive 3:15	Warm Up 3:35	Comp 4:45pm ?

CHANGES TO TRAINING TIMES :

This Saturday 29th May we ask that our Level 6 gymnasts train 8:00 – 12:00am to allow the coaches and gymnasts to attend the State Team Trial. Please see John if this is not possible. (all other girls as normal).

On Saturday 5th June our girls who train 4 hours will all train 8:00 – 12:00 to allow gymnasts and coaches to attend the Delta Winter Carnival. Other girls will train as per normal from 8:00 – 11:00am.

Delta Challenge and State Titles

As our second competition season fees are now overdue for the Delta Challenge to be held June 18/19 and the State Titles at the end of June. Nominations for State Titles must now be sent and late payments are not being accepted by Gymnastics Queensland. If you have not paid please **CALL NOW** before it is too late.

Remittance Slip for: _____ Due: 24th May, 2010

Please DO NOT hand to coaches. You can post the form, call the office 3262 0066 or fax the form to 3262 1198.

Delta Challenge	June 19/20	(Level 1 – 10)	\$45.00	<input type="checkbox"/>
State Titles	June 25-29	(Level 4 – 10)	\$85.00	<input type="checkbox"/>

Total Payment \$ _____

Cash Cheque Credit Card Card Type: Visa MasterCard

Credit Card Number _____/_____/_____/_____ Expiry Date: ____/____

Signature: _____

Office Use Only - Delta Brisbane - 2010 Event Fees

Club Members Event File Event Nomination