

## COMPETITORS NEWSLETTER MAY 2010 – DELTA FORCE SQUAD

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### Aurora Challenge

Congratulations to all girls who competed at the Aurora Challenge and Judges Classic. We had some really pleasing results with many girls leaving the floor exceeding expectations and feeling confident and happy.

It is important for all girls, coaches and parents to remember that performing at competition the gymnastics learned in training is just another aspect that each girl needs to learn. The goal of our Level 3 – 6 program from a gymnastics point of view is to have girls learn how to train, how to perform, how to control themselves and in doing so develop confidence. It is normal in any learning environment that there is an element of trial and error. It is important that we embrace "error" as much as success, as it is in making "errors" that we learn most.

### Delta Duel

Good luck to all girls competing in the Delta Duel this weekend. We are sure to have a great time and grow from the experience. Please note there have been no changes to times below :-

#### Saturday 15<sup>th</sup> May, 2010

Level 4 – 6	Warm Up 1:00pm	March On 1:25pm	Competition 1:30pm	Presentation 4:30pm
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#### Sunday 16<sup>th</sup> May, 2010

Level 7 -10	Warm Up 10:00am	March On 10:25am	Competition 10:30	Presentation 12:30pm
Level 1 – 3	Warm Up 12:30pm	March On 12:55pm	Competition 1:00pm	Presentation 4:00pm

\* Please arrive at least 15 minutes prior to the start of warm up.

\*\* Level 1 – 3 gymnasts please take the opportunity to arrive early and watch the fantastic Level 7 – 10 gymnasts as they prepare for State Team Selection.

\*\*\* All Level 4 – 6 girls who are competing at Delta Duel will have no training over the weekend.

### Brisbane North Regional Championships

Good Luck to all girls competing at the Brisbane North Regional Championships next weekend. The final times for competition are :-

#### Saturday 22nd May, 2010

<b>Level 5</b>	<b>Arrive 7:35am</b>	<b>Warm Up 8:00am</b>	<b>Comp 8:30am</b>	<b>Presentation 10:30</b>
<b>Level 6</b>	<b>Arrive 10:30am</b>	<b>Warm Up 10:45am</b>	<b>Comp 11:10am</b>	<b>Presentation 1:00pm</b>
<b>Level 3</b>	<b>Arrive 1:15pm</b>	<b>Warm Up 1:30pm</b>	<b>Comp 2:00pm</b>	<b>Presentation 6:00pm</b>

Elizabeth Bos, Lucinda Conwell, Kahlee-Rose Innes, Jannah Jacobson, Sally Jones, Charlotte Martinkus, Chelsea Mears, Maeve Toohey, Nakita Yoshida-Martin, Maddie Brannelly, Matisse Martin, Rebecca Ulloa, Antonia Vahdat, Eloise Vincenzi, Gabrielle Sinnamon, Sophia Martin, Krystal Champion,

<b>Level 3</b>	<b>Arrive 3:45pm</b>	<b>Warm Up 4:00pm</b>	<b>Comp 4:30pm</b>	<b>Presentation 6:00pm</b>
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Meg Crawford, Julia Dodds, Lydia Gavioli, Chelsea Gildea, Brooke Hensley, Thea Penny, Ellena Rasmussen, Kaiya Seymour, Evie Stafford, Grace Brockett, Phoebe Gibson-Dougall, Abbie Hurnall, Danielle Scanlon, Calista Shamrock, Asheigh Heath, Madison Langley-Brooks, Alexandra Clayton, Stephanie Jansen 30



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

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**Sunday 23rd May, 2010**

**Level 4 Arrive 11:15am Warm Up 11:30am Comp NOON Presentation 4:45pm**

Hannah Berry, Emmali Pruha, Brittany Shaw, Ruby Steinberg, Lauren Vasey, Abbey Childs, Alexandra Clements, Nicolette Kramer, Grace McMahon, Sophie Dennis, Georgia Duhig, Molly Duhig, Ella Jones, Isabelle Musgrave, Anna Steele

**Level 4 Arrive 2:15pm Warm Up 2:30pm Comp 3:00pm Presentation 4:45pm**

Christine Cross, Leila Davis, Breanna Gimblett, Amy Evans, Eloise Owens, Zoe Harden, Natasha Petsky, Georgia Townsend, Emi Watterson, Nicola Lum.

**Senior Regionals and State Team Trial**

On Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> 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 :-

**Saturday 29th May**

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

**Sunday 30th May**

Level 7 Arrive 12:15 Warm Up 12:30 Comp 1:30pm  
Level 8 – 10 Arrive 3:15 Warm Up 3:30 Comp 4:00pm ?

**Delta Challenge and State Titles**

As our second competition season fees are now due for the Delta Challenge to be held June 18/19 and the State Titles at the end of June. Please return payment with the form by May 24th

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