

*Delta Brisbane Competitive Program*  
*INFORMATION BOOKLET 2011*



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

---

**Delta Gymnastics Club**

PO BOX 477 Clayfield 4011

Phone: 07 3262 0055

Fax: 07 3262 1198

**Clayfield Venue**

Clayfield College Sports Complex  
Cnr Sandgate Road and Wagner Roads  
Clayfield

**St Margaret's Training Venue**

St Margaret Anglican College Sports Hall  
Lapraik Street.  
Ascot.

Website : [www.deltagym.com.au](http://www.deltagym.com.au)

Email : [admin@deltagym.com.au](mailto:admin@deltagym.com.au)

This publication was up to date as of printing 4 Feb, 2011

---

## **Vision**

*To be recognised as a leading club throughout Australia in the provision of quality gymnastics tuition and providing the opportunity for the growth & development of the individual through excellent gymnastic training.*

## **Mission**

*To provide an opportunity for children to participate in the sport of gymnastics at a level that challenges learning and provides experiences which will foster growth and development of the individual.*

## **Core Values**

*Freedom      Mutuality      Responsibility      Quality*

## **Delta Force Team Affirmation**

*EXPECTATION      EFFORT      EXCELLENCE*

***An Interesting Excerpt from a book considered to be one of the most significant books written on the topic of coaching Women's Gymnastics.***

***Excellence in sport is an idea much talked about. Honesty and integrity are the only ways to achieve it. You are in charge of a process of training that should provide your gymnasts with a healthy exercise in goal setting, hard work, evaluation of progress, and dealing with success and failure. The gymnast will learn that progressing to the goal was the most fun and the most rewarding. Once they reach that goal, they usually discover that the joy is short-lived and that they must now set a new goal and begin the process all over again.***

***This process of cumulative learning and re-establishing goals once former goals are achieved forms a life long pattern. In other rewords you are teaching the gymnast to win the "real game". The long-term game of life is not only more important than the short-lived game of gymnastics, but gymnastics cannot be successful on its own without laying a foundation for learning about life and self***

Bill Sands (1984:19) in Coaching Women's Gymnastics

# CONTENTS

The History of Delta Gymnastics .....	4
What's in a Name .....	4
Club Structure.....	5
Meet our Team .....	5
Level 1 – 3 Competitive Structure .....	7
Level 4 – 6 Competitive Structure .....	7
Level 7 – 10 Competitive Structure .....	7
Elite Gymnastics .....	8
WAG National Programme .....	8
Delta Brisbane Competitive Structure – Training Groups and Hours .....	8
General Information .....	9
Delta Award Structure .....	9
Tours .....	9
The Role of Parents on Tours.....	9
Discipline Policy on Tours .....	9
General Discipline Policy.....	10
Qualification to State Titles .....	10
Rules for Competition .....	10
Competition Divisions.....	10
Level Test Policy.....	10
Compulsory Upgrade .....	10
Optional Upgrade .....	11
Competition Fees.....	11
Uniforms .....	11
Attendance at Training .....	11
Training Schedule.....	11
Holiday Training .....	11
Communication.....	12
Team Support Policy .....	12
Choreography - Girls .....	12
Floor Music - GIRLS .....	12
State Squad .....	12
Fundraising .....	12
Public Holidays.....	12
Delta Gymnastics Calendar - 2011 .....	13
Event Guide 2011 .....	15
The Delta Duel - Delta St Hilda's Southport Invitational.....	15
Judges Invitational – MBC Invitational.....	15
Brisbane North Championships .....	15
Combined Regional Championships 7 – 10.....	15
State Team Selection Trial .....	15
Delta Challenge.....	15
Queensland State Titles (Lev 4–10's and International Girls, Level 3 – 10 Boys) .....	15
National Championships.....	15
Team Challenge .....	15
State Club Championships .....	16
Border Challenge .....	16
Delta Classic .....	16
National Club Championships.....	16
Delta Care – Health Management System .....	17
Physical Ability and Development Test .....	19
EVALUATING THE GYMNAST'S PHYSICAL ABILITY DEVELOPMENT .....	19
Team Member Responsibilities .....	20
Gymnast Obligations.....	20
Parent Responsibilities.....	20
Delta Policies.....	20

# The History of Delta Gymnastics

Delta Gymnastics was formed as a private club in July 1992 to provide a local solution to the delivery of quality gymnastics programs. Starting from a school hall at Craigslea State High School, Delta grew in numbers and quality to provide classes for children across Brisbane to provide services to children in eight venues. In 1995 Delta Gymnastics was awarded 'Club of the Year' by Gymnastics Queensland for its significant contribution to our sport.

In 1997, the Directors of Delta saw the club's future best served by being in a permanently set up facility and changed the strategic direction to incorporate recreational / developmental gymnastics and Competitive Women's Artistic Gymnastics. (Prior to this our club was also involved in Rhythmic, Mens and Sport Acro). This provided a strong strategic match to QGSSSA schools (Clayfield College, St Margaret's) that provide both developmental and competitive gymnastics for girls within the school curriculum.

The change provided improved quality of equipment and safety and centralised the coaching resources of the club to maximise the quality of services provided to our members. Delta prides itself in providing highly trained and experienced staff for the important task of educating children through gymnastics.

Over the past 18 years Delta has trained over 9000 children in the sport of gymnastics and is proud of its record of moving gymnasts of our club into both coaching and judging roles within our programmes

In the last five years Delta Brisbane has grown considerably with our club membership growing from 380 to just over 1000 members being serviced each week. This growth has been underpinned on a focus of quality and respect for every single child in our program.

In 2007 the Directors of Delta were invited to establish a club at Southport in conjunction with the Southport Gymnastics Club and the St Hilda's Gymnastic Club. This 'sister club' of Delta Brisbane provides a range of new experiences for our Brisbane Girls as they now compete, train and tour with their sister club from time to time. Our focus on quality has paid dividend in the competitive arena where we have had significant success. Delta Brisbane is the current State Club Champions and has won this event since 2006. By competing at the National Club Championships our Delta Brisbane Girls have won the title of National Club Champions in 2007, 2008, 2009 and again in 2011. In 2011 Delta Brisbane placed 13 girls onto the Queensland Team and had 42 girls who ranked as Regional Champions or medallists at State or National Titles. These great results have been possible due to the combined efforts and support of our coaches, parents, gymnasts and directors all working together to support the team.

## ***What's in a Name***

### **Delta Gymnastics**

Our Club was named Delta Gymnastics for two reasons.

Firstly, the Greek letter Delta means 'change' and our goal was to provide a change in the way gymnastics was offered in Brisbane by providing better facilities, better support and better coaching than what was on offer in Brisbane.

Secondly the word / letter Delta is represented by a Triangle which represented our philosophy that by providing a broad base of children with a solid base of gymnastic learning, the top of our triangle (The Delta Force Team) could reach even higher.

### **The Delta Force**

The 'Delta Force' was the name given to a crack group of military made up of the best marksmen, fittest and toughest infantry, best strategists and overall the elite fighters of the army.

Our Teams aim to be the fittest, strongest, best gymnasts that they can be and we aim for them to be the best of the best in Australian Gymnastics.

## Club Structure

Our Club is a effectively a family owned and run club which is has been owned and operated by the Mitchell family since 1992. The Delta competitive programme (The Delta Force) is a non-profit area of the club which provides specialist services for girls with gymnastic ability who need special programs to challenge growth and development to gain all the benefits available from participating in a high level gymnastics program.

We also provide this service as we have found that Delta Force members provide excellent role models for our club members, they are ambassadors for our club in the general community and they historically have become the coaches and judges of the club.

### **Meet our Team**

#### **David Mitchell**

#### **Delta Gymnastics Australia Chairman**

David commenced coaching in 1980 and was the head coach of Chermside Youth and Recreation Club and a State Coach of Women's Artistic Gymnastics in 1984 – 1986.

While David has not coached gymnastics for many years he has owned and run many small businesses and has acted as Chief Financial Officer and National Manager in large corporations. David is a builder by trade and owner of Jack Built Constructions. in 2008 completed a Strategic Graduate MBA. David provides valuable insight into the running of a small business as well as leadership and advice to the management team at Delta.

#### **John Mitchell**

#### **Director**

*John commenced coaching gymnastics for Chermside Youth and Recreation Club in 1984 as a recreation and Men's Artistic Gymnastics Coach. In 1987 John became a Level 2 coach in both Mens and Women's Artistic Gymnastics and assumed the position of Head Coach while coaching the Senior WAG program. In 1992 John started Delta Gymnastics and managed the club while head coach of the original Delta Force Program.*

*In 1993/94 John successfully completed the three components of the Level 3 course in Women's Artistic Gymnastics in Canberra. In 1995 the expansion of Delta Gymnastics took John away from coaching full time and he took up roles in business management of the Clayfield College Sports Centre and associated businesses.*

*In 1999 John made a welcome return to the coaching arena as a part time senior coach in the Delta Force programme and worked with Head Coach Trevor Dowdell and wife Megan Mitchell to rebuild the Delta Force Programme.*

*In 2002 John assumed the role of Head Coach in Brisbane again with an aim to lead a team of coaches to take Delta to its rightful place as a leading program in Women's Artistic Gymnastics in Australia. John is passionate about coaching and inspiring children to be the best they can be whether they be National Champions or three year olds learning to hop! John coaches on the floor each day and is actively involved in all components of coaching in addition to his role of leading the staff at Delta in both Brisbane and the Gold Coast.*

*In 2009 John was acknowledged for the success of his gymnasts and awarded the title of his contribution to Women's Artistic Gymnastics Queensland Women's Artistic Gymnastics National Stream coach of the year.*

#### **Megan Mitchell BEd.(PEd) Director of Operations and Administration**

*Megan started her gymnastics career with Delta in 1989 and was our first ever Gymnast of the Year. Megan then retired as a gymnast and commenced coaching as a trainee and progressed to becoming a Senior Coach working with children from 2 years to National Champions. In 2000 Megan completed her Bachelor of Education and taught at Somerville House in Brisbane for three years.*

*As a senior female coach, Megan has prepared many Delta Teams and individual state champions on apparatus and overall. In her coaching career Megan placed girls on the State and National teams and was selected as coach for both Queensland and Australia.*

*In 2004 Megan was awarded National Stream 'Judge of the Year' and qualified as an FIG Internationally qualified judge for the 2005 – 2008 Olympic Cycle.*

*In 2005 Megan was selected as one of four female coaches to be mentored by the National Coach to assist her development as a coach. In this role Megan was tutored by the top coaches in Australia and travelled to Canberra to view training of the Australian teams in their preparation for major international meets.*

*In 2007 Megan was named Gymnastics Queensland National Stream Coach of the year.*





## **Elite Gymnastics**

In Women's Artistic Gymnastics the path of an Elite Gymnast commences at an early age when a girl is identified as having the attributes of a future Olympic Gymnast. At Delta we aim to provide an opportunity for each child to participate in the sport of gymnastics at their own level. For the elite athlete we aim to give a child the correct basics and groundings in the sport and then when ready, recommend families to attend a trial at a suitable "High Performance Centre" in Australia for further training.

### **WAG National Programme**

Over the past 4 years a change in the philosophy of Gymnastics Australia has led to a shift in the flow of gymnasts between National Stream and International Stream. The current leaders of our sport in Australia encourage suitably prepared National Stream gymnasts to move to international stream. In Queensland the path is more specifically defined than below and application to the WAG SMC is required to change between streams.

### **Delta Brisbane Competitive Structure – Training Groups and Hours**

At Delta we consider each girl individually and in consideration of group placement and training hours it is our policy that a girl should be placed in a training group / program based on the following :-

1. A Gymnast will be placed in a group that suits their social and gymnastic level of development.
2. A Gymnast will train a number of hours to achieve a maximum return for the hours they train.
3. Before increasing hours a gymnast needs to be fully using the training hours they currently have.
4. A Gymnast must REALLY want to increase training hours and love their training.
5. A gymnast must get benefit from training more hours commensurate with the time, money and effort required to do those extra hours.
6. A gymnast must demonstrate the capacity to gain value for the hours they train in both the short and long term.

One of the secrets to this success is that we nurture the girls and don't push them when they aren't ready to be pushed. At Delta we know that our girls train less hours than any other of the competitive clubs in Queensland and this is a fact that we are very proud of. We are happy for a girl to take a little more time as they are growing up as we consider and plan that they will be involved in the sport for a long time.

It is important that each child is allowed to grow and develop at their own pace. Allowing appropriate time to develop strong fundamentals will ensure that those foundations of preparation will allow each child to achieve ongoing improvement to ensure that become confident and competent young people.

It is our philosophy that we would prefer our girls to work hard in less hours rather than waste time training more hours to achieve no better (if not a worse) result.

Historically our Delta gymnasts train less hours than the other clubs of our level in Australia. At Delta we believe that girls should do the training hours that will provide them with the best value for the time and effort they invest into gymnastics. We want to promote girls to have a balanced lifestyle which enables them to participate in school activities, have family time and maximise the training outcome from gymnastics.

Please see below a loose guideline for what hours and group a gymnast will train in at the various levels of National Stream Gymnastics.

Level	1	2	3	4	5	6	7	8	9	10
Groups	Extension – 4 Hours									
		Extension Plus – 6 Hours								
			Squad – Nine Hours							
				Squad – Twelve Hours						
					Squad – 16 Hours					
						Squad – 20 Hours				

While we do not offer Elite / International Gymnastics at Delta, we will always recommend girls who demonstrate the capacity for international gymnastics to trial at a High Performance Centre.

International Gymnastics requires a 5 – 10 year commitment of 15 (introductory) – 35 hours (Competitive levels) training per week.

## ***General Information***

### **Delta Award Structure**

#### **GYMNAST of THE YEAR**

The Gymnast across all levels who demonstrates excellence in training and competition and by their competitive results demonstrate leadership for our program. This award is presented in four Divisions. Overall, 9 – 12 Hour Squads, Extension Plus and Extension.

#### **DELTA TRAINER OF THE YEAR**

The Delta Trainer of the Year will be presented to the gymnast that epitomizes the training attitudes and behaviors of a Delta Gymnast. The gymnast, who by their effort and performance in training, competition and extra curricula activity provides a role model for Delta Gymnasts. . This award is presented in four Divisions. Overall, 9 – 12 Hour Squads, Extension Plus and Extension.

#### **CLUB CHAMPIONS**

Highest average score over the top two competitive events for the year. Awards for Level 1, 2, 3, 4 Club champion, Level 5, Level 6 and Level 7 – 10 (subject to numbers in each division).

#### **MOST IMPROVED**

The gymnast from Teams who has had the largest improvement in skill development, learning and AA score improvement from the previous year. This award is presented in four Divisions. Overall, 9 – 12 Hour Squads, Extension Plus and Extension.

#### **EXCELLENCE AWARDS**

Provided to any girl who achieves the following results for Delta throughout the Competition Season:-  
1<sup>st</sup> place on an apparatus or overall at the Brisbane North or South East Queensland Championships.  
1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place on an apparatus or overall at a State Championships  
1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place on an apparatus or overall at a National Championships

#### **DELTA FORCE HONOURS**

Awarded to all Delta Force Squad members according to the average All Around (AA) score achieved from their two best sanctioned competitions for Delta for the year. Based on the new scoring system the new 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> class honours score categories will be reviewed prior to the Awards night.

#### **Tours**

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 girls and provides reward for their hard work.

#### **The Role of Parents on Tours**

When we are travelling as a club on tour we keep the cost of touring down thanks to the support of our parent body. It is important to inform our admin / coaches early in the year if you plan to attend / not attend our tours.

When attending tours it is critical that all parents / coaches speak with one voice and provide consistent authority to our girls. While it can be difficult, our tour procedures can only be successful if all parents travelling with the team support the same rules, and expectations of our gymnasts.

Prior to each tour a meeting will be held for parents attending the tour to be inducted to our tour itinerary, procedures and policies to ensure a successful tour.

#### **Discipline Policy on Tours**

In the event a girl misbehaves on tour she would be sent home at the expense of her parents. This has not ever had to be enforced but acceptance of this condition is a requirement of attendance of tours.

## General Discipline Policy

Delta Force Gymnasts are role models for Delta members and ambassadors for Delta Gymnastics. Training requires significant discipline from our gymnasts to achieve success and safety we expect a high standard of behavior.

In the event a gymnast does not follow the standard of behavior set, our coaches follow this model:

1. Tell the gymnast of the behavior expected
2. Tell the gymnast when they have not followed the behavior expected and ask them to rectify the behavior.
3. Remove the child from training for them to consider their behavior
4. Contact the parents of the gymnast and ask the child to be removed from training.

## Qualification to State Titles

In 2011 all gymnasts in Level 7 – 10 can nominate to compete in the Senior State Titles.

In level 4 –6 Girls can post a qualifying score at any 2011 sanctioned meet and compete at the relevant regional championships in order to enter the 2011 Junior State Titles. Qualification scores for Level 4 is 50.4, Level 5 is 50.6 and Level 6 is 50.0pts.

## Rules for Competition

Eligibility – Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified. Qualification is gained by:

- Being at the appropriate level or age for the competition.
- Having attended all training sessions, and shown gradual improvement in all training variables.
- Having reached a MINIMUM standard in all skill & routine goal areas and physical conditioning scores
- Having achieved a performance score on each apparatus at a prior tactical meet.
- Demonstrating support of team mates in training and competition.
- Completing and delivering any nomination form and appropriate fee by the due date.

*Note: In competition if a gymnast cries (from disappointment etc) they will be removed from the floor and will not be permitted to complete the competition.*

## Competition Divisions

In 2011 the following competitive divisions will be available at Major Regional and State Events.

National Level 3 under 9 (as at 01.01.11)	National Level 3 Open
National Level 4 under 10 (as at 01.01.11)	Level 4 Open
National Level 5 under 11 (as at 01.01.11)	Level 5 Open
National Level 6 under 12 (as at 01.01.11)	Level 6 Open
National Level 7	National Level 8
National Level 9	National Level 10

For Level 1-3 Gymnasts and at Invitationals, the organising club will define the divisions of competition. (At Delta events we tend to work in Level 1 and 2 defining divisions by how many hours the girls train).

## Level Test Policy

Gymnasts can pass levels at any sanctioned meet in Queensland. In consultation with coaches and gymnasts we will chose to pass a gymnast up a level when they are ready to successfully compete in the next level. *i.e. We care for each gymnast's self esteem and worth and do not chose to promote anyone to their level of incompetence. In 2011 the pass marks for Level Testing are :-*

Level 4 – 6 : 44.00pts, Level 7 : 38.00pts, Level 8 : 39.00pts, Level 9 : 40 pts, Level 10 41 Pts.

## Compulsory Upgrade

If girls in Level 4 and 5 score above a 55.00 points at the State Titles in Level 4 and 5 they will be upgraded to the next level automatically as of the 1<sup>st</sup> of January the following year.

## Optional Upgrade

In Level 6, girls will be offered the option to upgrade to the next level by scoring 55.0 pts at the State Titles. Girls attending the National Level's Championships will be offered upgrade if they score :-

National Level 7	49.00 in one round or combined 97.00
National Level 8	50.00 in one round or combined 99.00
National Level 9	50.00 in one round or combined 99.00

## Competition Fees

Competition fees must be paid prior to gymnasts being nominated for any competition. Nominations must be sent 5 weeks prior to competition. At Delta we provide three main competition fee invoices to simplify the administration process and the number of forms you need to return.

## Uniforms

Gymnasts will be required to purchase the following uniforms.

Competition Leotards (from Sylvia P)	Junior (Level 1 - 2), Senior Level (3 –10).
Competition Tracksuit –	(All girls competing in External events)
One Piece Training Leotard * (Sylvia P)	(Squad 9 – 20 Girls Only)
Competition shirt (Squad Only)	Competition Bag (Squad Only)
Loops (Squad and Team Only)	Wrist bandages (can buy own)
Guards (Amco Gymnastics <a href="http://www.amcogymnastics.com.au">www.amcogymnastics.com.au</a> ) –	When coach advises the gymnast is ready.
White Socks – Girls, Gold Socks – Boys. (can buy own)	
Sandshoes suitable for running (can buy own)	

## Leotards

In competition gymnasts will wear appropriate underwear to ensure the underwear is not visible.

## Hair

In competition hair must be worn in a tidy manner which will ensure it does not come out during competition, it does not hang loose, it does not come over the face. Please see your child's coach to clarify how hair should be worn.

## Attendance at Training

Gymnasts are expected to attend all training. In the event a gymnast cannot attend training it is expected that they will see their coach prior to missing the training session, email Belinda Wall at [bwall@deltagym.com.au](mailto:bwall@deltagym.com.au) or phone the Delta Office 3262 0055.

It is the policy of Delta Gymnastics that gymnasts' schooling and family must come first in priority and girls will organise themselves to ensure they can fulfil their training / competition obligations in gymnastics.

## Training Schedule

Training schedules may change from time to time based on coach / venue availability. We will endeavour to provide as much notice of change of training times as possible.

## Holiday Training

Holiday training is an integral component of gymnasts' preparation and provides significant benefit to our girls. We would ask that where possible parents endeavour to plan family holidays in these times.

Squad girls to have a holiday depending on which competitions they will be attending. All girls will have a 1 week holiday in the June/ July school holidays. Girls who do not qualify for State Titles will have holidays during and directly after State Titles, Girls who compete at States will have 7 days off from the end of their competition and girls who compete at Nationals will have 7 days off after returning from Nationals. All girls will have 1 week holiday in the second week after State Club Championships (After our GCA Cup Tour) and 2-3 weeks holiday at Christmas (Mid Dec – Jan 3rd)

Extension and Extension Plus – It is expected that the girls will train from Feb 1 – November 30th each year and will not train on public holidays.

## Communication

In 2011 we would like to provide better feedback and a more simple means of communication by corresponding by email and sending E-News. Could you please ensure if you are Online that your email address is accurate on the form at the end of this booklet. (All Squad correspondence should be directed to Belinda Wall [bwall@deltagym.com.au](mailto:bwall@deltagym.com.au) and all Extension correspondence to Amy Reinke [areinke@deltagym.com.au](mailto:areinke@deltagym.com.au)).

## Team Support Policy

As a club we want to provide our Delta Force Team members at competition with all the support possible. We ask that all girls attend and support their team mates at competition where possible.

## Choreography - Girls

Choreography of optional floor routines is mandatory for girls' squad gymnasts, optional for Extension Plus gymnasts. Floor Exercise routines will be choreographed by appointment outside class hours and will incur a fee paid directly to the choreographer.

## Floor Music - GIRLS

In 2011 our music library is made available for gymnasts via their coach. Our parent support group fundraising activities support the purchase of new music and all music remains the exclusive property of Delta Gymnastics.

## State Squad

Gymnastics Queensland selects girls from their results at the State Titles to become members of the State Squad to provide recognition and guidance to girls who have demonstrated the capacity to represent Queensland in senior levels in the future.

It is a glowing endorsement of the hard work our team of gymnasts and coaches have put into making our programme one of the leading programmes in Queensland.

The State Squad program for 2011 has not yet been announced. Usually we will be informed early in the year of the structure, cost and girls selected.

## Fundraising

In 2011 it is our goal to raise \$30000 for aid in the funding of additional services for our members. Each year our support group funds items such as travel costs of State and National Team Members, Travel costs of touring gymnasts, medals at carnivals, awards for our Awards Dinner, Bringing Judges in to assist in preparation for Extension – Teams gymnasts, and social functions.

This year it is our intention to raise funds as follows :-

<b>Invitationals (x2)</b>	<b>\$ 12000</b>
<b>Carnivals</b>	<b>\$ 2000</b>
<b>Raffle</b>	<b>\$ 9000</b>
<b>Partner Program</b>	<b>\$ 7000</b>

Raising funds is not easy and is required to run our programme in its current structure. The conduct of our programme is only possible due to the support of our parent group and we hope that all families feel confident to offer support and do their part for the programme. Please give of your time and support to this endeavour.

## Public Holidays

Due to the nature of our sport, girls training 16-20 hours per week will train on public holidays (although training time may be adjusted). All other members will not train on public holidays.

At times, in competition season, Delta may invite other squad gymnasts to train additionally on public holidays to assist with competition preparation.

Date	Delta Gymnastics Calendar - 2011	Location
January		
4	Squads Commence training; office opens	St Margarets
10-14	Summer Camp Week 1	Clayfield
17-21	Summer Camp Week 2; GPA Conference 17th/18th	C'field; Gold Coast
21-22	Gymnast Squad Boot Camp	Gold Coast
26	Australia Day Public Holiday (Wednesday)	
28-30	Coaches Boot Camp	Gold Coast
February		
1	Classes commence (Tuesday)	
1-10	QGSSSA School Trials	
4-5	PAD Tests Squads	
5	SHS Open day	Southport
11/12	Extension parent meetings	Clayfield / Southport
March		
April		
8/9	PAD Test	St M / Southport
15-26	State School Holidays (Good Friday 22nd April)	
16	MYC Invitational ??	MYC
25	Anzac Day /Easter Monday Public Holiday	
26	Anzac Day Public Holiday	
30	Aurora Challenge & Judges Classic	MBC
May		
2	Labour Day Public Holiday	
5	QGSSSA	MBC
14-15	Delta Duel/ SHS Carnival	St Hilda's
21 - 22	Brisbane Jnr Regionals	Spring Hill
28-29	SEQ Snr Regionals & State Trial & GC Jrn Regs	Toowoomba
June		
4th/5th	Brisbane Carnival	Clayfield
11th/12th	GC Carnival	St Hilda's
13	Queens B'day public Holiday (Monday)	
18-19	Delta Challenge/Levels Carnival	Clayfield
24 - 26	State Championships	Chandler
July		
11-14	National Championships	Perth, WA
August		
6	PAD Test (Whole of Club)	
September		
3	Team Challenge L 3??-10	MBC
16-18	State Club Championships	Caloundra
	Sunshine Team Challenge	Caloundra
22	Wet n Wild ??	GC Gym Club
October		
29	Megan Mitchell Shield	?????
November		
4	Andrews Cup	Somerville House
5	PAD Test (Whole of Club)	
6	GC Carnival	St Hilda's
19 - 20	Delta Classic	Brisbane
23-28	National Club Championships	Canberra
December		
2-4	Brisbane Carnival (TBC)	Brisbane
3	GC End of Year Dinner	Sharks
7	Classes finish	
9th	Brisbane End of Year Dinner	TBA
12-15	Intensive Training Clinic A	

17 Dec	Last Day of Classes Squads (Resume Jan 3)	
--------	---	--

## ***Event Guide 2011***

### **The Delta Duel - Delta St Hilda's Southport Invitational**

This is the first of our club invitationals and will be held at St Hilda's. This event is a competition for Level 1 – 6 and a final practice meet for level 7 – 10. Awards are provided to 6th place overall and on apparatus up to Level 6.

### **Judges Invitational – MBC Invitational**

This event is a preparation event for girls entering the Level 7 – 10 Individual Season and an invitational event for Level 4 - 6. The event is a sanctioned event for the purpose of Level 4 – 6 gymnasts qualifying for State Titles and is also designed to allow Level 7 – 10 girls the opportunity to receive feedback from some of Queensland's best judges to assist in the preparation for State Titles. This is a fundraising event from which proceeds go to sending Queensland judges to the Australian Championships. There are no awards for the Level 7 – 10 event.

### **Other Invitationals**

At times our coaches chose invitationals which will assist in the preparation of our athletes. In girls we have at times competed at Mitchelton, Splitz and Spring Hill Invitationals.

### **Brisbane North Championships**

This event will be held in Brisbane North and is for level 3 – 6 gymnasts. This event is suitable for qualification to State Titles for girls, level testing and gymnasts will be awarded to 3rd place on apparatus and overall.

### **Combined Regional Championships 7 – 10**

This is the regional championships for those in Level 7 – 10 (Level 6 as well for boys) from the Brisbane, Sunshine Coast, Gold Coast and Darling Downs regions. Awards are provided from 1st to 3rd on each apparatus and overall in each level.

### **State Team Selection Trial**

The State Selection trial will be held in conjunction with the Combined Regional Championships. The trial will encompass two rounds of competition with the first round being the Regional Championships.

The team will be announced at the conclusion of the second round of competition.

### **Delta Challenge**

The Delta Challenge is the Delta Brisbane invitational meet and is an individual competition in levels 1 – 6 and we are planning to run a special Level 7 – 10 spectacular session as a preparation for Nationals. Awards are provided for girls in each division through to sixth place on each apparatus and overall.

### **Queensland State Titles (Lev 4–10's and International Girls, Level 3 – 10 Boys)**

This event is the individual State Titles for all WAG gymnasts. The event will be combined with the Rhythmic Sportif Gymnastics discipline and MAG Gymnastics at Chandler and is hosted by Gymnastics Queensland.

### **National Championships**

The National Championships Girls will be held in Perth in 2011 and is for Level 7 – 10 National Stream Gymnasts and International Stream Level 6 – Senior competitors.

The competition is held over two rounds, The team event is decided by the first round performance while the combined 1<sup>st</sup> and 2<sup>nd</sup> rounds decide the individual awards. (Only the top 24 gymnasts from competition 1 are invited to compete in the finals some two days later).

### **Team Challenge**

Team Challenge is a team event only 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 is 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 5 gymnasts with all girls to compete on each apparatus. Awards are provided for the top six team places in each round and over the two rounds combined.

## **State Club Championships**

In 2011 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 (senior division 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.

Delta Brisbane has been the reigning State Club Champions for four years and it is our goal to always stay in the top 3 clubs and challenge for the title of overall club champion.

## **Border Challenge**

The Border Challenge is a interstate competition for Level 6, 7 and 8 gymnasts who are chosen to represent Queensland against New South Wales and Western Australia. The Level 7 and 8 teams will be selected at the State Team Selection Trial while the level 6 team will be selected at the Senior State Titles. The team is made up of the next six highest ranked gymnasts after the State Team to compete at National Titles is selected. This event has usually been held in conjunction with the State Club Championships in September.

## **Delta Classic**

This is an event hosted by our club and designed as an opportunity for girls to pass their next level, to trial new skills for their next competition season and a ready date to achieve end of year goals . Awards are provided to 6<sup>h</sup> place overall and on apparatus.

## **National Club Championships**

In 2011 this event is will be held in Canberra and is a team event for gymnasts in 7 divisions. (Level 4, Level 5, Level 6, Level 7, Level 8, Level 9/10, Elite) Gymnast in this competition compete at their own level in all divisions except the Level 9 -10 division which girls compete level 10).

The rules are based on the National Programme . In Level 4 – 6 teams may consist of up to 5 gymnasts with all gymnasts competing on each apparatus and the top three scores to count. In Level 7 – 10 teams consist of four gymnasts with the top three scores to count. Points are awarded in each division and a National Club Champion is awarded in the Level 4-6 category, Level 7 – 10 category and Elite category.

## **Delta Care – Health Management System**

As a part of the registration fee paid to Gymnastics Queensland each year, your child is insured for any accident or injury that may occur while training or competing. Information regarding this insurance cover can be found on the Australian Gymnastics Website at [www.gymnastics.org.au](http://www.gymnastics.org.au)

Gymnastics Queensland strongly advise that private medical cover is subscribed to in order to best recover costs associated with specialist services which can occur due to the demands of training.

Advice to families of gymnast who has sustained an injury.

Dear Gymnast and Parents,

We wish you a speedy recovery from your recent sports injury. Please note that we have attached a Sports Medicine Report for your practitioner to complete. Upon your return to the gym please give the completed Sports Medicine Report to your Venue Manager. With that information, our coaches will be able to program to assist your recovery and hasten your return to normal training.

We strongly recommend the following practitioners who work closely with the Delta coaches in formulating accurate diagnosis and efficient recovery programs.

### Physiotherapists:

#### **Chris Brady or Sarah Grimstone**

Queensland Sports Medicine Centre  
Cnr Main and Stanley Streets – Woolloongabba.  
3891 2000

#### **Andrew McGough**

56 Zahel Street (Inside the Clem Jones Aquatic Centre). Carina.  
3245 4532

#### **Loretta O’Sullivan**

Twelve9teen Physiotherapy  
Shop 3, 336 Sandgate Road – Albion  
07 3256 1219

**As may be aware, your Delta membership includes the GA gymnastics insurance.**

The following information is how a parent must go about making a Personal Accident Claim - as you can see, they must notify JLT Sport within 28 days from the date of the injury on their intention to lodge a claim. For further information please logon to the JLT Sport Website [www.jltsport.com.au](http://www.jltsport.com.au)

### How to lodge a Personal Accident Claim

- **Step 1:** Within 28 days from the date of injury, please notify SUA Claims Department on 1300 363 413 of your intent to lodge a claim.
- **Step 2:** Download [Gymnastics Australia’s Claim Form](#) or call SUA Claims Department on 1300 363 413 for a copy to be sent to you.
- **Step 3:** Complete each section of the claim form. *Please note: Incomplete claim forms may cause delays in processing your claim. For assistance, please contact SUA Claims Department on 1300 363 413.*
- **Step 4:** Send your claim form (via post or fax) to SUA Claims Department – PO Box 2717 Taren Point, NSW 2229 or FAX: 02 9524 9003 *Important: Do not wait for all treatments to be completed before sending your claim form. Treatment is permitted even after you have submitted your claim.*
- **Step 5:** SUA will confirm receipt of your claim form or contact you should they require further information.

### **For assistance with your Personal Accident Claim**

- *Claims enquiries:* SUA Claims Department – 1300 363 413
- *General enquiries:* JLT Sport – 1300 130 373

Please make an appointment with the Club Manager who will guide you through this process and endorse the “Club” section of the claim.

## SPORTS MEDICINE REPORT

**Dear Practitioner,**

At Delta Gymnastics we do a number of activities which may be appropriate for the gymnast to do while recovering from a sports injury. Please help us maximise their safety and minimise the interruption to training during recovery by advising us on the following information.

**Dear Parent,**

In order for our coaches to give your child an appropriate training program, **THE GYMNAST MUST RETURN THIS FORM TO THE VENUE MANAGER PRIOR TO RESUMPTION OF TRAINING.** Please do not place us in the awkward position of having to suspend membership temporarily pending receipt of medical guidance.

Date \_\_\_\_\_ Practitioner's Name \_\_\_\_\_

Date next treatment \_\_\_\_\_ Signature Practitioner \_\_\_\_\_ (Dr., Physio, \_\_\_\_\_) Degree

Gymnast's Name \_\_\_\_\_ Phone \_\_\_\_\_

Approximate Date of Onset \_\_\_\_\_ Problem (in layman's terms) : \_\_\_\_\_

**The gymnast may participate in the following training activities using pain as a guide:**

- Warm-up activities \_\_\_\_\_
- Stretching : Light \_\_\_\_\_
- Normal \_\_\_\_\_
- Strength : Postural \_\_\_\_\_
- Overload \_\_\_\_\_
- Skills: Dance \_\_\_\_\_
- Swings \_\_\_\_\_
- Support \_\_\_\_\_
- Low Impact \_\_\_\_\_
- High Impact \_\_\_\_\_
- Forward Bending \_\_\_\_\_
- Backward Bending \_\_\_\_\_

The gymnast will undergo physiotherapy from \_\_\_\_\_ to \_\_\_\_\_.  
 The gymnast is expected to return to full training on \_\_\_\_\_.

**Specific Recommendations to Improve Performance:**

If there is no Sports Med. Report: GYMNAST MAY NOT RESUME TRAINING.	
<b>Prior to the resumption of training:</b>	
	The Venue Manager asks for the Sports Medicine Report, recording on the rolls: 1/ Specific programming needs 2/ Date of expected return to full training.
	The Coach adjusts the program in consultation with the practitioner &/or Head Coach.
	The Coach follows the programming advice.
	The VM returns the Sport Medicine Report to the Safety Officer's tray for review and filing.
<b>If there is further physiotherapy beyond to expected recovery date:</b>	<b>The VM 1/ Gives the gymnast a new Sports Medicine Report prior to their next physio visit 2/ Notes on the roll to ask for the Sports Medicine Report when the gymnast returns to training.</b>
<b>If the same problem reappears:</b>	Track the problem on the Loss of Training Time Diary
<b>If there is no improvement by the expected date of return to training:</b>	Give the Parent another Sports Medicine Package and refer them to Delta's preferred practitioners. Follow the flow chart starting with : "On the next day..."
<b>If the gymnast loses training time due to another reason:</b>	Track the problem on the Loss of Training Time Diary. Follow the 3/3 or the 5/10 rules.
<b>Club Manager/Safety Officer:</b> Attach to Acc/Lott Report, track on Summary Page Take needed actions. File Reports alphabetically.	

## ***Physical Ability and Development Test***

### **EVALUATING THE GYMNAST'S PHYSICAL ABILITY DEVELOPMENT**

The PAD test aims to measure each girl's physical readiness to successfully compete. While competition scores remain the best indicator of current gymnastic level, the PAD score has been an accurate indicator of the future performance of gymnasts. The test is broken into three components as follows: -

#### **Skill Specific**

This component measures the core skills required for all high level gymnastics. It includes Handstand, Press Handstand, Cast Handstand and Kips.

#### **Flexibility**

This component measures 'passive' hip and shoulder flexibility as well as 'active' hip flexibility. Passive measures the flexibility of the relaxed muscle; active measures the useable flexibility of the joint.

#### **Strength**

This component measures a combination of the strength and endurance of the Prevailing Body Actions that are required for Artistic Gymnastics.

To compare your daughter's current level of fitness from her last report, see the expected scores which will be achieved by a club competitor and State/National Competitor.

Level	Club Competitors				State/National Team Members			
	Skill	Flex	Str	Total	Skill	Flex	Str	Total
<b>1a-2a</b>	10%	50%	45%	35%	35%	75%	75%	60%
<b>4</b>	15%	55%	45%	40%	55%	80%	70%	70%
<b>5</b>	25%	65%	55%	50%	75%	85%	85%	80%
<b>6</b>	45%	70%	65%	60%	80%	90%	90%	85%
<b>7-10</b>	55%	70%	70%	65%	90%	90%	90%	90%
<b>Team</b>	40%	70%	70%	60%	Average across the team			

## Team Member Responsibilities

### Gymnast Obligations

A Gymnast must:

- arrive at least 10 minutes before the scheduled training time to assist the coach in preparation for training.
- train in neat apparel at all times (includes leotard, tights, wrist-bands, socks and t-shirt)
- always obey and respect the instructions of their coach. Show by their words, actions, posture and demeanor a commitment to positive, energetic performance and seek to become the best gymnast they can become.
- always treat other people in the gym with respect and courtesy.
- when competing and training, gymnasts will remember that they are both role models for younger gymnasts and representatives of Delta Gymnastics. Gymnasts will always adhere to the rules of competition.
- Always observe and encourage their team mates to achieve and succeed
- where possible make their coach aware of the fact they may be late or absent from training prior to the event, and see their coach before they start training to explain the lateness of arrival if they arrives late for training.

### Parent Responsibilities

The parents of the gymnast must;

- Support your child in meeting the above requirements.
- Ensure attendance at training and competition events.
- Arrange suitable transport to gymnastic events and training. Deliver gymnasts into the facility and pick them up from inside the facility.
- Provide medical and paramedical support for your child through the recommended sports medicine facility.
- Support and assist the activities of Delta Gymnastics.

### Delta Policies

At Delta we have documented policies relating to all aspects of our operations. Please go to our Delta Website at [www.deltagym.com.au](http://www.deltagym.com.au) for a copy of all public policy documents including Codes of Behaviour, Privacy policy, Behaviour Management Policy, Member protection policy, Complaint Management procedure.

### CONFIRMATION – Please return this form

I \_\_\_\_\_ have received a copy of the Delta Force 2011 Booklet and accept the general rules and policies of Delta Gymnastics as a condition of my daughter \_\_\_\_\_ being involved in the program.

I authorise Delta Gymnastics to use publish photograph's of my daughter in club newsletters, promotions and on the Delta Website.

Parent Signed : \_\_\_\_\_ Date \_\_\_\_\_