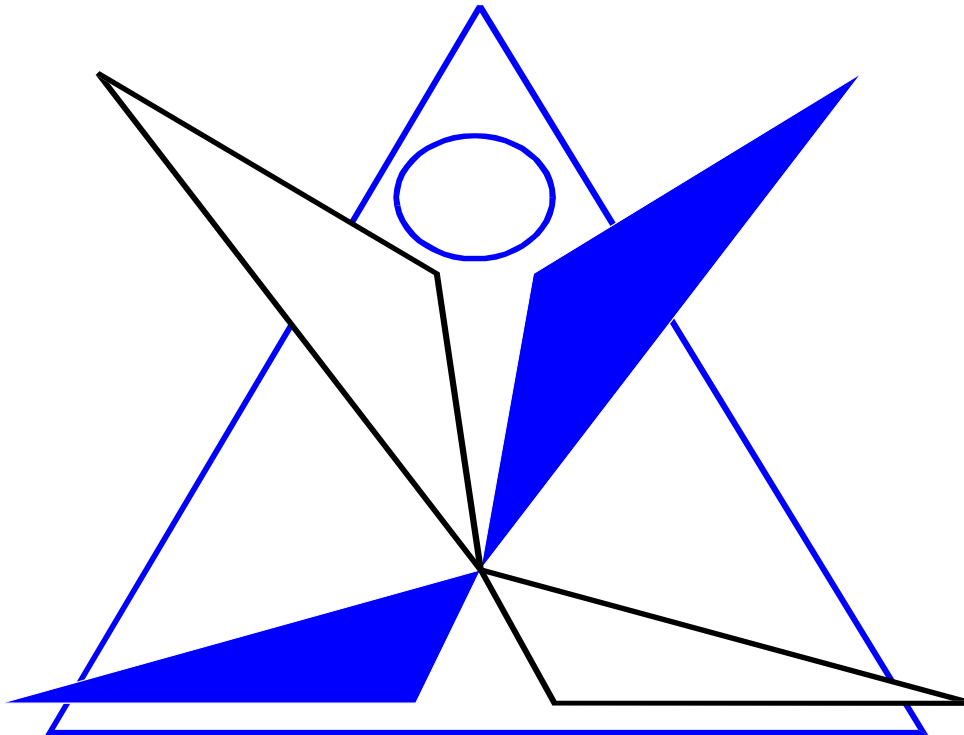


*DELTA COMPETITIVE PROGRAM
BRISBANE INFORMATION BOOKLET 2009*



Delta Gymnastics

Challenging the limits

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Delta Gymnastics

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

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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 16 years Delta has trained over 8000 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 three years Delta has grown considerably with our club membership growing from 380 to 800. 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 2007. In 2008 and 2009 our club has also won the National Club Championships. In 2008 Delta Brisbane placed 13 girls onto the Queensland Team and had 28 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 private Club effectively 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 requires an input of approximately \$30000 per year.

The reason we provide this service is that the Delta team 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

Director

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 now manages the Pareto Business Consulting Group. 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 Development / Competitive Programs Co-ordinator

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 again with an aim to lead a team of coaches to take Delta to its rightful place as a leading club in Women's Artistic Gymnastics in Australia. Working with a team of coaches it took Delta Brisbane another 4 years to win the State Club Championships and 5 years to win the National Club Championships. (Titles that have been defended ever since.)

Megan Mitchell BEd.(PEd) Director Administration and Operations

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, progressed to become a team coach and has co-ordinated the Delta program over the last four years while continuing to coach all children from 2 year olds to National Team members.

Megan has coached as our senior female coach in the club and has prepared many Delta Teams and individual state champions on apparatus and overall. In the past five years Megan has been selected to represent Queensland and Australia as a coach and has been responsible for preparing girls to medal at National titles and International competition.

Megan completed her Teaching degree at QUT and from 1997 to 2000 taught primary school Physical Education at Somerville House school for girls. In 2004 Megan was awarded National Stream 'Judge of the Year' and is now a FIG internationally qualified judge holding a NCAS Level 2 coaches qualification.

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 stepped back from competitive coaching to concentrate on developing our entire Delta program with particular focus on the day to day operational performance of our coaches and administrative team.

Wendy Gilliver**Senior WAG Coach**

Wendy joined our team in May 2007 working with Junior Development squads and teams. In November 2007 Wendy stepped up to take over the senior female coach role in the Delta Force to help the girls prepare for State and National Titles in 2008.

Wendy has prepared many girls for successful competition at State and National level and came to Delta after spending six years as the Senior Competitive coach at the very successful Gold Coast Gymnastics Club.

Wendy has prepared numerous State Champions and State Team members and in 2006 was selected to coach the Australian Level 7 Team. Wendy has been selected as the coach of the Queensland team on five occasions and is one of the most successful competitive records of all current coaches in Queensland.

Danielle Hall**Assistant Club Manager – Senior Coach**

Danielle joined the Delta team in 2007 as a full time coach. Over the past three years Danielle has become an invaluable member of our team in both coaching and club administration. Danielle is a level 1 coach, and was a competitive level 10 gymnast. Danielle coaches all groups from Early Movers to Extension.

Lauren Park**Assistant Club Manager – Senior Coach**

Lauren is an Ex-Delta gymnast who joined the Delta team after the National Club Championships in 2006. Lauren is the venue manager and senior coach at our St Margaret's venue and coaches classes from Early Movers through to our Twelve Hour Teams.

Lauren has coached gymnastics for nine years previously holding positions of Level 1 – 3 co-ordinator at Spring Hill Gymnastics and working in American Summer Camps as Gymnastics Coach.

Lauren works with John and Wendy preparing girls for State and National Events and in 2008 prepared girls as members of the Delta National Club Championship winning team.

Melissa South**Assistant Club Manager – Senior Coach**

Melissa is a Level 1 coach and Level 2 Judge of Women's Artistic Gymnastics. Melissa joins us in 2009 after spending her coaching career developing gymnasts at the YMCA North Club. Melissa was a former competitive gymnast herself and now coaches classes from Early Movers through to Extension.

Stacy Robson**Coach**

Stacy trained as a gymnast in Gladstone to compete up to a State Level in Level 7. Stacy is a level 1 coach and over the past three years has been Delta Brisbane's coach responsible for preparing young girls for inclusion in our Delta Force Teams. Stacy currently coaches recreation and Extension classes and assists the Teams program when required.

Amy Reinke**Coach**

Amy rejoins the Delta team this year after travelling abroad. Amy has extensive experience in coaching children or all levels. Amy has previously held the role of Head Coach of the Sandgate PCYC and was a member of the original coaching team (Along with John, Megan and Jodie McGinnity) responsible for developing the current Delta Force competitive program. Amy has completed a Diploma of Sports Management and is a Level 3 Judge.

Rebecca Dean**Coach**

Rebecca is a former level 10 gymnast of Delta trained by John. Rebecca worked fulltime with Delta as a trainee and now works in a senior admin role with Queensland Rail. Rebecca rejoined our team in 2007 and now coaches Extension and Development classes.

Eleanor Gavioli**Coach**

Eleanor is a former State Team member and Level 10 competitive gymnast. Elle is a level 1 coach and Level 2 Judge and coaches all classes from beginner through to teams.

Lauren Norton**Coach**

Lauren commenced coaching in 2007 after concluding a seven year competitive gymnastic career. Lauren is an excellent young coach and now works with girls and boys from beginners through to Extension gymnasts.

Level 1 – 3 Competitive Structure

In 2004 the new National programme was introduced in Queensland to provide for all international and national stream gymnasts to compete in a single system.

In 2006 Queensland chose to separate these gymnasts and adopt a local system of competition for Queensland Gymnasts. Girls now compete in a compulsory based system in level 1 – 3 with the ability to add in 3 bonus skills on each apparatus for a small benefit. Girls may still perform in the Level 2A and 3A events which have been redesigned to cater for elite development only.

In Queensland Level 1 and 2 gymnasts will compete only at local interclub meets. Level 2A and Level 3 gymnasts can compete at regional level while Level 3A can compete at State Titles.

Level 4 – 6 Competitive Structure

The Level 4 – 6 competition structure is based around a range of competitions which act as lead up meets to four major competitions.

- The first is in April - May which includes two-three invitational meets in the lead up to the Regional Titles.
- The second includes one lead up meet to the State Titles in June.
- The third includes two lead up meets to the State Club Championships in September.
- The fourth includes one meet leading up to the National Club Championships which will be held in Canberra in mid December.

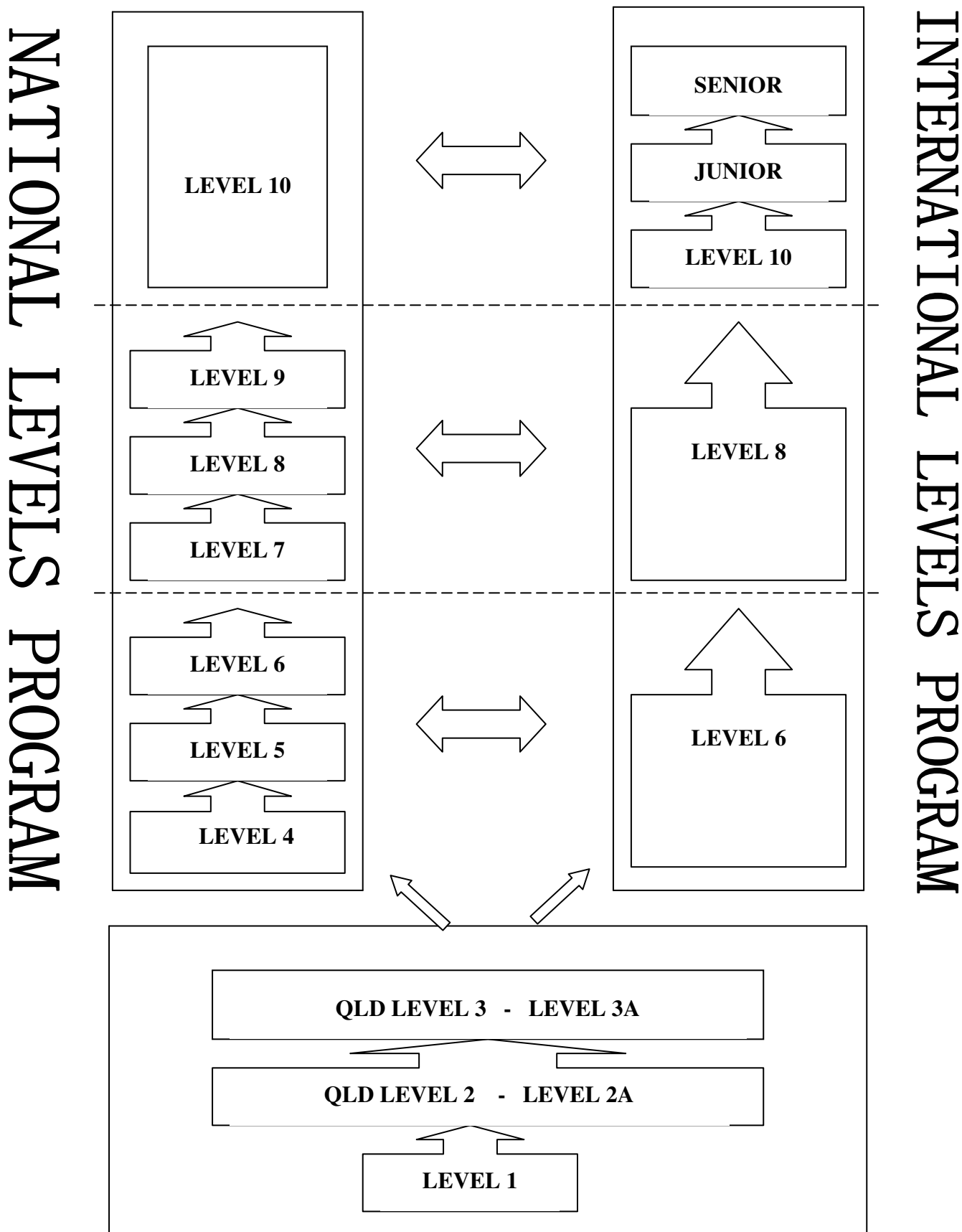
Level 7 – 10 Competitive Structure

The Level 7 – 10 competition structure is based around three seasons of competition.

- The first is an individual season which runs from mid April until June and includes the Judges Classic, Combined Regional Championships, State Titles and National Titles.
- The second season includes a lead up meets to the State Club Championships and the Border Challenge Championships.
- The third season includes one lead up meet to the National Club Championships in December.

WAG National Programme

Over the past 4 years a change in the philosophy of Gymnastics Australia has lead 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 and provide this flow chart to give guidance to the relative level of gymnasts in either stream.



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.

DELTA TRAINER OF THE YEAR

The gymnast that epitomizes a Delta Gymnast. The girl who by her effort and performance in training, competition and extra curricula activity provides a role model for Delta Gymnasts.

CLUB CHAMPIONS

Highest average score over the top two competitive events for the year. Awards for Level 1, 2, 3, 4, 5, 6, 7-10 Club champions.

MOST IMPROVED

The gymnast from Teams who has had the largest improvement in skill development, learning and AA score improvement from the previous year.

EXCELLENCE AWARDS

Provided to any girl who achieves the following results for Delta throughout the Competition Season:-

1st place on an apparatus or overall at the Brisbane North Championships

1st, 2nd or 3rd place on an apparatus or overall at a State Championships

1st, 2nd or 3rd place on an apparatus or overall at a National Championships

DELTA FORCE HONORS

Awarded to all Delta Force Team 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 1st, 2nd and 3rd class honours score categories will be reviewed each year.

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.

2009 Calendar

Date	Who	Event	Location
January			
5	Teams	12 - 20 hr teams commence	St Margaret's
12	Club	Week 1 Summer Camp	Clayfield /St M
12	Squads	9 Hour squads commence	St Margaret's
12-20	Coaches	Education Week/Congress	Chandler
15-17	Teams	Boot Camp	Southport
19	Club	Week 2 Summer Camp	Clayfield /St M
February			
1	Club	All classes commence	
21	Squad/Teams	PAD Test	St Margaret's
March			
15	Level 7 – 10	Senior State Squad 10:00am – 4:00pm	St Margaret's
April			
State School Holidays – 10 – 19 April Training planned as per normal (Updated in March Newsletter) (No training over Easter Weekend except 16-20 hr gymnasts Easter Monday)			
24/25/26	QG School Teams	Megan Mitchell Shield (date may change)	St Margaret's
May			
2-3	Lev 7 – 10	Judges Classic	MBC
6-7	QGSSSA	QGSSSA Gymnastics Meet	MBC
9-10	Lev 1- 10	Delta Duel	St Hilda's
16-17	Whole Club	Club Carnival	Clayfield
23-24	Level 3 - 6	Brisbane North Regionals	Spring Hill
29-31	Level 7 - 10	Level 7 - 10 State Team Trial	MBC
June			
6	Ext - Teams	PAD Test	St Margaret's
20-21	Ext - Teams	Delta Challenge - (Interclub Comp)	Clayfield
26-1	Squads - Teams	QUEENSLAND STATE CHAMPIONSHIPS	Chandler
July			
School Holidays 27 June - 12th July 9-12 Hour Teams to have holidays 28 June – 4 July (Adjusted times – State Titles finish 30 June) 16 – 20 Hour Teams to have holidays 5 July – 12 July) State Team Members from National Titles to have holidays 11 – 17 July – Return Saturday 18)			
4-12	State Team	Nationals Championships	Chandler
Aug			
9	Ext - Teams	PAD Test	St Margaret's
29-30	L4-6	Team Challenge 1	???
Sept			
12-13	Squads - Teams	Team Challenge 2	???
18-21	Squads - Teams	State Club Championships Sunshine Team Challenge –Border Challenge	Caloundra
22-23	State Squad	Level 4 – 6 State Squad Members	Maroochy
School Holidays 20 Sep – 5 Oct Squad and Teams Holidays 20th September to 26th September (Girls in Level 4 – 6 State Squad to have 2 additional days holidays and return 1 October)			
Oct			
31-1	Whole Club	Delta Carnival – Level's Carnival	Clayfield
Nov			
1	Andrews Cup Schools	Megan Mitchell Shield	???
6	School Teams	Andrews Cup	Sommerville
7	Ext - Teams	PAD Test	St Margaret's
21-22	Ext - Teams	Delta End of Year Invite	St Hilda's
28	Early Movers	Early Movers Carnival	Clayfield
28	State Squad	State Squad Club Visit (This may Change)	St Margaret's
Dec			
30 - 5	Squad - Teams	National Clubs	Canberra
12	Whole Club	Award Night – at the Kedron Wavell RSL	
12	Teams / Squads	Last day of training	

Extension and Extension Plus gymnasts train from Feb 1 – November 30th without holidays.

Event Guide 2009

Qualification to State Titles

In 2009 all gymnasts in Level 7– 10 can nominate to compete in the Senior State Titles.

In level 4 – 6 gymnasts must post a qualifying score at any 2009 sanctioned meet and compete at the relevant regional championships in order to enter the 2009 Junior State Titles. Qualification scores are Level 4 - 53.00, Level 5 – 52.00, Level 6 - 51.00

The Delta Duel - Delta St Hilda's Southport Invitational

This is the first of our club invitational's 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. It is expected that our Level 7 – 10 gymnasts will perform to be judged by senior judges as preparation for their upcoming competition season.

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.

Brisbane North Championships

This event will cater for clubs in Brisbane, North of the river. Awards are provided for girls in each division in Level 2a, 3a, 3, 4, 5 and 6 through to third place on each apparatus and overall in both and over age and under age division. (Subject to minimum numbers for age groups).

Combined Regional Championships 7 – 10

This is the regional championships for girls in Level 7 – 10 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. Awards are provided for girls in each division through to sixth place on each apparatus and overall.

Queensland State Titles (Level 4 – 10's and International Stream)

This event is the individual State Titles for all WAG gymnasts. The event will be combined with the Men's Artistic Gymnastics and the Rhythmic Sportif Gymnastics disciplines. Gymnasts are awarded from 1st to 3rd place on each apparatus and overall.

This event is being held at Chandler and is hosted by Gymnastics Queensland.

Level 3A -	Under 9 on the first of January 08		
Level 4 -	Under 10 on the first of January 08	and	OPEN Division
Level 5 -	Under 11 on the first of January 08	and	OPEN Division
Level 6 -	Under 12 on the first of January 08	and	OPEN Division

Senior

Level 7	Level 8	Level 9	Level 10
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Regional Challenge

In 2009 a regional team in level's 4, 5, and 6 will be selected to compete in a team event at the Queensland State Titles. Gymnasts will be selected from their regional championships. The top 7 gymnasts will be selected for the regional team and the top five of these girls on each apparatus will compete in the team round of the Regional Challenge.

National Championships

The National Championships are to be held in Perth in 2009. The event is for WAG gymnasts in National Stream Level 7 – 10 and International. The competition is held over two rounds. The first round is the team event and the top 24 gymnasts from this competition are invited to compete in the finals some two days later. Overall winners are based over two days competition.

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. 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 seven gymnasts with five 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 Clubs

In 2009 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 rules yet to be confirmed). 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 won this competition and the title of State Club Champions since 2007.

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 will be held in conjunction with the State Club Championships n September.

Delta End of Year Invitational

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^h place overall and on apparatus.

National Club Championships

In 2007 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.

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 girl cries (from disappointment etc) she will be removed from the floor and will not be permitted to complete the competition.

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.

ie We care for each gymnast's self esteem and worth and do not chose to promote anyone to their level of incompetence.

Competition Fees

Competition fees must be paid prior to gymnasts being nominated for any competition. Nominations must be sent 5 weeks prior to competition so please expect to pay nomination fees six weeks prior to competition.

Uniforms

Gymnasts will be required to purchase the following uniforms.

Competition Leotard Junior (Level 1 - 3), Senior Level 4 –10 (Sylvia P)

One Piece Training Leotard * (Sylvia P) (Squad and Team Only)

Competition shirt (Squad and Team Only)

Competition Bag (Squad and Team Only)

Loops (Squad and Team Only)

Wrist bandages (can buy own)

Guards (Amco Gymnastics) – When coach advises the gymnast is ready.

Sandshoes suitable for running (can buy own)

Gym Bag (from Delta Office)

LEOTARDS

In competition girls will wear appropriate underwear to ensure bra's, pants are not visable.

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 or phone the Delta Office 3262 0055.

It is the policy of Delta Gymnastics that girls' 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 girl's preparation and provides significant benefit to our girls. We would ask that where possible parents endeavour to plan family holidays in the times listed in the yearly calendar.

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 2009 we would like to provide better feedback and a more simple means of communication by corresponding by email. Could you please ensure if you are Online that your email address is accurate on the form at the end of this booklet.

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 endeavour to attend all competitions to support their club members. Not only does it help our girls in competition, it also assist the gymnast watching as they know what to expect in the future when it is they who are competing.

Choreography

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

Floor Music

In 2009 our music library is made available for team members. 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 select 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 2009 has not yet been finalised.

FUNDRAISING

In 2008 it is our goal to raise \$15000 for funding travel to events and facility and equipment upgrades It is our intention to raise these funds as follows :-

Delta Challenge	\$ 7500
Carnivals	\$ 2500
Raffle	\$ 8000

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.

Delta Care – Health Management System

Please receive a separate hand out if your child outlining items of insurance, training when injured policy, letter to physician and recommended medical support.

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.

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
1a-2a	10%	50%	45%	35%	35%	75%	75%	60%
4	15%	55%	45%	40%	55%	80%	70%	70%
5	25%	65%	55%	50%	75%	85%	85%	80%
6	45%	70%	65%	60%	80%	90%	90%	85%
7-10	55%	70%	70%	65%	90%	90%	90%	90%
Team	40%	70%	70%	60%	2004 average across all team members (level 4-10)			

Please complete and Return

Dear Parent/Member,

We request that you supply the following information to aid us in giving our best care to your child/you while he/she/you are participating in our sports program. All information herein will remain confidential.

Members Name: _____ **DOB:** _____

Address: _____

Home Phone: _____ **Email Address :** _____

Parents Names Contact : Mother _____ **Mobile :** _____

Mother's Employer/s: _____ **Work 'Phone:** _____

Father : _____ **Mobile :** _____

Father's Employer/s: _____ **Work 'Phone:** _____

Emergency Contact : _____ **Phone:** _____

Are you an ambulance subscriber? YES / NO Number: _____

Your preferred Doctor & Physiotherapist? (if not using our recommended Professionals)

Doctor: _____ **Phone:** _____

Physio': _____ **Phone:** _____

Medical information: Has your child / you had the following: (answer Yes or NO & specify)

1. Heart Disease Y / N If so, specify: _____

2. Epilepsy Y / N Frequency _____

3. Asthma Y / N Controlled by _____

4. Haemophilia Y / N

5. Does your child carry drugs or injections for any condition? Y / N If so, specify:

6. Bone, muscle or soft tissue injury requiring a period of treatment or surgery? Y / N

Specify: _____

7. Spinal injury or abnormality: Y / N Specify _____

8. Are there any other facts that you feel we should know concerning your child's health?

Confirmation

We confirm we have received a copy of the Delta Force Teams Information booklet for 2004 and agree to the policies and our obligations under this document.

We consent to photographs of our daughter being used for promotional material or posted on the club website.

Signed _____

Relationship to Gymnast

Relationship to Gymnast