Delta Force E-News

Upcoming Dates	
PAD Test—Squads & Extension	9th April
Easter/Anzac Day Public Holidays—*No training on Friday and Saturday. Regular training resumes Monday.*	22nd—26th April
Aurora Challenge/Judges Classic	30th April/1st May
Delta Duel/Winter Carnival	14th/15th May
GC Regional's/State Team Trial	27th—29th May
Delta Challenge/Level 1-3 Carnival	18th/19th June
QLD State Titles—Chandler Arena	24th—28th June
Australian Championships—Perth	11th—14th July

6th April, 2011

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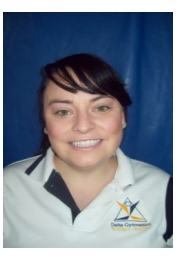


Head Coaches Message

Welcome to the first edition of the Delta Force E-News!

Most of you will have also received the whole Club E-News, we are slowly making the transition towards being paper-free! The Delta Force E-News will come out at least once a month, occasionally more often as the need arises.

I hope the first few months of the year have been as enjoyable for you all as they have been for the coaches! The Club has a great vibe this year and I am really excited for what lies ahead.
Anna and Mike are really settling in to their new roles and the girls are working hard all around the gym. You may have noticed in line up at the end of the night there are many girls putting their hands up to share their achievements—a great sign of things to come.

Each E-News is designed to keep you up to date with upcoming events and happenings in and around the gym. If you have any suggestions for what you would like to see in the next edition please feel free to email me at jmcginnity@deltagym.com.au

See you in the gym!

Jodie

Uniforms

A big thanks to Sylvia P, who came down the Coast a couple of weeks ago to measure and fit our Gymnasts for leotards and track suits. If you have not ordered your daughters uniforms, please see your daughters coach in the gym for a Uniform Order Form ASAP as the turn around for leotards is usually 4 weeks, and the first comp for Level 4-10 is in 3 weeks time. T-Shirts will be available for order at the PAD Test, we will have last years shirts available to try on after the parent meeting to work out sizing.

The stunning new Level 3-10 Competition Leotard!

PAD REMINDER

The next PAD Test is this Saturday 9th April at the Southport Venue from 1:30–4:30pm, with a Parent Meeting and BBQ to follow.

Gymnast of the Moment

Tayah Semple-Lewis

Tayah has impressed all of her coaches with the enormous dedication shown in her approach to her training. Every day, without fail, Tayah puts in 110% effort and for such a young gymnast shows maturity beyond her years.

Tayah has worked very hard to achieve many new skills, including Vaulting over the Table; Cartwheel on the High Beam; Handspring on the Floor and jumping from the Low Bar to High Bar—very difficult for our little Level 4's!

Well done Tayah—keep up the great work!

Thought for the Moment:

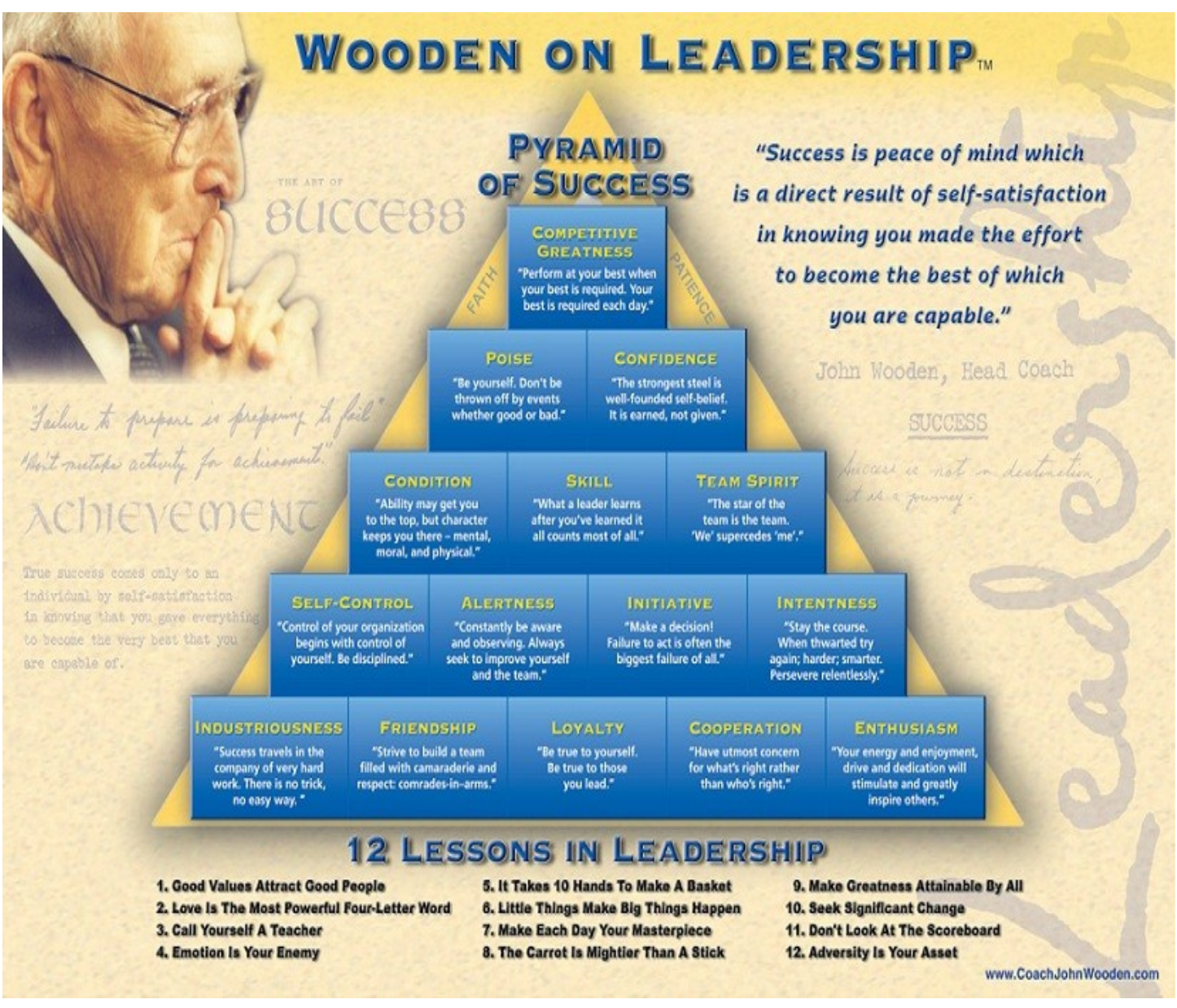
John Robert Wooden (October 14, 1910 – June 4, 2010)was an American basketball player and coach. Nicknamed the "Wizard of Westwood", he won ten NCAA national championships in a 12-year period — seven in a row[— as head coach at UCLA, an unprecedented feat. Within this period, his teams won a record 88 consecutive games. He was named NCAA National Coach of the Year six times.

He was one of the most revered coaches and was beloved by his former players. John was renowned for his short, simple inspirational messages to his players, including his "Pyramid of Success." These often were directed at how to be a success in life as well as in basketball.

During the U.S Tour last year, we were fortunate to visit John Wooden's Den at UCLA and learn a little bit about this extraordinary man. I think we can all learn many valuable lessons from Coach Wooden, parents, coaches and gymnasts alike, some of which Anna, Mike and I would like to share with you.

John Wooden's **Seven Point Creed**, given to him by his father Joshua upon his graduation from grammar school:

- Be true to yourself.
- Make each day your masterpiece.
- Help others.
- Drink deeply from good books, especially the Bible.
- Make friendship a fine art.
- Build a shelter against a rainy day.
- Pray for guidance and give thanks for your blessings every day.

Wooden also authored a lecture and a book about the Pyramid of Success. The Pyramid of Success consists of philosophical building blocks for winning at basketball and at life. In his later years he was hired by corporations to deliver inspirational lectures and even appeared in commercials for Hartford Insurance and the NCAA. Following his death, all UCLA teams wore either a patch or helmet sticker with the initials "JRW" inside a black pyramid, in honour of his philosophy. It is generally known that he received lecture fees that exceeded the salaries he was paid as a coach. Wooden proudly claimed that these late in life windfalls allowed him to set up education accounts for all of his grandchildren.

At the top of the Pyramid of Success was "Competitive Greatness" which Wooden defined as "Perform at your best when your best is required. Your best is required each day."