



Delta Gymnastics
G O L D C O A S T

Challenging the Limits

Squads Newsletter

April 2011

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Coaches Message

It is very exciting that our first competition for the year is just days away! The girls are working hard on their routines in the gym and polishing off their performances. We are looking forward to seeing the girls in their new Uniforms as we compete under the Delta Gold Coast banner for the first time.

Please note that there has been a last minute change to the date and venue for Gold Coast Junior Regional's. A note was handed out in class this week. Please be sure to take note of the new date.

Good luck to all gymnasts competing in the Aurora Challenge or Judges Classic competition next week, especially to those girls competing in a new level. I am sure you will all do your best and we will be very proud of you!

We hope that all families enjoy and safe and restful Easter break and look forward to seeing you all back in the gym – ready and rearing to go!

Jodie McGinnity, Anna and Mike Plourde

PAD Test

Congratulations to all girls for the fantastic results in the April PAD Test. There were many significant changes, and John made a comment about how positive the atmosphere was in the gym on the day. Congratulations to Rachael Armstrong (highest score) and Sophia Kirke (Most Improved) for their outstanding results. Please see the PAD display on the notice board for a summary of the results

Change to Gold Coast Junior Regional's

This week we were informed of a change to the Date and Venue of the Gold Coast Junior Regional Championships. They were previously due to be held in Toowoomba on the 28th – 29th May, in conjunction with the Senior Regional's/State Team Trial. Due to the host organisers not being able to fit everyone in, the Gold Coast Junior Regional's will now be held at Moreton Bay College in conjunction with the Brisbane South Region on the 4th/5th June. Days and time are to be confirmed.

The Senior Regional's/State Team Trial will still go ahead at the advertised Date and Venue in Toowoomba. Please see below for the Draft Schedule:

Level 8-10 Saturday morning (2nd session) and Sunday morning (1st session)

Level 7 Saturday afternoon (3rd session) and Sunday morning (2nd session)

Training on the Friday prior (27th May) is likely to be in the morning from 8:00am – 12:00pm. I appreciate that this is a school day, but if parents are able to allow their children to attend that would be most appreciated.

Levels Testing

In order to be recognised as being in a certain Level, gymnasts need to pass a Levels Test. This is a set score on each apparatus/overall. This year, Gymnastics QLD has changed the structure of Levels Testing. In the past, girls have been required to indicate prior to an event that they wished to test. Now, gymnasts may perform at a sanctioned event, and if they achieve the pass mark, they can apply to Gymnastics QLD for a Level badge.

After each event, we will notify gymnasts if they have passed their level, and instruct parents to make the \$5.00 payment for the badge prior to Delta ordering them.

T-Shirts and Backpacks

The new T-Shirt and Backpack have now been finalised and have been ordered from the supplier. These items will be held in the gym and made available for purchase from this point forward. I expect both to arrive prior to the first event. Payment can be made through the Delta Office by phoning 3262 0066. T-Shirts will be \$30 and Backpacks \$35.

Once I received an email form them confirming purchase of the item, I will be able to distribute to the gymnasts. I have ordered based on the sizes provided by each family, and will be able to give you the size that was ordered. Please keep in mind that this is likely to be one size bigger on the tag (i.e. a size 8 in the old shirts is size 10 in the new shirts) based on the fact that it is a different brand, and therefore different sizing.

Parent Information Evening

The next round of Parent Information Meetings will be held next week, just in time for competition season. The 15 minute meetings will cover Competition expectations and etiquette. The Squad 9/12 meeting will be held after training on Wednesday

P O Box 477, CLAYFIELD Q 4011

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27th April and the Squad 16/20 meeting will be on Thursday 28th April from 7:45 – 8:00pm. It would be fantastic to see ALL parents there, as we will be covering some very important topics.

Rules for Competition

As we near our first competition for the year, now would be a good time to review the "Rules for Competition" as stated in the Delta Force Information Booklet. Please see below for the excerpt and please feel free to discuss any of the rules following the meeting.

Eligibility

Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified and paid for. 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.

Please 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.

Payment Policy

It is Delta Policy that in order for a gymnast to enter competitions, tours, events or clinics they must pay the appropriate fee by the due date and have a fully paid membership at the time of nomination. Unless a prior arrangement has been made and approved, gymnasts with outstanding membership fees will NOT be entered in to competitions, etc.

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. Please email Jodie McGinnity at jmcginnity@deltagym.com.au or phone Delta Office on 3262 0066. 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.

Age Divisions

This year, Gymnastics QLD has separated some levels in to greater age divisions. Please see below for the amended age divisions, these will be applicable at State Titles, and at larger Invitational Events.

- Level 4 Under 9 Must be under 9 on the 1.1.2011
- Level 4 Under 10 Must be under 10 on the 1.1.2011
- Level 4 Open
- Level 5 Under 10 Must be under 10 on the 1.1.2011
- Level 5 Under 11 Must be under 11 on the 1.1.2011
- Level 5 Open
- Level 6 Under 12 Must be under 12 on the 1.1.2011
- Level 6 Open
- Level 7 Under 13 Must be under 13 on the 1.1.2011
- Level 7 Open

E.G: If a gymnast in Level 4 is turning 10 on the 5th of January 2011 they would compete in the Under 10 Division as they were under 10 or still 9 years old on the 1st of January 2011.

Qualifying for QLD State Titles

Each year, Gymnastics QLD sets a qualifying mark for Levels 4-6 wanting to compete at State Titles. Level 7-10 receive automatic qualification as long as they have passed their level. This mark must be achieved at a sanctioned event prior to the nomination due date. For most girls, this means at Aurora Challenge or the Delta Duel. We expect that some girls attempting their level for the first year, may have some difficulty achieving the qualifying score, and hope that parents will assist us to communicate this expectation to new Level 4's in particular. Please see below for qualifying scores, these have been provided for you so that you can know whether to nominate your daughter for State Titles. Please do not put pressure on your child by discussing these scores with them prior to their competitions:

- Level 4 50.40
- Level 5 50.60
- Level 6 50.00

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Competition Nominations

The nominations for the next round of events will be due shortly. It is really critical that nominations forms are returned and fees paid by the due date. Nomination forms must be sent off 5 weeks prior to the event, and Gymnastics Queensland will not accept late entries. Entry fees for the second round of events are **due on Monday 16th May**.

Refunds – in the event your daughter has nominated for an event and is unable to attend due to injury or illness, a refund can be obtained (less the 20% Gym QLD Administration Fee) by providing a Medical Certificate to the Head Coach prior to or immediately following the event.

EVENT	DATE	LOCATION	PARTICIPANTS	COST
Delta Challenge	June 18 th -19 th	Clayfield College	Level 1-10	\$45.00
QLD State Titles	June 24 th -28 th	Chandler	Level 4-10*	\$85.00

**N.B. Gymnasts need to achieve a qualifying score at Aurora Challenge or Delta Duel in order to participate at QLD State Titles. Please see above for further information.*

MERCHANDISE

Delta GC T-shirt	Compulsory item for Squad 9 and above, Optional for Extension	\$30.00
Delta GC Backpack	Compulsory item for Squad 9 and above, Optional for Extension	\$35.00

Gymnast Name: _____

**Due Date: Monday 16th May 2011 – Fees
Merchandise - ASAP**

<input type="checkbox"/> Cash	<input type="checkbox"/> Cheque	<input type="checkbox"/> Credit Card	Card Type:	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
Credit Card Number _____/_____/_____/_____			Expiry Date: ____/____/____		
Signature: _____					
Competition Entry Fees	Delta Challenge	June 18 th -19 th	Levels 1 – 10	\$45.00	<input type="checkbox"/>
	QLD State Titles	June 24 th -28 th	Levels 4 – 10	\$85.00	<input type="checkbox"/>
Merchandise	T-Shirt			\$30.00	<input type="checkbox"/>
	Backpack			\$35.00	<input type="checkbox"/>
Total Payment	\$			_____	

Office Use Only - Delta SHS - 2011 Competition Entry: Season 2

Club Members Event Log

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