



# Delta Gymnastics Club E - News Term 1 2011

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March 2011

Apr		
9	PAD Extension & up classes	St M
22	Good Friday No classes	
24	Easter Saturday No Classes	
25	Anzac Day No Classes	
26	Easter Monday (public holiday) No Classes	

## E-News is here!

Welcome to the first Delta Gymnastics whole club E-news! We are launching newsletters online to assist in keeping our members informed, sharing our successes and growing the Delta community. You will notice also changes to our website and the launch of our Delta Facebook Page. This E-News-letter will be emailed to your nominated email address once per term. We hope this will keep you up to date with information, results and up coming events. If you have any feedback or suggestions we would love to hear them.

## Welcome!



I sincerely welcome all old and new faces to Delta Gymnastics in 2011. We hope you have settled into the New Year and that all of the children have adapted to their new routines and environments. Please enjoy our first newsletter for the year.

In an amazing finish to 2010 our Senior Girls won the National Club Championships for a record 4th consecutive time and then toured USA to train with the top women's college gymnastics team in America (The UCLA Bruins). We competed in an International Meet (winning 57 medals) and had an amazing team building tour visiting Universal Studio's, Disneyland and all the sights of LA.

With 2010 behind us we are looking forward with anticipation to what 2011 will bring.

At Delta, we feel that we have the best team of coaches in Australia. This year we are very lucky to have 9 staff members who have chosen gymnastics coaching as their full time career. We are very proud to offer such positions to people who have the desire and passion to help children grow and develop using gymnastics as the tool.

It is our aim to provide all children with an opportunity for growth and development by providing quality gymnastic classes at their own level. We hope by providing excellent tuition and fabulous role models that each child will feel inspired to be the best they can be and in doing so improve their self esteem and self concept.

We look forward to your support and making 2011 a fantastic year in gymnastics for everyone.

*Megan Mitchell - Club Manager*

## Upgrades at Delta Clayfield

By now you may have noticed our new viewing deck and changes to equipment at Delta Clayfield. By the end of April we will have finished a \$100,000 upgrade for the venue including a new glassed viewing deck for parents, new matting under all equipment for increased safety, new bars, beams, tumble strip and the relocation of our tumble track to exceed international safety standards for all apparatus. The new design provides better teaching circuits, more "time on task" and an overall better gymnastic experience for all members of Delta and students at Clayfield College. Many thanks to Clayfield College and the Australian Government for their support of this upgrade.



**DRINK BOTTLES**—As there is no longer a water fountain on the gymnastics floor, we encourage all children to bring a named water bottle to class.

## NEW LEADERSHIP STRUCTURE

Over the past four years Delta Brisbane has grown from 600 gymnasts in 2007 through to our current membership of 1000 gymnasts (nearing capacity). As you can imagine it is a big job to ensure our families are looked after with the best possible service, communication, and tuition, far too big for one or even two people. As mentioned earlier we are very lucky to have many staff members who have chosen gymnastics as their full time career and we are proud to offer a career pathway for these individuals. I would like to introduce you to the people who will be looking after you.

## ADMINISTRATION



**Amy Reinke**  
As the Assistant Club Manager for Clayfield, Amy is responsible for looking after our Clayfield members for all school aged development classes and our Extension and Extension Plus competition program.



**Danielle Hall**  
As the Early Movers and Groovers co-ordinator, Danielle looks after all our weekday morning classes at Clayfield as well as co-ordinating the Administration for Delta Brisbane.

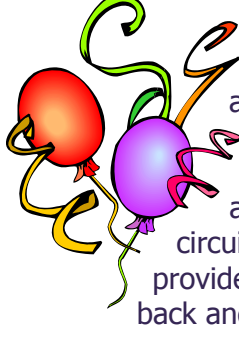


**Belinda Wall**  
As the Assistant Club Manager for St Margaret's, Belinda is responsible for looking after our school aged development classes at St Margaret's and our high level competitive program, "The Delta Force."

Our administration team is made up of Melissa South, Danielle Hall and Megan Mitchell. Mel is full time in the office from 9.00am-5.00pm Monday to Friday and will most likely be the person you will be speaking to on the phone. At times all three staff members are on the phone, so if you are calling between 9.00am-5.00pm and you do not get through please leave a message and we will endeavour to return your call as soon as possible. Our office is located in the Clayfield College Sports Complex – Back left hand corner of Car Park level. (The room with the yellow & purple painted walls).

## BIRTHDAY PARTIES

Did you know we are able to hold a birthday party for your child?



We run Parties on selected Saturday afternoons from 3.00pm-4.45pm and Sundays (times negotiable) at our Clayfield venue. Our staff will conduct an hour of power with games, relays, circuits and activities. All you need to do is provide food & drinks for the guests and sit back and enjoy!

## PLEASE SUPPORT OUR SPONSORS BECAUSE THEY SUPPORT US!

Sunsail provide sailing holidays in the beautiful Whitsunday Islands. Based on Hamilton Island the company provide skippered or "non- skippered" sailing experiences in one of the world's most picturesque locations.



In 2010 Sunsail provided a prize for our raffle and this year will provide 10% off any "first time" chartering from a Delta family of friend.

To book your holiday just call the Delta Office and we will provide you with a direct contact at Sunsail who will make sure that as a Delta Member your holiday is extra special.



## We're a bank you can bank on.



In an Australian First - At Delta we are very proud to announce that "Our Bank" - Westpac has entered into an agreement to support our members by contributing a fee for every loan that is written with Westpac that has been referred by Delta. (Delta members, friends, families)

If you are thinking about financing or refinancing a loan please consider Westpac as Australia's leading bank. Remember that not only will they look after you with great service and products (especially so as a part of the Delta community), but by doing so you will be supporting the club.

It is important that when you are looking at financing through Westpac that you let them know that you would like to be considered as referred by Delta or please feel free to contact John Mitchell on 3262 0055 who will arrange an introduction to a Westpac staff member who will provide you with the very best Westpac has to offer.

## WHY GYMNASTICS?

Gymnastics is the perfect sport to teach skills for life including independence, focus and self-discipline, along with skills that can assist with self-esteem, learning and physical development.

- Gymnastics:
- Builds strength and prepares the body for challenges in life
  - Enhances co-ordination and agility, allowing the body to move like lightning
  - Develops posture and confident body movement, including safe landings
  - Develops healthy minds and bodies for now and later life

*Give your child the right start in life. Let them experience Gymnastics and watch them develop into a strong, confident and well-balanced person.*

## OUR NEW GYMNASTICS YEAR

We are very excited to announce our new gymnastics year. Instead of offering classes for 10 months of the year, classes will now be on offer for 11 months of the year. Dates will vary each year, however classes will be run from the middle of January to the middle of December.

December and January will combine to make one month when looking at membership fees and length.

Each Delta member will attend normal classes in the first week in December and the Last week of January. In addition each member can now choose to attend a special four day "intensive" training clinic either in December or January **included** in their membership.

This year in December the week will run from Monday 12th—Thursday 15th December and in January will run from Monday 16th.(Members can attend both for a fee.)

So as an example, Joanna Gymnast who attends Gymstart (1 hr class per week) will attend the first week in December, last week in January and then choose from either a four day (one hour per day) clinic in December or January.

We think this is a great way to provide even more value to our members, provide accelerated learning from the "four days in a row" clinic and a fun way to start or end the year.



## What is Early Movers?

Early Movers is our Delta program especially designed to help 2.5yr olds - 4.5yr olds develop their movement potential and body control in a safe and fun environment. With small coach to gymnast ratios and our parent helpers joining in the class, this program really accelerates learning and builds confidence.

We know that children learn best when they are having fun so our fantastic coaches deliver our classes in a fun filled way that combines group work and "one on one" activities with a caregiver in our circuits.

The Early Movers program is designed to guide children and their caregivers through a path of development which allows each child to develop at their own speed. Our coaches deliver the class in a fun filled way that combines group work and "one on one" activities in a circuit and provide important information and assistance

that allow caregivers to understand how activities should be attempted and why these activities provide value to their child.

Children are be grouped into Early Movers (for 2 and 3 year olds) and Early Groovers(for 4 and 5 year olds— children who are Pre aged). While we know that children learn best when they have an adult caregiver assisting in class, we also aim to develop each child's ability to follow instruction independently.

The Early Movers classes aim to give children an excellent grounding in fundamental movement patterns along with developing early listening skills.



# Start Here, Go Anywhere