



Delta Gymnastics Brisbane - Term 1

Delta Gymnastics
Email admin@deltagym.com.au

PO Box 477 Clayfield 4011
Ph 3262 0055

Welcome to our 1st Newsletter for 2008. We welcome back all members from 2007 and new members for this year. We hope you had an enjoyable Christmas with your family and are looking forward to the year ahead. We look forward to 2008 being yet another great year for all of our gymnasts at Delta with new programs, great staff, revised carnivals and continued competition opportunities.

At Delta, we are only as good as the staff that coach our members and we feel that we have the best team of coaches in Australia.

Since our last newsletter we are very proud to announce that in December our girls competed against the top 68 clubs in Australia and won the National Club Championships for the first time ever. For a full wrap up on the event please see the summary below.

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 that 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 in making 2008 the best year in gymnastics for everyone. *John and Megan Mitchell*

Its Official - We're # 1

In early December 20 of Delta's top gymnasts travelled to Canberra to take on the best of the best gymnastic clubs in Australia. (In all, there were 68 of the 680 clubs now operating in Australia.) Our girls had previously managed 3rd in the Junior Division and 6th in the Senior division and had their sights set on challenging for the title of National Club Champions.

Lead by our captains Nicole Ison and Kristy Bishop, our Level 10 team set the pace with Nicole, Kristy and Steph Zeitek stepping up to the standard and placing 5th overall in the highest level division. (Kristy placed 2nd overall as an individual)

The Level 8 team had bad news the day before competition when our National Champion Alex Trezise rolled an ankle (walking down stairs) and was only able to compete on Bars. The other girls did a fantastic job to lift their performance and placed 3rd overall in Australia. (Level 8 team members Ashleigh Robson, Rebecca Carter, Jess Scionti and Alex Trezise)

The level 6 team did an amazing job lead by Ally Smith (who placed 3rd overall in Australia). These girls were asked to do a huge task by competing up levels to earn points for the club in the level 6 division. The team was made up with Ally (Level 6), Tegan Todd (Level 5), Melissa Ferrier (Level 5) and Tahlia Hensley (Level 4). Each girl performed to her maximum to surpass all expectations to place 7th Overall in Australia.

With one day to go our club was ranked 3rd place with only our Level 4's and 5's to go. Our junior girls were equal to the task and were crowned National Champions in both the level 4 and level 5 divisions. Our Level 4's (Tess Hannah, Lauren Galvin, Alex Johnson, Olivia Dykes and Courtney Campbell) won Vault and Bars while placing 2nd on Beam and Floor while our Level 5 Team are National Champions as well as winning Bars and Beam, 2nd on Vault and 4th on Floor. Our Level 5 Team members are Jessica Wigglesworth, Sophie Musgrave, Laura Purdie and Sidney McIlwaine.

We congratulate the girls and their coaches and thank them for being such great role models for all Delta and Queensland Gymnasts.

2008 CALENDAR DATES

Classes Commence	Fri Feb 1st
Come and Try Day Clayfield	Sat Feb 2nd
Membership Renewals Due (Feb expirees)	Fri 22nd Feb
Teams Leadership Sleepover	Sat Feb 23rd
Family Fun Day	Sun Mar 2nd
Good Friday—Easter Monday (no classes)	21-24 March
Membership Renewals Due (March Expirees)	Tues 25th March
Physical Ability & Development test (Extension and above)	Sat 29th March
Individual Season Event nominations / fees due (Extension and above)	Mon 31st March

IN THIS EDITION

Pg 2

- Website Update
- Summer Camp 2007
- Congratulations Jodie
- Aloha Delta
- Why Choose Gymnastics?

Pg 3

- 2007 Awards Night and Recipients
- Class Upgrades
- Delta Staff
- Where is the Office?

Pg 4

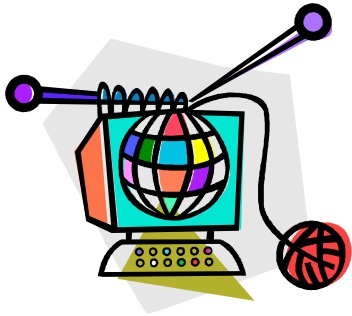
- Family Fun Day
- Housekeeping

Pg 5

2008 Calendar

Pg 6

- Joy Bishop Wins Volunteer of the Year
- Birthday Parties
- School Holiday Policy



Website Update

Over the past three months we have been without our website due to a crash of the system our website was designed in. We are excited to announce that after countless hours and meetings our website is due to be 'rolled out'

over the next two weeks with greater features that will allow all our members to keep up to speed with the latest news, information about events, photo's and paying for memberships.

Summer Camp 2008

From 7th-10th January and 21st-24th January we had around 60 children come and enjoy getting back into Gymnastics after the Christmas holidays or trying gymnastics for the first time. The Summer Camp provides fun, fitness and friendships for children aged 2.5yrs-15yrs. The week started off with basics and safety but progressed towards skill development, trying new things and finished with a crazy sock and hair day. Lauren P, Danielle, Connie, Stacy and Lauren N had a great time and can't wait to see all of you again soon.

YOU CAN DO MORE!!

Did you know that you can do an additional class each week for only half the price of the first class? Call the office today and find out about your second class for half price !

Congratulations Jodie!

We are proud to announce that Jodie McGinnity has been appointed the new Club Manager at Delta St Hilda's Southport commencing February. Jodie has been a valuable member of our team here in Brisbane for six years and in that time has worked with gymnasts of all ages, managed at times both the Clayfield and St Margaret's venues, directed the extension programs, written lesson plans and trained staff as well as heading up the Clayfield College schools program and been a senior competitive coach of the club.

With this experience behind her coupled with her recently completed diploma of sports management, Jodie is ready for the next step in her career and we are excited that she is able to do so within the Delta Family.

Jodie's role at Delta St Hilda's Southport encompasses the overall management of the club as well as leading and directing all programs.

While we will miss Jodie, we send all the best wishes of Delta Brisbane with her and know the Jodie will be successful in her new role.

WHY CHOOSE GYMNASTICS?

Gymnastics is the perfect sport to teach skills for life, including independence, focus and self-discipline - 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
- Challenges the mind and body to reach new goals
- 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.

Aloha - Delta !!!

During January, five of our Senior girls gymnasts travelled to Hawaii & Los Angeles with Coach John Mitchell and Chaperone Joy Bishop to take on the best clubs from America, Japan and Canada.

The girls did a great job and really put Delta on the international stage against quality opposition. Alex Trezise lead the way for Delta by winning the Level 8 division with Emma Pinder 4th, while Kristy Bishop placed 3rd in the Level 9 division with Nicole Ison 4th and Jessica Wigglesworth did an amazing job moving up to Level 7 to place 3rd overall.

The goal of the tour was to provide the girls with valuable competition experience in the lead up to this year's National Championships, as well as rewarding them for their efforts and results in 2007 by providing a great life experience.

Outside the gym the girls did not stop on the fourteen day tour. Our calendar looked like this:-

Day 1 - Arrive in Waikiki, hit the beach and the markets.

Day 2 - Training in the morning and Surfing lesson afternoon.

Day 3 - Training in the morning and shopping expedition.

Day 4 - Surfing at Dawn followed by training then attending a traditional Luau at night.

Day 5 - Visit Pearl Harbour and the USS Arizona Memorial Podium Training at night.

Day 6 - Jess, Kristy and Nicole compete.

Day 7 - Emma and Alex Compete

Day 8 - Snorkel Hanama Bay & travel

Day 9 - LA - Disney Land

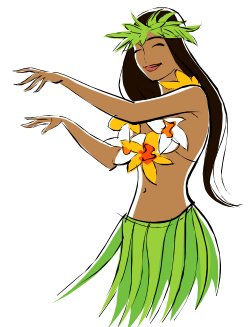
Day 10 - Universal Studio's

Day 11 - Tour of LA, houses of Rich & Famous, Venice Beach etc.

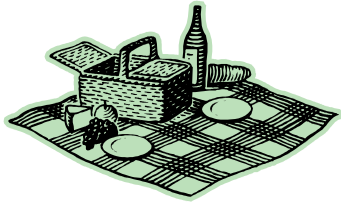
Day 12 - Travel back across Dateline

Day 13 - Relaxing day in Fiji

Day 14 - Return Home.



All in all you can see that this was the tour of decade and a well deserved treat for our fantastic gymnasts. Special thanks to Joy for looking after the girls and John.



DELTA FAMILY FUN DAY

- Who :** Any member, friend or family of Delta who feel like joining us for some fun at the park, and good company.
- Where :** Kalinga Park (end of Park Avenue Woolloowin)
- When :** Sunday the 2nd March from 3:30pm
- Why :** Really - This is just an excuse to meet up with friends, meet new friends, have some fun with the kids, sit back, relax and enjoy some refreshments and beautiful Queensland Weather.
- What :** We will make camp at the swings and Bar B Q area at 3:30pm, set out a space for nibblies and drinks and kick back and relax. Megan will be running some activities for the kids (and adults) for those who enjoy a little more active afternoon or challenge.
- What to Bring :** Anything you would like to eat or drink (Bar B dinner if you feel like staying longer). Chairs or a blanket and Balls, Bats, Bikes etc

SO COME ALONG AND JOIN IN THE FUN!

HOUSEKEEPING

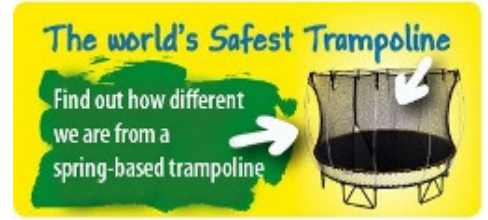
- For the safety of your child it is a requirement that each child wears shoes into and out of the gym.
- Coaches can not take payments of any kind. Please do not give payments to coaches. Payments can be made by posting to PO BOX 477 Clayfield or calling the office.
- Please ensure your child is dropped off inside the gym and collected from the gymnastics floor. (we have had reports of young children waiting for friends in the car park before and after class)
- Parents are welcome to stay and observe class at all times. Please be respectful of the environment and keep noise to a minimum to allow your child and others to focus on their coaches instruction. It is a good idea to assist your child to work towards feeling comfortable to train without a parent staying throughout. Then they have some exciting stories to tell after class when they divulge all that they did that day.
- Please ensure children do not wear jewellery to training. Rings watches, necklaces may be damaged or cause an accident.
- Please ensure children wear clothes that will not restrict movement and are not loosely fitting. Loose clothes can get caught when on the bars and cause an injury.

Spring Free Trampolines!!

Delta Gymnastics is proud to announce a new alliance with Spring Free Trampolines.

What's so different about Spring Free?

One word - **safety**



The Springfree™ Trampoline has been designed with ultimate safety in mind. Spring-free™ is the only trampoline manufacturer that has gone back to the drawing board and eliminated from design the four areas that traditionally cause trampoline injuries:

- 1** The Springs
- 2** The risk of falling off
- 3** The steel frame at the jumping surface
- 4** The risk of falling into rigid enclosure poles

When it comes to trampolines, Springfree™ Trampoline is the only safe choice, period.

“From Megan and John Mitchell”
We have coached gymnastics over the last 25 years and have NEVER endorsed or had a trampoline in our own backyard due to risks they bring to children.

We are so confident with the Spring Free trampolines that our boys now have a 'Spring Free Trampoline' at home for our own children and will be inviting Spring Free to our carnivals to show our members.



Delta Gymnastics
is proud to endorse Spring Free Trampolines.
Mention this article and Spring Free will donate \$50 to support our Delta Gymnasts.
Call them on 1800 123 204

DELTA CALENDAR - 2008

This year is going to be a huge year for all Delta members. To provide you with the very best chance of being involved in as many activities, carnivals or competitions we have scheduled our entire year in advance. As we are subject to changes to the Gymnastic Queensland Calendar, please keep an eye on our new website for updates (due to launch in February at www.deltagym.com.au).

Date	Who	Event	Location
January			
2	Teams	Delta Force 16 - 20 hr teams commence	St Margaret's
7	Club	Week 1 Summer Camp	Clayfield
12-20	Coaches	Education Week/Congress	Chandler
21	Club	Week 2 Summer Camp	Clayfield
February			
1	Club	All classes commence	
9	Squad/Teams	PAD Test	St Margaret's
23	Squad/Teams	Leadership Sleepover (Yr 7 and above)	Brisbane
March			
2	Club	Delta Family Fun Day	Kalinga Park
21-24	EASTER - NO TRAINING (Teams train Monday PM)		
29	Ext - Teams	PAD Test	St Margaret's
April			
5 - 13	School Holidays 5th-13th - Training as per normal		
27	QG School Teams	Megan Mitchell Shield (date may change)	St Margaret's
May			
10-11	Squads / Teams	Judges Classic (date may change)	MBC
16 and 19	School Teams	QGSSSA	MBC
17-18	Ext - Teams	Delta Invitational (date may change)	St Hilda's
24-25	Ext - Teams	Brisbane North Regionals - Level 3 - 6	Spring Hill
30-1	Level 7 - 10	Level 7 - 10 State Team Trial	MBC
June			
14-15	Club	Winter Carnival - Early Movers to Gym Mover Plus	Clayfield
20-21	Ext - Teams	Delta Challenge - (Interclub Comp)	Clayfield
27-3	Squads - Teams	QUEENSLAND STATE CHAMPIONSHIPS	Chandler
Squad and Teams Holidays from Wed 3rd to Tuesday 8th July			
July			
School Holidays 22 June - 13th July			
5-13	State Team	Nationals Championships	Chandler
Aug			
2	Ext - Teams	PAD Test	St Margaret's
23-24	Gym Mover - Ext	Level 1 - 3 Carnival	Clayfield
30-31	L3-6	Team Challenge 1	Spring Hill
Sept			
School Holidays 20th Sept - 5th Oct			
6-7	Squads - Teams	Team Challenge 2	Spring Hill
19-22	Squads - Teams	State Club Championships	Caloundra
22-25	Squads - Teams	Sunshine Team Challenge & Border Challenge	
Squad and Teams Holidays 24th September to 4th October			
Oct			
26	School Teams	Megan Mitchell Shield	Clayfield
Nov			
1	Ext - Teams	PAD Test	St Margaret's
7	School Teams	Andrews Cup	Sommerville
15-16	Club	Summer Carnival - Early Movers to Gym Mover Plus	Clayfield
22-23	Ext - Teams	Delta Summer Champs	Clayfield
28-29	ALL	Awards Night	BNE/SHS
Dec			
28-6	Squad - Teams	National Clubs	Canberra
13		Last Training Squads/Teams	

Joy Bishop wins Gymnastics Qld - Volunteer of the Year

Congratulations to our very own Joy Bishop (Kristy's Mum) who was awarded the award "Volunteer of the Year" at the Gymnastics Queensland Awards Night held on Friday 25th January.

Joy was awarded the honour due to her tireless assistance to Delta Gymnastics and the sport of gymnastics. Please read below the explanation of Joy's award.

Joy gives of her time at club, local and state level to assist the growth and development of our sport and to provide opportunities for our gymnasts to get the most from Gymnastics. As the co-ordinator of volunteers at Delta Gymnastics for the past three years, Joy and has personally provided hundreds of hours of her own time to support gymnastics.

In this role Joy has co-ordinated Delta's volunteers provided to the National Club Championships, Senior State Championships and Junior State Championships. In addition Joy has organised and co-ordinated the volunteers needed to run the events hosted by Delta which include the State Club Level 1 – 3 championships, Brisbane Championships, North Brisbane Championships as well as two major invitational competitions and two internal carnivals run in 2007.

Joy spends countless hours designing posters promoting support by volunteers for competitions, and personally approaches hundreds of families each year by phone, email and SMS coaxing those 'want to be' volunteers to step across the line and join the ranks of the 'volunteers' who make our sport possible.

In this capacity Joy has effectively introduced more than 100 new volunteers and more than 2000 hours of volunteer support to gymnastics.

This year Joy also volunteered to be the chaperone to the 2007 WAG National Levels State Team (second year) the Delta National Clubs Tour to Canberra and at the time this award is provided Joy is in Hawaii chaperoning the Delta Tour to the 2008 Aloha Festival.

Joy exemplifies the type of person we need in our sport to support gymnastics and is widely recognised within the gymnastics community as a role model for other parents and supporters.

If you would like to congratulate Joy or volunteer your time to help out in 2008 please email Joy on jb10@optusnet.com.au

Birthday Parties

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

We run Parties on Sunday afternoons at our Clayfield venue from 2.45pm - 4.30pm. Our staff will conduct an hour of power with games, relays, circuits and activities. All you need to do is provide the food and sit back and enjoy!

Please call the office for more information.



SCHOOL HOLIDAY CLASSES 2008

Delta Gymnastics recreation and development classes will operate from 1st February through to 30th November each year. (This includes all school holidays and pupil free days!) The only time we do not run classes is the Easter Saturday and all Public Holidays (which we do offer make up classes for). This means that your child can continue their normal class over the holiday period and keep up their activity whilst on holidays. By running classes in this way it also helps us attract the best staff for our members as we are able to employ full time staff.