



Delta Gymnastics
ST HILDA'S - SOUTHPORT

Challenging the Limits

Squads Newsletter

January 2011

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Welcome Back

It is great to see you all back in the gym for 2011! It is not just the start of a New Year, but the beginning of a new decade – and both promise to be fantastic for Delta St Hilda's Southport. Training for our Squads gymnasts is well under way, and the mood in the gym is electric! Everyone is working very hard in preparation for the year ahead and it is extremely enjoyable to be a part of such a great environment.

John, Megan and I have been hard at work over the holiday period, interviewing and reviewing applicants for the Senior Coaching Roles to coach alongside me this year. It is very exciting to be able to tell you that we had a number of strong, highly experienced coaches apply for the advertised roles, and we have been lucky to have a number of options from which to choose.

We are currently conducting the final round of interviews and hope to be able to confirm our new staff members shortly. In the meantime, we are lucky to have Nikki Haworth working with the girls, as she prepares to head overseas in March.

It is a very exciting time for our competitive teams and I look forward to announcing the Coaching Team that will lead us into the next stage. Best wishes to all our Delta Families for a happy, healthy and successful 2011!

Jodie McGinnity

Head Coach/Club Manager

New Members

This year we are welcoming a number of new members to the Delta Force Squad. Some of these gymnasts are moving up in hours from Delta Extension Classes, and others are joining us from other Clubs. Please introduce yourself if you see them in the gym, and make them feel welcome:

9 Hours

Tayah Semple-Lewis (Monique & Darren); Sarah Stevens (Tanya & Pete); Portia Van Der Horst (Linda & Rene); Sarah Dargan; (Amanda & Mark); Emily Pascoe (Melinda & Craig); Jasmin Fraser (Donna & Bruce); Kate Napier (Andrea & Mark)

12/16 Hours

Jessica Dobak (Erica); Zoe Roberts (Mandy); Sophia Kirke (Sally & Pete); Charlie & Sid McIlwaine (Col & Janelle)

Boot Camp

Boot Camp was a great success again this year, with gymnasts from Delta SHS, Brisbane and Allstars Toowoomba joining in for 3 days of blood, sweat and tears! Thank you to all families who helped to make Boot Camp possible by taking billets or helping BBQ. A BIG thank you to Amanda Allen and Kim Whitehead, for making themselves available over the entire weekend to help, and to Wayne Pearce for helping keep the troops safe at the Sleep Over. It was great to see the Allstars Gymnastics Academy



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joining us especially after what has been a very difficult month for them coping with a flooded gym in Toowoomba. I hope all girls enjoyed the experience and feel energised for the year ahead!

Open Day

Many of you will have received an email telling you about the Open Day we are holding on Saturday 5th February. The future success of our competitive program, and indeed the Club as a whole, depends on having lots of younger gymnasts rising up the ranks.

To help us publicise this event, we would like to ask each family in our Delta Force Squads to take an envelope containing 20 Open Day Fliers and distribute them in to letter boxes in your street. If you are able to take more, by all means come and see me.

It would also be fantastic to get our Open Day Flier in to as many schools and Child Care Facilities as possible, so if you think your child's school may be able to include it in their newsletter or hand them out to students, please let me know. Your assistance and support would be greatly appreciated.

International Tour

In December last year, a group of 20 Delta gymnasts, coaches and chaperones embarked on a tour of Southern California, U.S.A. The tour involved competing in Camerillo; training in 3 gyms across LA; learning about College Gymnastics at UCLA and Cal State; experiencing American food – SPECIAL; LOTS of shopping; and hitting theme parks – Six Flags, Universal Studios and Disneyland! It was an amazing experience for all involved and one that our younger gymnasts should aspire to be involved in. A detailed report and more photos will be available on the Delta Website shortly.

PAD Test/Parent Meeting

The first PAD Test for the year will be held on Saturday 5th February at the Southport Venue from 1:30pm – 4:30pm. As has been the case for the past 3 years, there will be a Parent Meeting at the conclusion of each PAD Test. The first meeting for the year is probably the most critical, as it contains information for the year as a whole.

The Squad Parent Meeting on the 5th February will cover the 2011 Calendar, the Delta Force Booklet (your Bible of Information!), Introduction of new Staff for 2011 and Uniforms. If you could please let me know if you are unable to attend in advance, I can arrange to get the information to you.

Parent's Night Out

This year I would like to introduce (or re-introduce) a Parent's Night Out for those mum's and dad's of our Delta Force Squad Gymnasts, past and present. This is a great opportunity for Delta Parents to meet each other in a social situation and foster the "Delta Spirit". In lieu of the normal post-PAD BBQ, anyone wishing to enjoy a night out without the kids can meet at Kokonut Willy's, Marine Parade, Labrador for dinner at 7:00pm on Saturday 5th February. I hope to see many of you there!