



Delta Gymnastics
2008 State and National Club Champions

Delta Gymnastics Brisbane
ABN 26 615 599 769

PO Box 477
Clayfield Qld 4011

Ph: (07) 3262 0055
Fax: (07) 3262 1198

Email: admin@deltagym.com.au
Website: www.deltagym.com.au

Newsletter # 1- Extension/ Extension Plus Parents 9th March, 2009

Dear Parents,

I hope you find our first newsletter for the year informative and useful.

Contents

- Welcome; Housekeeping; Coaches; Calendar; PAD Test; Competition Requirements; Event Information; Nominations



WELCOME

I would like to officially welcome all of our past and new members to our Extension and Extension Plus program. I hope you and your families enjoyed the Christmas break (which already seems like a long time ago) and have settled into a busy term 1. 2009 will be fantastic and we look forward to having you involved throughout the year.

HOUSEKEEPING

- Please ensure your daughter has had sufficient food and water throughout the day to enable her to have the most energy for her training time. When starting class at 5.30pm we suggest eating something fairly substantial around the 4.00pm mark (maybe a light dinner) then when the girls get home something else light to eat, shower and bed.
- Training attire – girls in extension groups should now be wearing some form of leotard, bike pants, crop top. This helps the coaches to see the shape of the skills the gymnasts are performing and alleviates clothing getting caught on apparatus.
- Hair should be kept off the face and tied back.
- If you have any questions/queries relating your child's progress please feel free to speak with your child's coach. If you have questions regarding calendar dates; events; or payments please call or email the office.
- Expectations – To gain maximum benefit and progression for your child, it is expected that girls commit to attending all training sessions unless sick. If your daughter is sick please call the office so we can pass on the message to her coach or let the coach know in advance if you will be away.
- It is expected that all girls will participate in our three invitational competitions unless pre planned family activities prevail or there are unforeseen circumstances.

COACHES

I would like to introduce the very talented & dedicated coaches of our Extension and Extension Plus classes to you:

- Monday/Wednesday Extension – Danielle Hall , Melissa South and Lauren Norton
- Tuesday/Thursday Extension – Lauren Park
- Thursday/Saturday Extension – Amy Reinke, Stacy Robson & Mel South
- Monday/Wednesday Extension Plus – Rebecca Dean
- Tues/Thurs/Fri/Sat – Extension Plus- Amy Reinke&Stacy Robson

COACH CHANGES

Stacy will be leaving our coaching team at the end of July to travel to Japan with her Acupuncture. She will be on exchange for 6 weeks and then plans on travelling until the end of the year. Stacy hopes to be able to continue coaching in 2010, (which we are very happy about) we wish her well and will welcome her back next year! With this change July will see some group/coach changes, we will inform you of these changes closer to the time.

CALENDAR

I have attached a full calendar of events for the year for Extension and above gymnasts including all of the squads and teams events. (However I have summarized the dates below so not to confuse you). Please keep the dates of the senior competitions in mind as it is always great for the level 1 -4 gymnasts to attend, watch and support the higher level girls. It gives them something to aim for and shows them what higher level competition looks like.

Summary of 2009 Calendar

- April 10, 11, 13 – No Classes Easter long weekend
- May 9th/10th Delta Duel – Southport
- June 6th PAD test – (Due to long weekend this may be changed)
- May 23rd/24th Regional Championships – Spring Hill Level 3 & 4
- June 20th/21st – Delta Challenge – Clayfield
- August 8th PAD test
- November 7th PAD test
- November 21st/22nd Delta Invitational – Southport
- December 12th Delta Dinner

PAD TEST

What is a PAD Test? PAD is short for Physical, Ability and Development. It is a test that we have designed to record and track certain important area of gymnastics, mainly strength, flexibility and specific skill development. It is designed to : assist the coaches in planning for your child; pick up any weaknesses; help the gymnasts to set goals for the future; and help the gymnasts to understand that physical conditioning is the key to successful gymnastic development.

COMPETITION REQUIREMENTS

- Parents are asked to volunteer at least one session at the Delta Challenge in June. This helps with the running of the competition and allows us to be able to provide a high quality event in our own safe environment. When travelling to the Southport venue you will be a spectator and will not be asked to volunteer your time. The parents at St Hildas Southport will be the support on those weekends. However if you have a special talent or something you wish to offer your assistance with it will be accepted with appreciation.
- Gymnasts are asked to volunteer on the competition floor as averages, score flashers, runners & helpers. Attire for these positions is full tracksuit or navy shorts and Delta shirt & sandals.

UNIFORMS

The full uniform required for competition is as follows:

- Level 1-3 long sleeved competition leotard (or the level 4-10 leotard if you have officially passed level 4)
- Full Delta tracksuit – Level 1-3 can still wear the royal blue, gold white triangle tracksuit. Passed Level 4's must have the new royal blue tracksuit.
- Delta T- Shirt- we have stock from last year which will be able to be worn this year at a discounted rate of \$20.00, alternatively the new shirt will be able to be purchased for \$40.00.
- Delta Bag (OPTIONAL) \$40.00. Having a bag on the comp floor is a good idea as girls can keep all of their belongings together in the one spot.
- Jodie Campbell looks after all second hand attire so please contact her on 0448 181 243.
- I have attached a Sylvia P order form for your perusal. All orders for Leotard and tracksuit are to be made directly through Sylvia P. All orders for bags and T-Shirt are through the Delta Office.
- **Sylvia P Sportswear will be at the Clayfield venue on Saturday 21st March 10.00am-12.00 noon to take orders and measurements.** If you are unable to go along on this day, please send your order form direct to Sylvia P.

If you have any 2nd hand attire that no longer fits your daughter and you wish to sell the items please write your name, phone number, size and price per item and bring them into the gym before Saturday 21st March. (Once sold Jodie will send a cheque to you.) This will allow other people to have the opportunity to purchase 2nd hand attire.

T –SHIRT & BAG

To help us with the ordering process, please indicate if you need/want a T-Shirt and or Delta Bag on the form below.

EVENT INFORMATION

Delta Duel May 9th and 10th (Held at our St Hilda's competition venue) LEVEL 1-4 COST \$40.00

The Delta Duel will be held in conjunction with the South East Coast Regional Championships which our club is hosting. The venue is set up to cater for two sets of equipment and we expect many clubs will attend to get a qualifying score and practice meet prior to their own regionals. (This will be before all other regionals except the South East Coast). We expect the Level 1 and 2 competitions to run on Saturday afternoon and the Level 3 - 6 gymnasts on Sunday, however this is not definite. Awards will be provided to 6th place on apparatus and overall in ten different divisions to provide as many awards to as many different children as possible.

Brisbane Regional Championships LEVEL 3 & 4 COST \$60.00

This event will cater for clubs in Brisbane, North of the river. Awards are provided for girls in each division in Level 2a, 3a, 3, 4, 5 and 6 through to third place on each apparatus and overall in both and over age and under age division. (Subject to minimum numbers for age groups).

Delta Challenge June 19-21 (held at our Clayfield Competition Venue) LEVEL 1-4 COST \$40.00

The Delta Challenge will be held at the Clayfield venue in conjunction with our Level 1-3 Carnival. All Extension and Extension Plus gymnasts will compete in the Delta Challenge where awards will be provided to 6th place on apparatus and overall in ten different divisions to provide as many awards to as many different children as possible.

Nomination forms and fees are due by Friday 3rd April. Late nominations or nominations without fees will NOT be accepted. Accepting late nominations holds up the process of completing the draw and getting information out to you and other clubs regarding session times. If your daughter is unable to attend the competitions listed please still return the nomination form so we know she will not be competing.

Please find attached the Extension and Extension Plus Handbook for your information. Please read through this and if you have any questions please call or email and we will be only too happy to answer your queries.

We look forward to providing you with quality gymnastics coaching and watching your daughter progress and continue her love of gymnastics.

Best wishes for 2009,

Megan

Megan Mitchell
Club Coordinator

