



March 29, 2011



Jessica Wigglesworth in the sample of the new Delta Competition leotard. Go Delta!

Leotard Orders

Many thanks to Sylvia and Daniela for doing such a great job on the leotard fitting day. We have gone with a new, more athletic fit that looks very good on the girls! This new cut and sizing may mean your daughter is in a size different size than normal. We can't wait to unveil the leotards at our first competitions this year! Thanks to all for getting your orders in. If you have any questions regarding the leotards please see Lauren Park.

Competition Entries now due

All gymnasts have received their competition nomination form for the second round of events. Please get your form and payment in as soon as possible. Please note all late entries will now incur a late fee for \$250 payable to Gymnastics Queensland.

If you have any questions regarding competition nominations please see Belinda Wall.

Upcoming Events		
April		
9	PAD	St M
16/17	MYC Level test	MYC
29/30	Judges Classic/ Aurora Challenge	MBC

Question time

Please note Belinda Wall will be available from 7:30pm—7:45pm Monday to Friday evening. If you have any questions or inquiries. This is the best time for contact as some days office time is limited. If this time is not convenient you can also still contact Belinda via email or phone.

Easter Holidays

Due to the nature of this particular school holiday period being so spread out between state and private schools - **all classes will continue as normal.**

Easter & ANZAC Weekend:

Over this weekend training will be as follow:

Friday 22nd April **GOOD FRI:** 8:00am—12:00pm (All group who normally train Friday afternoon)

Saturday 23rd April **EASTER SAT: No training**

Sunday 24th April **EASTER SUN: No training**

Monday 25th April **EASTER MON/ANZAC: No training**

Tuesday 26th April **ANZAC Hol:** Normal afternoon training

If you have any questions regarding the upcoming holidays please see Belinda Wall.

April PAD

PAD
Our next PAD is scheduled for Saturday the 9th of April 2011 8:00am—11:00am. All gymnasts will need to arrive at 7:45am to be prepared for an 8:00am start.

PARENT MEETING

There will be a parent meeting held at the end of the PAD 10:45am. It is important for all to attend. If you are unable to attend please contact Belinda Wall and we will forward all information to you.

If you have any questions please contact Belinda Wall.

Congratulation Emily Conran

Congratulation to Emily Conran, Delta gymnast training at the Queensland Academy of Sport Gymnastics Program. Emily was awarded with the very prestigious Teena Harris Sportsmanship Award. This award is given to the gymnast that shows the best sportsmanship and leadership qualities. The gymnasts not only has to be a good role model for younger athletes but also show great support and encouragement to other teammates.

Emily is training very hard and improving her skill set everyday.

We hope to see Emily at our next Delta event and with her all the best in her training and competitions this year!

GO DELTA FORCE!



Help Needed...

Many thanks to **Donna Fraser** (Amber Fraser's mum) for volunteering to clean out the equipment room/office. We are very grateful for the fantastic job you did! Many thanks also to **Chris Mead** (Danielle Hall's partner) for re roping one of the high jump mats.

We still have several small jobs around the gym that need doing. If you can get your handyman or women gear on and help with any of the following it would be greatly appreciated!

1. Re rope white high jump mat x 1
2. Glue foam around air vent
3. Put carpet on tramp legs
4. Put up hoop in equipment room/office
5. Hook for upstairs clock

If you can help with any of the above please contact Belinda to organize the best time.

Tip for the Fortnight

RIPS

Rips are an expected part of gymnastics, though they are very painful. Learn how to prevent them and care for them.

Steps:

1. **Prepare yourself in advance**
 - Get grips. They provide a layer of material between the bar and your hand.
 - If you notice a really tough callus on your hands, use a pumice stone on the skin to reduce the buildup.
 - You can also take a shaving razor and shave it off, it doesn't hurt one bit if you do it the right way, don't press too hard, it would be better to use a pumice stone because it is less dangerous and the outcome is usually better
2. **Know what a rip looks like.** Rips happen as a result of using the uneven bars, high bar, rings, parallel bars or even pommel horse. The friction between the bars and your hands produces a build up of skin. Eventually, this build-up will "rip" off. It's painful, but a gymnast will have to get used to it!
3. **Wash your hands with warm water and soap.** Dry off.
4. **"bag" your rip.** To do this you could use a sock or a plastic bag with loose rubber bands. You first lotion your hands and then keep them in your sock or bag all night. In the morning the rip usually has a thin layer of skin over it and it ready to be taped.
5. **Either stop using the bars that day or tough it out and get back on the bar.**
6. **Tape, ointment, and band aid for a few days until the rip is gone.**
7. **Take your band aid and ointment off before bed.**

Tips

Get a pumice stone or good emery board.

Get lots of athletic tape

Rips are a natural occurrence of gymnastics. Sometimes you have to work through the pain.

Try, if you want, to avoid skills that cause a lot of friction (like tap swings, free hips, and kips) right after you get a rip (on that same day). Do skills like front hip circles, squat ons, releases, etc.

If your rips are still really bad the next day, try soaking the rips by putting black tea bags on them. It may look gross when you're done, but it helps it heal.

Warnings

If you need help or the rip is really bad, ask the coaches in the gym to help you.

If the rip persists or is really bad, see a doctor.

Realize that rips cannot be fully avoided! Just take precaution, but don't stop doing gymnastics because of the rips unless they extremely bother you!

Things You'll Need

- Grips
- Athletic tape
- Band-Aids™
- Paw Paw ointment
- Pumice stone or emery board
- Soap & cold water to wash the chalk off of your hands.



Welcome!

Please welcome the follow new members to Delta Brisbane in 2011:

Bridget Beattie	Level 10	Parents: Mary Ellen & Muarry
Abbie Benstead	Level 9	Parents: Mary & Paul
Jascinta Relp	Level 6	Parents: Kirsty & Steven
Maddi Young	Level 6	Parents: Tammy & Tony
Taylor-Jane Sisson	Level 5	Parents: Rachel & Alan
Maddison MacRae	Level 5	Parents: Peta & Mal
(Maddi M is boarding at St Margaret's)		
Nicola Crowley	Level 5	Parents: Jo & Geoff

Please say hi to our new members and make them feel welcome and part of our Delta family!

Achievements! Apparatus Highlights

Level 7—10

Bars:

Jessica Wigglesworth—Reverse giants

Taylor Ryan—Reverse giants

Level 4—6

Vault:

Tahlia Hensley—Tsukhara work

Maddi Young—Tsukhara work

All girls are starting to put skills together in routines it is very exciting to see. Keep up the great work!

