



March 2011



E-News is here!

Welcome to the first Delta Gymnastics Extension E-news! This E-news letter will be sent out to each Extension member monthly. We hope this will help to keep you up to date with all information and up coming events.

If you have any questions or queries please contact Amy Reinke at the gym or via email areinke@deltagym.com.au

Extension Parent Meeting Wrap Up

Thank you to all who attended our first Extension Parent Meeting on Friday 11th February. If any family was unable to attend and has not yet received a Delta Force 2011 Booklet (outlining important information and dates) please see Amy in the gym to get yourself a copy.

Don't forget to return the form on the back of the Delta Force 2011 Booklet (if you haven't done so already). We are unable to use photos of your daughter in club newsletter's, promotions and on the Delta website without this form signed and returned to the Delta office.

Competition Entry Forms

A nomination form detailing the first round of competitions for the year is attached to this email. If you have any questions please contact Amy.

Remember, no late entries will be accepted so please make sure nominations are in to the Delta office by the due date!

April PAD

The first Extension Physical Ability and Development Test will be held at our St Margaret's venue **11.30-3.00pm - Saturday 9th April.**

The PAD test is broken up into three components; skill specific, flexibility and strength. The test is not only a great tool to measure each athlete's readiness to successfully compete, it also can identify any specific areas of

Upcoming Events

Upcoming Events		
April		
9	PAD	St M
16/17	MYC Competition & Level Test	MYC
May		
14/15	Delta Duel	St Hilda's
21/22	Junior Regionals (Levels 3-6)	Spring Hill
June		
18/19	Delta Challenge	CC
24-26	State Titles (L4-10 gymnasts who qualify)	Chandler

Congratulations Natalie Bennison! QUT Scholarship

Level 10 Delta Brisbane athlete Natalie Bennison has been awarded one of only five QUT's sporting scholarships. The scholarship is awarded to students who achieve an OP 1—5 and are competing at a national or international level. The scholarship is valued at \$24 000! The scholarship holders will also have additional benefits like an accelerated program of study, early access to research opportunity, the opportunity to represent QUT through the Student Ambassador Program, QUT College of Excellence and the QUT Mentoring Program as well as the Vice-Chancellor's Scholars Orientation, Vice-Chancellor's Scholars Camp and Vice-Chancellor's Scholars Welcome Evening to assist with the transition from school life to university life.

Congratulations and great job to Natalie for not only achieving great results in gymnastics but also academically!



Help Needed

The girls are all training really hard in the gym and to assist with their development the coaches are continually encouraging all gymnasts to do a little bit extra at home. To make sure your daughter is getting the most out of her gymnastics experience it would be great if you could encourage her to stretch and do a few of their strength activities at home. Activities you could remind them to do include tummy set, push ups, dips, pistols, squats, chin ups (if they have access to a bar) and handstands, along with their specific hamstring, quad, split and shoulder stretches.

Gym Pack Up

At the end of each night we like to make sure the Gymnastics Area is looking neat and tidy, this includes the café area. If you could assist us by pushing your chair in at the tables when you get up to leave it would be much appreciated.

Tip for the Month...

The Athlete's Food Pyramid.



To succeed and compete at a safe and competent level in Women's Competitive Gymnastics athletes need to be fit and well muscled, which results in a high power-to-weight ratio. It is extremely important that gymnasts are eating the right food to fuel their bodies for training.

Healthy Eating Tips for Athletes

Eat a variety of foods. Because different foods have different nutrients, you should eat a variety of foods to get all the nutrients you need to stay in peak condition. For example, oranges provide vitamin C and carbohydrates, but not iron or protein. A steak provides iron and protein, but not vitamin C or carbohydrates.

Eat regular meals and snacks. Skipping meals will weaken your performance. Eating regular meals and healthy snacks is the best way to fuel your body for athletic events.

Eat enough calories. Calories fuel your body for exercise and replace energy that is used up during competition. Cutting calories keeps you from performing your best. Exercise and athletic training demands extra energy, and it is essential to meet your body's energy needs if you want to compete at full strength.

Drink plenty of fluids. Athletes need more fluids than non-athletes. Do not wait until you are thirsty to start drinking water, because thirst means that you are already dehydrated. Remember to drink even more in hot and humid weather.