



Delta Gymnastics
ST HILDA'S - SOUTHPORT

Challenging the Limits

Competitive Newsletter
September 13th, 2010

MOVIE NIGHT

A big thank you to all who organised and attended the Movie Night on Saturday – we raised \$740!

BORDER CHALLENGE

A big congratulations goes to Rachel Clarke, who has been called up into the Level 8 Border Challenge Team. Rachel joins Rachael Armstrong (Level 6) in representing QLD in this event, competing against teams from NSW and the ACT. The girls compete on Friday and Saturday night of State Clubs, it would be great to see as many of you up there as possible supporting them!

STATE CLUBS SCHEDULE

The 2010 QLD State Clubs Championships will be held in Caloundra from the 17th – 20th September. The Venue for these Championships is the Caloundra Indoor Sports Stadium, North Street, Golden Beach. Session times for the Championships are as follows:

Friday 17th September

- Border Challenge – Round #1 – Arrive 4:50pm, Competition 6:30pm, Presentations to follow comp.

Saturday 18th September

- Level 4 (Navy and Gold Teams) – Arrive 2:10pm, Presentations 2:00pm Sunday 19th September
- Border Challenge – Round #2 – Arrive 6:10pm, Competition 7:00pm, Presentations to follow comp.

Sunday 19th September

- Level 4 (Red Team) – Arrive 10:10am, Presentations 2:00pm
- Level 5/6 (Navy and Gold Teams) – Arrive 10:10am, Presentations 8:30pm

Monday 20th September

- Level 7-10 – Arrive 3:40pm, Presentations to follow comp at approx 7:00pm.

VOLUNTEERS NEEDED!!!!

When it comes to State-run events, each Club is required to provide volunteers to assist with the running of the event. For each session in which we compete, we must provide either **1 Volunteer** for each team we have competing. If we do not, the Club is fined **\$50 per team**.

We have filled some of the sessions, but are still looking for more volunteers URGENTLY. The Volunteer Sign-Up Sheet has been posted on the gym notice board, if you have any questions regarding the volunteer jobs descriptions, please do not hesitate to ask.

STATE SQUAD

State Squad will be held during the State Clubs event at Maroochy Beach Gymnastics Club, Wisers Road. Gymnasts are required to wear their red training leotard for these sessions, and bring loops and guards. Gymnasts involved in this State Squad include – *Rachael Armstrong, Jatalia Hoxha, Chelsi Mikeska, Savannah Nielsen, Anna Rowe and Zoe Smith.*

Session times are as follows:

- Tuesday 22nd September – 1:00pm – 5:00pm
- Wednesday 23rd September – 12:00pm – 4:00pm

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WET 'n' WILD COMPETITION

This event is shaping up as being one of the most fun of the year! We have a number of our youngest Delta gymnasts competing in their first competitions, it would be wonderful to see our Level 4-10 gymnasts supporting them and making them feel special. Some of the unique features of this event are a BBQ 'Meet & Greet' on the Thursday prior, and a fun day at Wet 'n' Wild on the Monday. If you are interested in attending either of these events, please ask your coach for further information.

Teams for this event will be slightly different from State Clubs. Please see below:

Level 4

- Navy – Emma Whitehead, Hera Gigante-Dooney, Emma Croydon, Natasha Jelacic, Mekaela Bartlett
- Gold – Devin O'Halloran-Anderson, Shanay Percival, Hannah Jackson, Lauren Sprague
- Red – Jasmine Williams, Aimee Douglas, Kelly Maybury, Dayna Gosper

Level 5/6

- Navy – Rachael Armstrong, Savarnah Nielsen, Zoe Smith, Anna Rowe
- Gold – Chelsi Mikeska, Jatalia Hoxha, Emma Wilson, Grace Jamieson

WET 'n' WILD Competition Schedule

Friday 24th September

- *Level 3 Novice Team Gold* – Arrive 7:40am, Competition finishes 10:25am, Presentations 12:30pm
- *Level 3 Open Team Navy* – Arrive 9:45am, Competition finishes 12:30pm, Presentations 12:30pm
- *Level 5/6 Team Navy & Gold* – Arrive 3:40pm, Competition finishes 6:30pm, Presentations to follow

Saturday 25th September

- *Level 2 Novice Team Gold & Red* – Arrive 7:40am, Competition finishes 10:30am, Presentations to follow
- *Level 4 Team Gold & Red* – Arrive 10:55am, Competition finishes 1:45pm, Presentations 6:45pm
- *Level 4 Team Navy* – Arrive 12:55pm, Competition finishes 6:45pm, Presentations to follow

Sunday 26th September

- *Level 2 Open Team Navy* – Arrive 8:40am, Competition finishes 11:25am, Presentations 2:00pm
- *Level 1 Open Team Navy & Gold* – Arrive 11:00am, Competition finishes 2pm, Presentations to follow

There will be a whole Club Presentation/Closing Ceremony on Sunday afternoon and it would be great to see EVERYONE there! Please arrive at 3:45pm, wearing the Club Tracksuit.

If you have any questions regarding any information in this newsletter, please feel free to contact me via email at jmcginnity@deltagym.com.au.

Jodie McGinnity

Head Coach and Club Manager

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