



Delta Gymnastics
ST HILDA'S - SOUTHPORT

Challenging the Limits

Competitive Newsletter

September 1st, 2010

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WELCOME!

A big Delta welcome to our two newest families to the Delta Force Squads – the Allen and Read families! Nicole Allen and Murran Read are Level 5 gymnasts who commenced training this week, please make them feel welcome by introducing yourself if you see them in the gym. We look forward to having both girls and their families as part of the Club.

RECENT RESULTS

Our Level 4-6 gymnasts have been very busy of late, competing in the South East Queensland Team Challenges over the past 2 weekends – with great results!!! We are very proud of all girls for their fantastic performances, please see below for a summary of results:

Team Challenge – Round #1

Level 4 Team Navy	5 TH All Around	1 st Vault, 4 th Beam, 6 th Bars, 6 th Floor
Level 4 Team Gold	13 TH All Around	
Level 4 Team Red	22 ND All Around	
Level 5/6 Team Navy	3 RD All Around	1 st Bars, 3 rd Beam, 4 th Vault, 5 th Floor
Level 5/6 Team Gold	9 TH All Around	

Team Challenge – Round #2

Level 4 Team Navy	4 th All Around	1 st Vault, 3 rd Bars, 5 th Floor
Level 4 Team Gold	13 th All Around	
Level 4 Team Red	20 th All Around	
Level 5/6 Team Navy	3 rd All Around	1 st Bars, 1 st Beam, 5 th Floor, 6 th Vault
Level 5/6 Team Gold	7 th All Around	4 th Bars

Team Challenge – Combined Rounds #1 and #2

Level 4 Team Navy	5 th All Around	Level 5/6 Team Navy	2 nd All Around
Level 4 Team Gold	13 th All Around	Level 5/6 Team Gold	9 th All Around
Level 4 Team Red	21 st All Around		

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MOVIE NIGHT

Following the success of the last Movie Night Fundraiser, the Parent Support Group will be holding another one next Saturday 11th September in the Southport Gym. Tickets will cost \$10 per session, and this will include a sausage and a drink. The first session will run from 5:00pm – 7:00pm and the second session will run from 7:00pm – 9:00pm, with the Movie selection to be confirmed.

Please contact Jane Hoxha on 0416 288 113 for further information, or if you would like to assist with the organisation or supervision on the night.

PRACTICE COMPETITIONS

To help our gymnasts prepare for the upcoming State Clubs and Wet 'n' Wild Competitions, we will be conducting a number of practice competitions. We have organised for Tracie Brooks, one of the most highly qualified judges in Australia, to come along and judge our Level 7-10 gymnasts, who have not had the benefit of the Team Challenge competitions to prepare for State Clubs. This will take place on Saturday 11th September during regular training time.

Whilst Tracie will only judge our Senior gymnasts, all girls will perform their routines for evaluation and feedback, with our Level 5 and 6 gymnasts being judged by Jodie and Natalie. Our Level 4 Gymnasts will be judged during their regular training times on either Friday 10th September (Jodie & Natalie's Squad) or Saturday 11th September (Natalie's Squad). All girls should wear their red training leotard.

Gymnasts in Levels 1-3 (Gym Explorer+, Gym Mover+ and Extension groups) who are competing in the Wet 'n' Wild competition have been invited to attend a special practice competition on Saturday 11th September in the Southport gym from 12:30 – 2:30pm. All girls should wear their competition leotard. Please see your individual coaches for further details.

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 TEAM SELECTION

Teams have been chosen based on training, competitive performance and each gymnast's ability to contribute on certain apparatus. As this is a TEAM event, we will not necessarily select gymnasts for certain teams based on their overall scores or places at previous competitions, but rather we look for the strongest apparatus performances and how we can cover weaknesses and maximise strengths in particular teams, when deciding the composition.

As I have mentioned on more than one occasion, each and EVERY team is important. When it comes to the Overall Club Championships, teams will be awarded points for each team that places in the Top 12 Overall in each Division. Therefore our 2nd and 3rd Teams become increasingly important, as if they can rank inside the top 12 Team's, this will add valuable points to our Club Championship total. Our 2nd and 3rd Teams play a vital role in leading off on each apparatus, setting the scene for the judges. The performances of the team that leads off can have a profound effect on the performance and the scores of the team that follows.

I trust that parents will understand and support our team selections as it would be devastating to a child if they were led to believe that their selection in any certain team was nothing short of fantastic. Please see below for the Team Selection for State Clubs (**N.B. These will be the same teams for Wet 'n' WILD*)

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Level 4 Team Navy – competing Saturday 18th

Emma Croydon, Hera Gigante-Dooney, Natasha Jelacic, Devin O'Halloran-Anderson, Emma Whitehead.

Level 4 Team Gold – competing Saturday 18th

Mekaela Bartlett, Hannah Jackson, Sophia McLeod, Shanay Percival, Lauren Sprague,.

Level 4 Team Red – competing Sunday 19th

Aimee Douglas, Dayna Gosper, Hanna Maybury, Kelly Maybury, Jasmine Williams.

Level 5/6 Team Navy

Rachael Armstrong, Chelsi Mikeska, Savarnah Nielsen, Anna Rowe, Zoe Smith.

Level 5/6 Team Gold

Nicole Allen, Jatalia Hoxha, Grace Jamieson, Murran Read, Emma Wilson.

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**.

Thank you to everyone who helped out during State Titles, it would be great to see some new faces helping out this time. The Volunteer Sign-Up Sheet will be posted on the gym notice board, if every family could help during at least session, we can cover our required allotment with ease. Thank you in advance.

STATE SQUAD

State Squad will be held during the State Clubs event, with training sessions being held on Tuesday 21st and Wednesday 22nd September at Maroochy Beach Gymnastics Club. Gymnasts involved in this State Squad include – *Rachael Armstrong, Jatalia Hoxha, Chelsi Mikeska, Savarnah Nielsen, Anna Rowe and Zoe Smith.*

Training times have not yet been confirmed, however it is 99% likely that the sessions will occur in the afternoon each day. Gymnasts are required to wear their red training leotard for these sessions.

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WET 'n' WILD SCHEDULE and TEAMS

A further draft of the Wet 'n' Wild Competition Schedule has been released, it tells us which day each level is competing on, but not yet which session. 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.

The Level 1-3 Divisions are broken into Novice and Open Sub-Divisions, based on the number of training hours. Please see below for a breakdown of the rules, and how we have selected teams because of this:

Level 1 – gymnasts need to be training 2 hours or less to qualify for the Novice Division. Therefore ALL of our Level 1 gymnasts will be competing in the OPEN Division. Please see below for Team Selections:

- **Level 1 Open Team Navy** – Justine Ramsay, Storm Reason, Amelia Schofield, Isabella Schofield
- **Level 1 Open Team Gold** – Sasha Caldwell, Mekenzie Keane, Molly Norman, Aisja Thompson

Level 2 – gymnasts need to be training 4 hours or less to qualify for the Novice Division. Therefore all of our Level 2 gymnasts are eligible to compete in the Novice Division, however we have decided to enter a team in the Open Division. Please see below for Team Selections:

- **Level 2 Open Team** – Nyah Bollinger, Courtney Box, Grace Flynn, Chiara Linnane, Portia Van Der Horst
- **Level 2 Novice Team Gold** - Lisa-Marie Bailleite, Lily Barber, Mia Fulton, Casey Rowe, Kaitlyn Walsh
- **Level 2 Novice Team Red** – Dinu Hewage, Deenie Mansfield, Ellen Simper, Madeline White

Level 3 – gymnasts need to be training 6 hours or less to qualify for the Novice Division. Therefore ALL of our Level 3 gymnasts are eligible to compete in the Novice Division, however we have decided to enter a team in the Open Division. Please see below for Team Selections:

- **Level 3 Open Team Navy** – Sarah Dargan, Jasmine Fraser, Saskia Jenkins, Natarsha Mills, Sarah Stevens
- **Level 3 Novice Team Gold** – Grace and Olivia Georgiopolous, Kelsey Hutchinson, Tayah Semple-Lewis

Competition Schedule

Friday 24th September – Level 3 Novice and Open (morning/lunchtime), Level 5/6 (afternoon/evening)

Saturday 25th September – Level 2 Novice (morning), Level 4 (afternoon), Level 7-10 (afternoon/evening)

Sunday 26th September – Level 1 Open (morning/lunchtime), Level 2 Open (morning/lunchtime)

HOLIDAY TRAINING

Please find attached the Training Schedule for the September-October Holidays. As you will note, all Squad Gymnasts will have a one week holiday from Monday 27th September – Sunday 3rd October. If you have any questions regarding the Schedule or any other component of this newsletter, please feel free to contact me via email at jmcginnity@deltagym.com.au.

Many Thanks,

Jodie McGinnity

Head Coach and Club Manager

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