

COMPETITORS NEWSLETTER October 2010 – DELTA FORCE SQUAD

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Holidays Over

Hi team, after my fantastic Long Service Leave I am excited to be back in the gym and working with the girls towards their goals. Thankyou for all for your support of the coaches, and a special thanks to Amy for leading the troops and Wendy for stepping up to the head coach role during this period.

Team Season

Congratulations to all our girls who competed in team events over the past month.

Team Challenge - We started with a bang with both our Level 4 and Level 5/6 teams winning the South East Queensland Team Challenge.

State Club Championships and Sunshine Team Challenge – our girls did an amazing job with each team finishing strongly in their respective division. While our top teams did exceptionally well across all three divisions, it was commented from many sources about the amazing depth of our program with our third and fourth teams placing above many clubs first teams. (Great job girls!) Our Level 4 girls started our campaign on a strong note placing 5th, 6th, 16th and 19th out of 44 teams. Our Senior girls showed great class to finish 2nd and 3rd placed teams, only to be outdone by our Level 5/6 girls earning maximum points with a 1st and 2nd and 11th place finish out of 35 teams.

Wet and Wild - on the middle weekend of the school holidays Delta sent teams in Level 1 – 10 to compete at the Wet and Wild competition. In a fun meet, our girls did an amazing job across all divisions to win the overall club event and pick up \$2000 in prize money (which is added to our fundraising kitty.) Great Job Girls!

Competition Requirements

Within the Delta Force booklet we have articulated the requirements girls must meet to attend all training to be considered for selection for competition. We are always flexible with this rule to accommodate girls who are sick, on school camp etc. However, during my absence the coaches have felt compromised when girls do not attend training and then have been included in the competition so other girls on their team are not disadvantaged. Could all gymnasts and parents please review your schedule and advise if you will be unavailable for competitions due to being unable to attend all training in the competition season. (usually three weeks prior to competition). This will assist with team selection and ensure that no girls are disadvantaged.

Raffle

By now you should have received your raffle tickets for the 2010 Raffle. This is a really easy way to raise funds for the club and allows every family to contribute a little to achieve a big result. All proceeds from the raffle will go to sending our gymnasts to International, National and State events as well as providing awards for our end of year dinner and carnival.

Delta Carnival

The Delta Carnival will be held on the 29th, 30th, 31st October. This is a great opportunity for our girls to display and develop leadership roles within the club and at the same time, raise funds for the girls. Wendy will be arranging girls for each session and will send out notification over the next week. We are hoping that a parent from each family might be available in the session that your daughter is selected for to assist in the canteen or on the door (we ask for a gold coin donation or a raffle ticket purchase on entry – all proceeds go to the fundraising kitty. Each session is about two hours long. We are aiming to arrange these session around the girl's training.



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PAD Test and Parent Meetings

Our last PAD test of the year will be held on Saturday the 6th November from 8:00 – 11:00am. We will host our final Parent meeting for the year on this day at 10:40-11:00am (ish). This will be a really important meeting as we will discuss everything you will need to know for our end of year, events, holidays and direction for 2011.

Delta Classic

This year the "End of Year Invitational" has been re-branded the 'Delta Classic' and will be held at Clayfield on the 20th/ 21st November. This is an important end of year goal setting opportunity for the girls and a critical preparation for those girls travelling to National Clubs. This event will be extra special as we now have girls attending from both New Zealand and Singapore. We will require the normal support to run the event and will discuss opportunities for parents to assist at the PAD Test Meeting.

National Clubs

Congratulations to the following girls selected to compete at the 2010 National Club Championships :-

Level 6 – 10 team : Departing Brisbane Saturday 27th November (am) returning Wed 1st December (pm).

Kristy Bishop, Natalie Bennison, Taylor Ryan, Ally Smith, Rebecca Carter, Annalise Nicholson, Jessica Wigglesworth, Sophie Musgrave, Larissa Lum, Lauren Galvin, Olivia Dykes, Leah Nelson, Tiahna Scanlon, Maddie Merret, Courtney Campbell, Charlee McIlwaine, Breanna Walker, Nisa Morgan, Lauren Tam, Ali Kaye, Tahlia Hensley, Lauren Moore, Angela Lingard, Amber Frazer. (TOUR COST \$700)

Level 4-5 : Departing Brisbane Monday 29th November (am) returning Wednesday 1st December (pm)

Tamara Champion, Ashaya King, Olivia Pennefather, Madie Thompson, Eloise Owens, Natasha Petski, Emi Watterson, Nicola Lum, Zoe Harden, (TOUR COST \$600)

Girls will travel to Canberra via plane and ground transport will be 12 seater busses while in Canberra.

Accommodation is being finalised at this stage and likely to be within 10 minutes of the AIS.

Chaperones:- I would ask now that any parents wishing to assist by being chaperones on the tour please contact me now to discuss the requirements of chaperones for the tour.

International Tour

With less than two months to go until our girls leave for the USA we now have all travel documents in order and are getting ready to take off. Girls are now preparing for the different requirements in the USA and we will be hosting a "mock competition" prior to leaving to check our requirements will comply with the USA regulations.

Delta Dinner

By now everyone should have received an invitation to the Delta Dinner and Awards night to be held at the Kedron Wavell RSL on Friday the 4th November. This will be a fantastic celebration of our year together and a great way to finish up the year. To prepare for the night, I would ask that any parent who has a digital photo of their daughter (or others) that you think could possibly be used in a slide show – please send them to jmitchell@deltagym.com.au NOW. Due to the timing of the National Clubs and Dinner, I will need to have all slide shows finished prior to going to National Clubs.

Christmas Holidays

In the upcoming holidays we will have a number of sessions changed to accommodate coaches being away on the tour. All Squad 9 girls will finish on Saturday 11th December, with Squad 12-20 girls training until Thursday 16th December (I realise that in the DF Book I had 11th for all girls, however I am now concerned that we will lose too much condition in this period and am offering for those girls who can attend training that they finish up on the 16th) On Thursday the 16th December I invite all girls to come in the gym for a fun night to finish up the year.

DATE CLAIMERS : Jan 4th Return to training for All Squad 9 – 20 hour gymnasts
Jan 21-22 Boot Camp 2011 for all Squad 9 -20 hour gymnasts this year.



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RETURNS SLIP – POST / FAX or HAND INTO THE OFFICE – DO NOT GIVE TO COACHES (ESPECIALLY NOT JOHN)

Gymnast Name: _____

Due Date: Monday 25th Oct 2010

<input type="checkbox"/> Cash	<input type="checkbox"/> Cheque	<input type="checkbox"/> Credit Card	Card Type:	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
Credit Card Number _____/_____/_____/_____			Expiry Date: ____/____		
Signature: _____					
Competition Entry Fees	Delta Classic (Nov 21/22)		\$ 45.00	<input type="checkbox"/>	
	National Clubs Deposit		\$ 300.00	<input type="checkbox"/>	
Total Payment			\$ _____		

Office Use Only - Delta BRIS - 2010 Competition Entry: Season 4

Club Members Payment Log

RETURNS SLIP – POST / FAX or HAND INTO THE OFFICE – DO NOT GIVE TO COACHES (ESPECIALLY NOT JOHN)

Gymnast Name: _____

Due Date: Monday 15th Oct 2010

<input type="checkbox"/> Cash	<input type="checkbox"/> Cheque	<input type="checkbox"/> Credit Card	Card Type:	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
Credit Card Number _____/_____/_____/_____			Expiry Date: ____/____		
Signature: _____					
Competition Entry Fees	National Clubs Final Payment (Senior Girls)		\$400.00	<input type="checkbox"/>	
	National Clubs Final Payment Junior Girls)		\$300.00	<input type="checkbox"/>	
Total Payment			\$ _____		

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Club Members Payment Log