



Delta Gymnastics

07; 08; 09 State & National
Club Champions

Delta Gymnastics Brisbane
ABN 26 615 599 769

PO Box 477
Clayfield Qld 4011

Ph: (07) 3262 0055
Fax: (07) 3262 1198

Email: admin@deltagym.com.au
Website: www.deltagym.com.au

18th March 2010

Dear Extension and Extension Plus Parents,

We hope your daughter is enjoying the challenge and rewards of classes so far this year. Over the last number of weeks the girls have been working hard with their coaches in increasing their level of strength, flexibility and basic preparation. This will ensure skill development continues in the right direction with safety, pre-requisites and quality of performance being our main objective.

PAD TEST

After Easter our first Physical Ability and Development test will take place.

WHEN: Saturday 17th April (no training for Danielle's Sat extension group)

WHERE: St Margaret's gym - Lapraik Street, Ascot

TIME: 11.30am for parent information meeting and girls to commence warm up. Pick up at 2.30pm.

EASTER HOLIDAY TRAINING

It is hard to believe we are approaching Easter at such a rapid rate. Just a reminder there is no training over the Easter public holidays – Good Friday 2nd April; Easter Saturday 3rd April and Easter Monday 5th April. All other training will be at normal times and venues over the school holiday period and with competition just around the corner it is highly advisable girls attend.

UPCOMING COMPETITIONS

The first competition for the year for our level 1-3's will be the Delta Duel held on the sunny Gold Coast on May 15th and 16th at our St Hilda's Delta Venue, Whitby Street, Southport.

The second is the Delta Challenge on the weekend of June 19th/20th and will be held at the Clayfield venue.

Selected girls will be chosen (closer to the time) to attend the Level 3 and 4 Brisbane Regional Championships along with the Level 4 State Championships.

UNIFORMS

As a reminder, all girls will need a long sleeved competition leotard, full tracksuit, and Delta t-shirt. (The Delta bag is optional, however it is great for keeping clothes, shoes, water bottles, etc together whilst on the gym floor). The T-shirt and bag can be purchased from our office, T-shirt \$40.00, Bag \$45.00. Leotards and tracksuits can be purchased through Sylvia P Sportswear, please see your coach if you need an order form.

To ensure your daughter's position in these competitions please complete the form below and return it via post; email; fax (or you can call and give the details over the phone) **by Thursday 1st April.**

If you have any questions please do not hesitate to call the office and we look forward to seeing you in the gym.

Kind regards,

Megan Mitchell

Delta Gymnastics Brisbane – Due Date Thursday 1st April

GYMNAST NAME: _____

LEVEL: _____

Extension/Extension Plus Season 1 Nomination Form

Delta Duel 15th/16th May Southport \$45.00

Delta Challenge 19th/20th June Clayfield \$45.00

Bag \$45.00

T-Shirt Size _____ \$40.00

TOTAL: _____

Cash

Cheque

Credit Card

Card Type:

Visa

MasterCard

Credit Card Number _____/_____/_____/_____ Expiry Date: _____/_____

Signature: _____

Office Use Only - Delta Brisbane – Competition Entry

Club Members Event log