



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!

PRACTICE COMPETITIONS

Practice competitions were held over the past few days, with some of our Junior Gymnasts attending one for the first time on Saturday. The girls looked great in their new leotards and performed well. Preparations are right on track for the upcoming State Clubs and Wet n Wild competition's, keep up the good work in the gym, girls!

WET 'n' WILD COMPETITION

The Wet n Wild competition is fast approaching, hopefully the girls are getting excited – I know the coaches are! 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

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 Navy** – Courtney Box, Grace Flynn, Mia Fulton, Chiara Linnane, Portia Van Der Horst
- **Level 2 Novice Team Gold** – Nyah Bollinger, Lisa-Marie Bailleite, Lily Barber, 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 Georgilopolous, Kelsey Hutchinson, Tayah Semple-Lewis

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

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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 3:45pm, Presentations 6:45pm
- *Level 7-10* – Arrive 3:55pm, Competitions Finishes at 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

What to wear?

Leotards – Gymnasts in Level 3 and Level 2 Open Team Navy and Novice Team Gold will be wearing the Long-Sleeved leotard. If you do not have one, Jess Ross will organise one for you, please see her to arrange ASAP.

Gymnasts in Level 2 Team Novice Red and Level 1 will be wearing the Short Sleeved leotard.

Gymnasts will also be required to wear white socks & joggers and the **Delta Club T-Shirt**. The T-Shirt can be purchased from the Southport venue for the reduced price of \$20 (normally \$40). We can only accept cash, please bring correct money as we do not keep change on the premises.

Hair – should be pulled back off the face, using as much gel and hairspray as required! Pony tails should be high, pony tails longer than shoulder length should be put in a bun or plaited and tucked under.

Snacks – gymnasts can bring a water bottle (water only) and some dried fruit, muesli bars or rice crackers.

As you can see, some of the presentation times are several hours after the finish of the competition. This is because there is more than one session for some divisions. ALL gymnasts should return for the presentations, wearing the uniform specified above. Please arrive at least 15 minutes prior to the advertised time for presentations.

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 same uniform as specified above.

If you have any questions regarding any information in this newsletter, please feel free to contact me via email at jmcginnity@deltagym.com.au or speak with your daughters coach in the gym.

Kind Regards,

Jodie McGinnity

Head Coach and Club Manager

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