



**Delta Gymnastics**  
ST HILDA'S - SOUTHPORT

# Challenging the Limits

**WAG Competitive Newsletter**  
**Friday 8<sup>th</sup> October, 2010**

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- Changes to Training
- State Squad
- PAD Test and BBQ
- Summer Carnival
- National Clubs Teams
- Delta Dinner
- Raffle
- Upcoming Competition's & Entry Fees

## **RESULTS**

### **STOP PRESS! Delta SHS 2<sup>nd</sup> Overall Club in QLD for the 3<sup>rd</sup> Year in a row!!!!**

What a great result from our marvellous gymnasts at the recent State Clubs Championships in Caloundra! Every gymnast performed outstandingly, and the results reflected many months of hard work and preparation. A special mention must go to the Level 4 Navy Team, who won their division! Congratulations also to Emma Whitehead (1<sup>st</sup> AA), Hera Gigante-Dooney (2<sup>nd</sup> AA) and Shanay Percival (6<sup>th</sup> AA) for their outstanding individual results. Please see below for a summary of these great performances:

#### ***QLD State Clubs***

<b>Level 1 Open</b>	Navy	6 <sup>th</sup> Over All, 5 <sup>th</sup> Vault 2 <sup>nd</sup> Bars 7 <sup>th</sup> Beam 4 <sup>th</sup> Floor
<b>Level 2 Novice</b>	Navy	9 <sup>th</sup> Overall, 1 <sup>st</sup> Beam
<b>Level 2 Novice</b>	Gold	2 <sup>nd</sup> Overall 2 <sup>nd</sup> On every apparatus
<b>Level 3 Novice</b>		2 <sup>nd</sup> Overall
<b>Level 3 Open</b>		6 <sup>th</sup> Overall
<b>Level 4</b> (42 Teams)	Navy	State Clubs Champion All Around, Vault and Beam; 5 <sup>th</sup> Floor; 6 <sup>th</sup> Bars
	Gold	7 <sup>th</sup> All Around; 3 <sup>rd</sup> Beam; 4 <sup>th</sup> Vault
	Red	22 <sup>nd</sup> All Around
<b>Level 5/6</b> (32 Teams)	Navy	5 <sup>th</sup> All Around; 3 <sup>rd</sup> Bars; 4 <sup>th</sup> Vault; 5 <sup>th</sup> Beam; 6 <sup>th</sup> Floor
	Gold	12 <sup>th</sup> All Around
<b>Level 7-10</b> (12 Teams)	Navy	6 <sup>th</sup> All Around; 5 <sup>th</sup> Beam; 5 <sup>th</sup> Floor; 6 <sup>th</sup> Vault

#### ***Border Challenge***

The Border Challenge competition that was run alongside State Clubs was an excellent opportunity for Rachael Armstrong and Rachel Clarke to experience what it is like to represent QLD and be part of that team, as well as shine in front of judges and competitors from other States.

Competing against gymnasts from NSW and the ACT, Rachael A's Level 6 Team took out the Gold, whilst Rachel C's Level 8 Team took the Silver Medal. Both girls performed well individually, with Rachael A placing 3<sup>rd</sup> All Around, with apparatus places of 3<sup>rd</sup> Vault, 2<sup>nd</sup> Bars, 6<sup>th</sup> on Beam and Floor. Rachel C finished 7<sup>th</sup> in her very first Level 8 competition, and came 3<sup>rd</sup> on Floor. Well done girls!

#### ***Wet n Wild***

We had a number of our youngest gymnasts experience their first ever competition at the Wet n Wild Team Carnival, and it was great to see a number of our Senior gymnasts supporting these younger gymnasts. After a long preparation for State Clubs, then State Squad to follow, it was a challenge for the Level 4-10's to back it up and compete again, but the girls did an excellent job. Their fantastic results meant that the girls achieved some great prize money (over \$800!), which will go towards our fundraising kitty. Special congratulations must go the Level 5/6 Navy Team, who won their division! Please see below for a summary of results:



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<b>Level 4</b> (24 Teams)	Navy	5 <sup>th</sup> All Around; 1 <sup>st</sup> Vault; 3 <sup>rd</sup> Beam; 5 <sup>th</sup> Bars and Floor
	Gold	7 <sup>th</sup> All Around
	Red	15 <sup>th</sup> All Around
<b>Level 5/6</b> (17 Teams)	Navy	1 <sup>st</sup> All Around; 1 <sup>st</sup> Bars; 2 <sup>nd</sup> Beam; 2 <sup>nd</sup> Floor; 6 <sup>th</sup> Vault
	Gold	3 <sup>rd</sup> All Around; 3 <sup>rd</sup> Vault; 4 <sup>th</sup> Beam; 6 <sup>th</sup> Bars
<b>Level 7-10</b> (7 Teams)	Navy	3 <sup>rd</sup> All Around; 2 <sup>nd</sup> Beam; 3 <sup>rd</sup> Vault; 3 <sup>rd</sup> Floor; 4 <sup>th</sup> Bars

## **Changes to Training**

As we approach the end of the year, there are lots of different events on that will affect a number of training sessions. Please see below for a summary of the changes up until the end of November. Changes for December, as well as holiday training and Training Times for 2011 will be out by the end of October. If you have any questions, please do not hesitate to ask.

DATE	EVENT	CLASS AFFECTED	CHANGE REQUIRED
Wednesday 20 <sup>th</sup> October	St Hilda's Sports Dinner	Squads 3:45pm  GM+ & EXT (Jess's)	Jatalia & Anna to train Tues 19 <sup>th</sup> Oct instead Rachael & Savarnah to train Thurs 21 <sup>st</sup> Oct instead Emma Wh & Hera to train Sat 23 <sup>rd</sup> Oct instead GM+ and EXT will be training at the Southport Venue for this day, 5.30 – 7.30
Saturday 6 <sup>th</sup> November	PAD Test	No regular training for EXT (Nikki's)	PAD scheduled for 1:30pm – 4:30pm.

## **PAD Test and BBQ**

The final PAD Test and BBQ will take place on Saturday 6<sup>th</sup> November at Southport from 1:30pm – 4:30pm. There will be a Parent Meeting and a BBQ fundraiser to follow. Sausage sandwiches and cans of soft drink will be available for sale, to help raise funds for gymnasts travelling to Canberra and the International Tour. If you are interested in donating sausages, bread, sauce, soft drink, etc, please see Julie Croydon (Emma's mum) or Titta Gigante (Hera's mum) in the gym. We are also looking for an expert BBQ'er, as Wayne the "BBQ Guru" will be away overseas, so please let those ladies know if you can help out. Thank you.

## **Summer Carnival**

The Delta SHS Summer Carnival for our recreational and development gymnasts will take place on Sunday 7<sup>th</sup> November. As we are not hosting the Delta End of Year Invitational this year, it will be a relatively easy day and will not require much equipment to be transported. We still need to take some Early Movers play equipment over, so if anyone has a ute or 4WD and would be willing to lend a hand on Sunday morning at 7:30am and Sunday afternoon at 5:30pm it would be much appreciated.

Please see over for the schedule and allocation of helper/demonstrators. Any gymnasts in Squad 9 or Extension are welcome to come along and help, please see Jodie if your daughter would like to volunteer. Sessions have been allocated by Jodie, if a swap is arranged it must first be cleared with Jodie.

## **Sunday 7<sup>th</sup> November @ St Hilda's**

Session	Time	Class
1	8:30 – 9:30	Early Movers and Early Groovers
2	9:30 – 11:00	Early Gym Start
3	11:00 – 1:00	Gym Start
4	1:30 – 3:30	Gym Explorer and Gym Start Plus
5	3:30 – 5:30	Gym Explorer Plus, Gym Mover, Gym Mover Plus



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## ***Delta Dinner***

The Delta Dinner will be held on Saturday 4<sup>th</sup> December at the Southport Sharks. Invitations to the dinner will be handed out shortly, so be sure to keep this night free as it promises to be a fantastic night!

## ***Raffle & Parents Support Group***

The Parent Support Group met on Thursday to discuss fundraising for the rest of the year. Thank you to all who attended, it was a very productive meeting and lots of great ideas were shared. A copy of the minutes can be obtained, please ask Jodie if you would like a printed copy or have one emailed to you.

The main item to come out of the meeting was the urgent need to raise funds for a number of events coming up at the end of the year. It is our intention to subsidise the girls who are travelling away to Canberra for National Clubs, and also to those girls travelling to the USA for the Senior International Tour. In order to subsidise these events, John has set each Club (Brisbane and Southport) the task of raising \$10 000.

If we apply this to the Raffle, this can be broken down simply into a set of figures. In order to raise \$10 000 we need to do the following:

- **Tickets** needing to be sold = **2000**
- **Books** needing to be sold = **200**
- No. Of **Extension & Squad Families** = **49**
- Average No. of **Books** needing to be sold **per Family**= **4**

If each family could sell 4 books of tickets (40 tickets in total) we could achieve our fundraising goal. If you have already sold your allocated tickets and would like to sell more, please see Jane Hoxha in the gym. We will be selling Raffle Tickets at the Summer Carnival, it would be fantastic if we could have 2 Delta SHS Parents at each session selling Raffle Tickets at the door. Each spectator will have the opportunity to either pay a gold coin donation or purchase a raffle ticket. So we need people on the door with fantastic selling skills! If you can help at during your daughter's session (no session goes for longer than 2 hours) please let Jodie or Jane know. There will be a signup sheet placed on the noticeboard over the next week.

## **Upcoming Competition's**

### *Delta Classic*

The Delta Classic replaces the title "End of Year Invitational" and will be run in Brisbane this year. There will be a number of divisions in this competition, including Novice and Open categories for gymnasts training reduced hours, as well as team and individual divisions in Levels 4, 5 and 6. Gymnasts competing at National Clubs will take part in a Team competition, to assist them with their preparation. Gymnasts not travelling to Canberra will be able to compete in the individual competition, allowing them the opportunity to achieve individual success.



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## Competition Entry Fees

The next round of Competition nominations are due, please see below for cost and due dates:

### Due Friday 22<sup>nd</sup> October

<u>EVENT</u>	<u>LOCATION</u>	<u>DATE</u>	<u>PARTICIPANTS</u>	<u>COST</u>
Delta Classic	Clayfield College	20 <sup>th</sup> /21 <sup>st</sup> November	All Levels 1 – 10	\$40.00

Please complete the payment slip below and fax to the office 3262 1198 or call the office on 3262 0066 by the due date indicated. If you have any questions about any of the information in this newsletter, please drop me a line at [jmcginnity@deltagym.com.au](mailto:jmcginnity@deltagym.com.au), call the office on 3262 0066 or see me in the gym for a chat after class.

Kind regards  
*Jodie McGinnity*  
CLUB MANAGER

**Gymnast Name:** \_\_\_\_\_ **Due Date: Friday 22<sup>nd</sup> October 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	20 <sup>th</sup> /21 <sup>st</sup> November	All Levels 1 – 10	\$40.00	<input type="checkbox"/>
<b>Total Payment</b>				\$ _____	<input type="checkbox"/>
Office Use Only - Delta SHS - 2010 Competition Entry: Season 4					
Club Members <input type="checkbox"/>		Payment Log <input type="checkbox"/>			