

# Delta Gymnastics

## National Clubs Tour 2009

### **Tour Goals**

An integral component of the Delta Force Programme is the conduction of gymnastic tours. Each year we will embark on one or two major tours at which we will take teams of girls to compete intra and interstate.

The goals of our tour is for the girls to experience a team trip, to build our team and club spirit, to experience successful gymnastics competitions and have a memorable tour and great life experience in reward for their hard work and training.

### **The role of our carers**

It is our club policy that we invite all parents to join the tour as members and assist in the preparation, transport and support of the girls on tour. Without these parents we would not be able to conduct a tour without significant further costs and reduce the opportunities for our girls.

As all parents who attend the tour are in a position of authority on tour, it is critical that as a group we follow the same guidelines, the same standards and rules in dealing with the girls on tour to ensure consistency, team equality and unity. In general, it is our job to help our girls meet the goals of the tour. The following document is provided in a bid to articulate the general guidelines of our tours.

Chaperones for this tour will be Donna Frazer, Carol Thompson, Jaunita King and Vicki Moore. We thank them for their support.

### **Competition Rules**

In 2009 the WAG National Club Championships is being held in Canberra and is a team event for gymnasts in six divisions. (Level 4, Level 5, Level 6, Level 7, Level 8 and Level 9-10).

In Level 4 – 6 Teams can consist of up to 5 gymnasts with 5 gymnasts being able to compete on each apparatus and the team score is calculated by adding the top three individual scores on each apparatus. In Level 7 – 10 teams will consist of up to 4 gymnasts with 4 gymnasts being able to compete on each apparatus and the team score is calculated by adding the top three individual scores on each apparatus.

All teams will compete over 2 days, with scores from both days of competition being tallied together to find the overall winner.

Awards are provided for the top six team places on each apparatus and overall. Teams in the top 10 in each division earn bonus points for their club with each team competing earning 1 point for completing the competition. The overall club champion is awarded to the club with the most points at the end of the three rounds of competition.

Delta Brisbane has won this event in 2007 and 2008 and we hope to defend our title in 2009.

### **Tour Management**

John Mitchell will be the tour managers and be responsible for all travel, scheduling, accommodation and catering requirements. If you have any questions about the operation of the tour please contact John on 0409 620035 or email questions to [jmitchell@deltagym.com.au](mailto:jmitchell@deltagym.com.au)

### **Competition Venue - Accommodation**

The competition is being held at the Australian Institute of Sport Arena in Bruce, Canberra.

We will be staying and eating at the AIS residences, which are within easy walking distance of the competition venue. Accommodation is designed in blocks of 12 single beds opening to a common stairwell with the 'dorm mum' and common room on the ground floor secured entrance.

In an emergency please the contact phone for the tour manager is 0409 620035 (John).

### **Menu**

While on tour the girls will eat at the AIS eatery which provides a vast range of food available at each meal. If your daughter has any specific food needs (allergies etc) please write a note for the Tour managers to keep on file.

## Transportation

Tour members are responsible for transport to and from the airport in Brisbane.

Girls will be flying to Canberra on the following flights. Please ensure girls have photo ID on them to ensure they can board the plane. Please ensure girls arrive 60 minutes prior to departure time.

Sat 28 <sup>th</sup> Nov	QF953	Depart Brisbane 8:35am	Joy, Steph, Ally, Kristy, Bec, Taylor
Sat 28 <sup>th</sup> Nov	DJ1212	Depart Brisbane 9:15am	John, Wendy, Donna, Vicki, Lev 6 - 10
<b>Sun 29<sup>th</sup> Nov</b>	DJ1212	Depart Brisbane 9:15pm	Lauren, Carol, Jaunita, Level 4 – 5
Wed 2 <sup>nd</sup> Dec	DJ1225	Arrive in Brisbane 6:15pm	Everyone except below
Wed 2 <sup>nd</sup> Dec	QF962	Arrive in Brisbane 7:50pm	Joy, Steph, Ally, Kristy, Bec, Taylor

## Medical Information

While in Canberra the girls will be under the care of John Mitchell as Tour Manager. **Please complete the attached medical form.** In the event a child has any last minute conditions and or requires any medication to be taken while away, a written advice must accompany the medication and be given to the Tour Managers with the medicine clearly marked with the child's name and a the note clearly stating the correct dosage and frequency. The Tour Managers will assign a Parent on the tour to ensure any medical advice is followed.

Girls should not take any medication without the knowledge of the Tour Manager. Please do not send any medication with your daughter that is not given to the Tour Manager (or his delegate for those girls travelling to Canberra on Sunday 29<sup>th</sup>).

In the event your daughter was injured or sick and requires medical attention, you would be contacted by the medical care giver to give consent to seek medical attention. It is critical we have your accurate contact details as well as an alternate next of kin details to provide to medical care providers. (Note: If you are using this weekend to get away from home please ensure we have contact details.)

## Discipline Policy

While on tour the girls will remain in the control of the Tour Manager, the Head Coach, coaches and our parent tour supporters. The girls will remember that they are ambassadors for our club and it is expected that their behaviour will remain at the highest of standards.

In the event a girl chose not to follow the instruction of a parent or coach, they would be disciplined by the Tour manager and could be asked to be picked up by their parent prior to the end of the tour. Attendance on the tour means that parents acknowledge acceptance of this condition.

## What to bring

What to wear - when training

What to wear At Competition - when competing

What to wear At Competition – when supporting

What to wear on the Plane

What to pack in Comp bag to take on plane

Training leotard, tracksuit.

Full competition attire.

Competition Shirt and Tracksuit or Blue shorts.

Team Tracksuit/Shorts and Team Shirt.

Comp leotard, Training Leo, Tracksuit, Guards

- Competition Leotard
- Club Training Leotard
- Additional Training Leotard
- Competition Shirt
- Tracksuit
- Hair ribbons/ties, brush, gel, hairspray
- Sandshoes
- White socks
- Guards, wrist bandages
- PJ'S
- Toiletries, personal items, shampoo, conditioner, soap
- Togs and towel for swimming

### • **HAT AND SUNSCREEN**

- Short and shirts for general running around, recreation time
- Some warm clothes – Canberra can be cold!
- Clothes suitable for dining area (**NO SINGLETS ALLOWED**)
- Pocket money for souvenirs if you wish them to purchase one

## **What NOT to bring**

**Money** - While the girls can bring a small amount of money for buying a souvenir or competition shirt, there will be no opportunity to buy food and it can be embarrassing for other girls if some girls bring more than \$20 - \$50.

**Food – Lollies** Please do not pack any snacks or food. If your daughter has additional dietary requirements please speak with John.

## **Communication Policy**

### **Mobile phones**

It has been our general policy for some time that the girls can contact parents (who are not with us) over the tour. However it is important that the girls feel comfortable to discuss any troubles or issues they are encountering with one of the adults on the tour so their problems can be dealt with straight away. It is encouraged that girls do not bring mobile phones, however if for emergency you would like your child to bring a phone, then it will be kept by the tour manager when not being used. For the duration of the tour the girls can be contacted via John Mitchell on 0409 620035, and can make a limited number of calls to home on those phones.

### **SMS**

Please feel free to send Hero SMS's to the girls on while they are away on tour. These messages will be put up on a poster in a common area of the accommodation to remind the girls what great support they have. SMS to 0409620035.

## **COMPETITION SCHEDULE**

The competition schedule has not yet been finalised, we will hand out that information as soon as we receive it. Please see below for the days on which each level is competing:

Level 6, 7, 8, 10	Sunday 29 <sup>th</sup> and Monday 30 <sup>th</sup> November
Level 4, 5	Tuesday 1 <sup>st</sup> and Wednesday 2 <sup>nd</sup> November