



Delta Gymnastics

State and National Club Champions 07, 08

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

COMPETITORS NEWSLETTER – SQUADS AND TEAMS

Contents : PAD Test, Parent Meeting, State Squad,
Welcome new Gymnasts, Integrating Training with school curriculum
From : John Mitchell

PAD TEST

Please note in your calendar our Next PAD Test for all 9 – 20 hour gymnasts will be held on Saturday the 21st February from 8:00 – 11:15am at the St Margaret's Gym. This is a critical test to set up the girls goals for 2009 and beyond, please do your utmost to ensure your daughter will be in attendance.

PARENT MEETINGS

At the PAD test we will conduct meetings for the parents of each girl on Squads and Teams. Please note that the 2009 booklet will be distributed, the confirmed calendar including tours and comps will be finalised and all information that you will need for 2009 will be available. This is the most critical meeting of the year.

Meeting 1 : Parents of Level 6 – 10 gymnasts 8:00 - 8:45am
Meeting 2 : Parents of Level 3 - 5 gymnasts 10:30 – 11:15am

STATE SQUAD

In 2009 the structure of State Squad will be presented in a different format.

- Level 7 – 10's will receive Feedback at a training session in Brisbane North on Sunday the 15th March 10:00 – 2:00pm, (No training Sat 14th March)
- Feedback at Senior Regionals
- A training session in November.

Level 4 – 6's will receive

- A training session after State Clubs,
- Feedback at Regionals and
- A training session in November.

Cost of the program for 2009 is \$66 per girl which can be paid to the Delta office by the 27th February.

Congratulations to the following girls who have been selected based on their training and competition performance.

Level 7 – 10 : Kristy Bishop, Stephanie Zietek, Alex Trezise, Rebecca Carter, Taylor Ryan, Ally Smith, Jessica Wigglesworth, Sophie Musgrave, Sidney McIlwaine, Laura Purdie, Samantha Hansford.

Level 4 – 6 : Olivia Dykes, Lauren Galvin, Courtney Campbell, Tess Hannah, Larissa Lum, Emily Conran, Alexandria Johnson, Leah Nelson, Tiahna Scanlon, Lauren Moore, Amber Fraser, Charlee McIlwaine.

Welcome New Gymnasts

Please welcome new members to the Teams and Squads.

Taylor Ryan, Larissa Lum, Maddison Ryan, Danica Dodds, Deanna Simpson, Lizzie White, Amy Evans, Kahlee Mace, Olivia Pennefather.

Integration with School Curriculum

In 2009 we have a number of girls who are training 12 hours or above who have expressed interest to access training during school hours to reduce the amount of time girls are away from home. If you would be interested in this program, please contact John.