



**2020**  
**Aspire Foundations, Performance  
& Competitive  
Information Booklet**

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## **Our Vision**

To be recognised as a leading club throughout Australia and ultimately the world in the provision of quality gymnastics tuition and in providing the opportunity for the growth & development of the individual through excellent gymnastic training.

## **Our Purpose**

To enable children the opportunity to grow confidently through the challenge that is gymnastics.

In our Aspire Program - that has a special meaning. We need to ensure that we have a program that suits the specific needs and provides appropriate challenges to every child.

## **A System that Works**

The Delta Aspire program is based on an integrated system proven to help each and every child achieve their potential. At every stage, gymnasts in the Aspire program follow the same curriculum of techniques and drills, allowing continuous development as they transition between classes within the program.

## **Reach your Potential**

We know the journey of every Aspire gymnast will be different, so we encourage gymnasts to set their own individual goals and provide the tools and support they need to reach them. Whether it be performing at a competition for the first time, setting goals to improve strength, or aiming for selection on the Australian team, Aspire gymnasts are taught to feel good about their accomplishments, no matter how big or small they may be.

## **Enjoy the Journey**

Training and competing is just the start for Delta Aspire gymnasts. Unique and fun life experiences are a key part of the program. From Club, State and National competitions, interstate and international tours, workshops, clinics, social gatherings, annual awards celebrations and leadership camps... the rewards of being part of the Delta Aspire program are endless.

## **Coaches who Care**

Delta Aspire coaches teach children not cartwheels. Our coaches are qualified, experienced and passionate about guiding every Aspire gymnast on their journey to achieving their potential. Aspire coaches prioritise the importance of creating a positive and supportive training environment for their gymnast to maximise every session in the gym.

## **Feedback & Communication is Key**

Scores on the competition floor are only one part of the picture. In the Delta Aspire program the development and progression of our gymnasts is measured ongoing three times a year at strength, skill and flexibility tests and training attitudes/behaviours are measured. Providing regular feedback helps ensure the Aspire gymnasts, parents and coaches are all on the same page and share the same goals.

## **Keep the Balance**

More time spent in the gym doesn't always equal greater success. At Delta, our philosophy is to promote a balanced lifestyle for our competitive gymnasts, enabling them to participate in school activities and have family time, whilst maximising their training outcomes. Aspire gymnasts work hard to maximise their time in the gym and only increase training hours as required.



## **Delta Aspire Program – Reach for the Stars!**

At Delta our aim is to enable children the opportunity to grow confidently through the challenge that is gymnastics.

The Delta Aspire program is a world class competitive artistic gymnastics program for budding gymnasts to national champions. Delta Aspire classes range from 2 to 30 hours per week, and provide gymnasts with a progressive pathway through the Australian National Levels program (Level 1-10) & International gymnastics. In the Delta Aspire program, we are dedicated to educating, guiding and inspiring our gymnasts every step of the way!

### **Aspire Foundations (ALP Level 1- 3) - LEAP INTO GYMNASTICS (2-9 hrs)**

The Delta Aspire Foundations stream introduces gymnasts of all abilities to performance gymnastics. There is class to cater for everyone, from first timers (in Grade 5 & above) to budding gymnasts!

Foundations gymnasts are invited to perform at 3 internal team competitions per year in the Australian Levels program Level 1-3. As an introductory stepping stone to competitive gymnastics, the primary focus is learning strong skill techniques, developing great training attitudes and enjoying being part of a team. Above all else, it's about building a love of gymnastics! From HERE, girls can move into our Aspire Development, Competitive or Performance programs.

### **Aspire Development – the nursery for preparing girls aged 6-11yrs for high level gymnastics (3-20hrs)**

The Delta Junior Development Program is designed to provide the ideal development for high level gymnastics to girls who have been identified at a young age as having some or all of the attributes of a high level gymnast. By removing normal competition, the girls have more time to develop the physical capabilities and basic 'high level' foundations skills to enable movement within the identified age categories to prepare for high level gymnastics.

From here, girls can move into our Aspire Foundations, Aspire Competitive, Aspire Performance or continue along the path to Level 9 Under competition at the National Titles.

### **Aspire Competitive – for girls who love gymnastics, competing, learning new skills & performing (7.5 -12hrs)**

Delta's Aspire Competitive program is designed for girls who love gymnastics and want to compete at either Local and or State Level. Local competitions include the newly designed Team Excel Program which allows girls to train all apparatus and compete their favourites in a team environment. Girls perform optional routines and select from a range of skills with their coach to include in their routines. These optional routines can also include the skills of the Australian Levels Program (and more) which help girls to prepare for Regional and State Competition.

### **Aspire Performance – for girls focussed on State & National Competition with ability to pass level 10. (9-16hrs)**

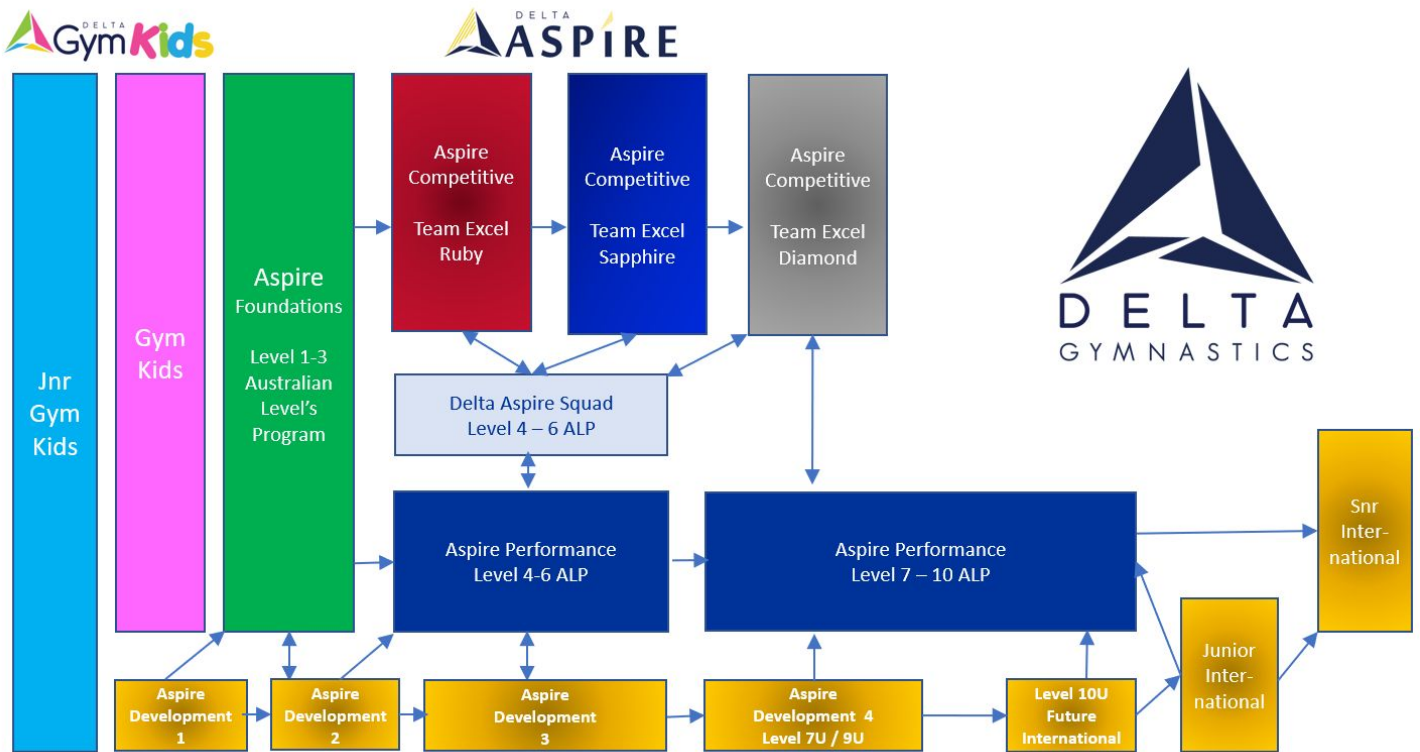
The Delta Aspire Performance Program is designed for girls who demonstrate by their training and outcome the desire and ability to compete at State and National level and a demonstrated capacity to ultimately pass level 10 and even beyond.

These girls in Level 4 – 6 (approximately 8-10 per level) will have a significant focus on physical conditioning and will join the Delta Squad gymnasts in being available for selection for Delta Teams to State and National Club Championships. Approximately 60% of time trained in the performance program is designed for preparing for the current level and 40% for higher level gymnastics.

### **Aspire Performance - at the Highest Level (16-30hrs)**

The Delta Aspire Performance Program also caters for high level National and International gymnastics. Gymnasts selected into this level of the program aspire to represent their state and country at Level 10 and Senior International competition. Girls will compete in the ALP Level 7 – 10 divisions along with Future, Junior and Senior International Competition. With a focus on mastering high level skills, exceptional strength and conditioning and an emphasis on goal setting and teamwork, gymnasts are equipped with the skills to be the best they can be - in the gym, at school and in their future endeavours!





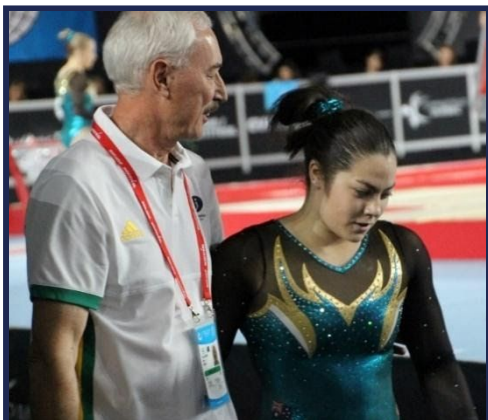
## The Delta Aspire Journey

At Delta, we have as our aim “To help kids grow up”. In a gymnastics sense that means they want to

- learn how to train effectively
- learn how to perform at competition

However, gymnastics is the vehicle we use to help kids grow up and the focus is not on winning; but rather, on learning important life lessons, including:

- How to work hard
- How to commit to an endeavour
- How to set lofty goals
- How to deal with obstacles and disappointment
- How to have the courage & determination to hunt down your goals..
- To learn leadership skills and develop personally



## Aspire Performance: International Gymnastics

The Australian International Development Program is designed to develop gymnasts to a level allowing Olympic representation.

At Delta we believe this type of talent is not just seen at 8 years of age; and in different children it can evolve over time. Our Senior Coaches will work with all Delta coaches to ensure the correct development of all of our Aspire gymnasts; and to identify those who demonstrate the capacity and desire to perform at an international level like Georgia Godwin – Commonwealth Games Silver Medallist and Olympic Competitor 2020.



At Delta we believe that it is not only what we do – but the way we do it. Our Core Values are what guide our decision making and unite our entire team.

### From Little Things Big Things Grow



We believe in making a difference step by step and helping people grow into the best they can be.

At the end of the day the real gold medal is the life skills we learn through working hard and improving a little bit each day.

### Team Delta

We are part of something bigger than ourselves. We care for one another and work together to make great happen.

It's a journey and no-one gets left behind.







## Start With Heart

We walk in with our head held high and a smile on our face because we want to be here and believe in what we are doing.

Loving what we do makes the good times better and the tough times worth it.

## Do What's Best to be our Best

We do what it takes to execute the routine with a dash of sass, know the steps, work hard, stick the landing.



## If You Don't Leap You Will Never Know What It Is Like To Fly

Gymnastics (and life) is having the strength to hold on and the courage to let go. We do what is scary to avoid what is dangerous.

It's not about perfection, it's about being a little bit stronger and a little more brave than yesterday. The courage to set goals and the guts to achieve them.



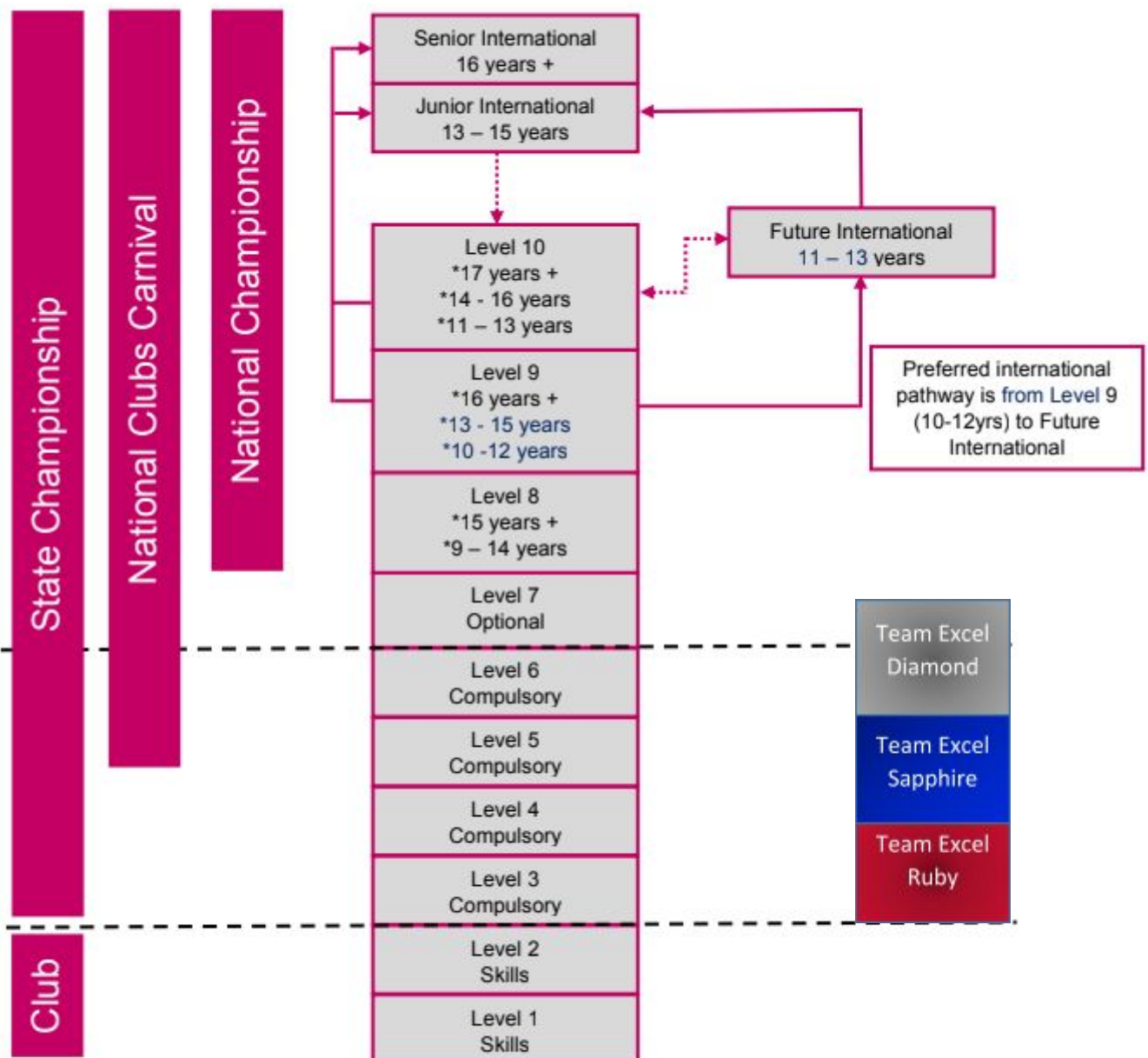
## Competitive Levels

In 2015, Gymnastics Australia introduced the Australian Levels Program, providing a comprehensive guide to the pathway for gymnasts within both National and International gymnastics stream. The new routine formats in this program, encourage the progressive development of gymnasts through the levels.

At Delta, we believe coaching good gymnastics is most important and the stream selected for each girl should be based on their individual needs. We aim to give all girls the best chance to achieve their potential. Delta Competitive gymnasts may have the opportunity to transfer between streams at one of the listed transfer points and when the Aspire Coaches feel it is most beneficial to a child's development.

## National and International Pathway Streams:

WAG ALP Pathway and competition Framework



\*Age Categories listed for Level 8 to 10 are set for National Championships. States may choose to have different age division as required.

## Training Hours

At Delta we believe it is important that each child is allowed to grow and develop at their own pace. Allowing appropriate time to develop strong fundamentals, ensures each child achieves ongoing improvement and becomes confident and competent.

We consider each gymnast individually and factor in the below when deciding on group placement and training hours:

- A gymnast will be placed in a group that suits his/her social and gymnastic level of development
- A gymnast must demonstrate the capacity to gain value for the hours they train in both the short & long term
- A gymnast must want to increase training hours and love their training before an upgrade occurs
- A gymnast must benefit from training more hours commensurate with the time, money and effort required to do those extra hours



One of the secrets to our success is we nurture the girls and don't push them when they aren't ready to be pushed. At Delta we know that our girls train fewer hours than other competitive clubs in Queensland - a fact of which we are very proud!

It is our philosophy that we would prefer our gymnasts to work hard in less hours rather than waste time training more hours to achieve no better result. We are happy for a gymnast to take a little more time developing, knowing that it leads to a longer, healthier, happier, and more successful career.

At Delta we believe gymnasts should train the hours which will provide them with the best value for the time and effort they invest into gymnastics. We want to promote gymnasts have a balanced lifestyle, which enables them to participate in school activities, have family time and maximise their training outcomes.

## Attendance

To maximise the opportunity for gymnasts to develop confidence and experience progress, gymnasts are expected to attend all training sessions. It is the policy of Delta Gymnastics that gymnasts' schooling and family must come first in priority, and that gymnasts will organise themselves to ensure they can fulfil their training and competition obligations in gymnastics.

## Non-Training Weeks & Holidays

### Aspire Foundations Non – Training Weeks

Training for Aspire 2 - 7.5 hr classes is scheduled for the school year (in alignment with the State School start & finish dates). This includes during school term breaks, but excludes Public Holidays. Our classes commence 18th January and finish on 14th December each year. Please see the 2020 Event Calendar if you wish to coordinate your family holidays or other prolonged absences so as not to miss any competitions.





### **Aspire Junior Development Non – Training Weeks**

Aspire Junior Development groups are scheduled to train year-round, including on some Public Holidays and during January. Scheduled holiday training is an integral component of gymnasts' preparation and provides significant benefit to our gymnasts.

All Aspire Development gymnasts have a break from training following the QLD Club Championships, first week of July and a week off following the National Clubs Carnival around the first week of October.

In general, Aspire Development gymnasts have a two - three-week holiday at Christmas depending on their upcoming competition season. Aspire gymnasts are strongly encouraged to schedule their holidays during the non-training weeks. Please speak with your child's coach if you have family holidays or other prolonged absences scheduled during training weeks.

### **Aspire Competitive Non – Training Weeks**

Aspire Competitive Gymnasts will train throughout the year and have a 4 week break at Christmas. The structure and timing of the Excel Events is designed to allow a good break over Christmas. A holiday conditioning program will be provided so the girls can have active rest and keep their core strength up over the break.

Please note we may schedule a number of extra sessions in January before the 18th in the event the girls are in Brisbane and would like an early start to the year. This also assists in providing additional sessions lost due to Public Holidays throughout the year.



### **Aspire Performance Non – Training Weeks**

Aspire Performance groups are scheduled to train year-round, including on some Public Holidays and during January. Scheduled holiday training is an integral component of gymnasts' preparation and provides significant benefit to our gymnasts.

All Aspire Performance gymnasts have a break from training following the QLD Club Championships, first week of July and a week off following the National Clubs Carnival around the first week of October.

In general, Aspire Performance gymnasts have a two - three-week holiday at Christmas depending on their upcoming competition season. Aspire gymnasts are strongly encouraged to schedule their holidays during the non-training weeks. Please speak with your child's coach if you have family holidays or other prolonged absences scheduled during training weeks.

## **Competition and Attendance**

### **Gymnasts are expected to attend all training sessions to be eligible to compete.**

If a gymnast has been absent prior to competition, their eligibility to compete will be determined at the coach's discretion. All decisions will be based on the safety of the gymnast (on occasion, the coach may have the gymnast compete on some, but not all apparatus, and/or may remove skills from the routines).

### **Absences**

Please email with as much advance notice as possible! Skill and drill training is spread across the week, assuming a gymnast will be there for all training sessions. If a gymnast does not consistently attend training, she may do too many of one type of activity, and not enough of another. Letting us know of absences in advance, allows coaches to rearrange your gymnast's assignments, maximizing their training for the week (please see Delta Aspire Useful Contacts page for details). If it is a last minute illness or family emergency, preventing attendance, any notice you can give us is much appreciated (even if after the fact).

### **Late Arrivals**

Gymnasts are expected to arrive at least 10 minutes early for training to assist with set-up, complete pre-stretching and injury prevention programs, and to update the coach on any issues that may affect their training. If a gymnast knows he or she will be arriving late, please provide as much notice as possible so the coaches can adjust the training program accordingly. Again, if it is a last minute illness or family emergency, any notice you can give us is much appreciated (even if after the fact). If a gymnast arrives late, she must first check in with her coach to explain the lateness of arrival. Gymnasts may be expected to stay after workout to do any strength and flexibility work missed.

### Make Ups

Whilst make-up lessons are now part of the Delta Terms and Conditions for GymKids and Aspire Foundations (for children who attend one day per week - including our Aspire 2's) this does not relate to invitation only programs that train more than once per week. We understand at times your daughter may not be able to attend scheduled training however, please understand we will not allow girls to make up in a different session if it disadvantages the girls she will train with, or increases the coach – gymnast ratio above reasonable. This policy is taken into consideration in the lower cost per hour of these programs.

### Gymnast & Parent Responsibilities

#### A Gymnast should:

- Arrive at least 10 minutes early for training to assist the coach in preparation for training
- Train in neat apparel at all times (includes leotard, tights, wrist-bands, socks, t-shirt, shorts, hair)
- Respect and follow the instructions of his or her coach. Show by words, actions, posture and demeanour a commitment to a positive, energetic performance and seek to become the best gymnast they can become
- Treat other people in the gym with respect and courtesy
- Remember that she is both a role model for younger gymnasts and a representative of Delta Gymnastics, both when training and competing
- Adhere to the rules of competition
- Observe and encourage teammates to achieve and succeed
- Where possible make the coach(es) aware of the fact they may be late or absent from training prior to the event, and see their coach before they start training to explain any late arrivals

#### The Parents of the Gymnast should:

- Support your child in meeting the above requirements
- Ensure attendance at training and competition events
- Arrange suitable transport to gymnastic events and training. Deliver gymnasts into the facility and pick them up from inside the facility
- Provide medical & paramedical support for your child through the recommended sports medicine facility
- Support and assist the activities of Delta Gymnastics



### Team Fundraising

In 2020 , it is our goal to raise money to aid in the funding of additional services for our girls (such as travel costs for State and National Team Members, travel costs for touring gymnasts, awards for our Delta Dinner, bringing Judges in to assist in preparation for gymnasts, and social functions). This year it is our intention to raise \$10,000 funds from our Invitational's, Delta Gym Kids Carnivals, Raffle, Partner Programs, and Major Fundraiser (a big raffle).

Raising funds is not easy and is required to run our program in its current structure. We hope all families feel confident to offer their time and support for the program.

### Discipline Policy

Aspire Performance and Aspire Competitive Gymnasts are role models for Delta members and ambassadors for Delta Gymnastics. Training requires significant discipline from our gymnasts to achieve success and safety. We expect a high standard of behaviour. In the event a gymnast does not follow the standard of behaviour set, our coaches follow the below model:

1. Advise the gymnast of the expected behaviour
2. Advise the gymnast when the expected behaviour has not been displayed and ask them to rectify their behaviour
3. Remove the child from training to consider their behaviour
4. Contact the parents of the gymnast and request the child to be removed from training

### Choreography & Floor Music

Choreography of optional floor routines is now only applicable for Level 7 – 10 gymnasts and girls competing in the Team Excel Competitions Sapphire and Diamond. For Team Excel events girls can choose from one of six optional routines or have a routine choreographed just for them. Floor coaches will determine when a new floor routine is needed and will then coordinate with the choreographer. Floor Exercise routines will be choreographed by appointment outside class hours and will incur a fee paid directly to the choreographer.

If new music is needed, the gymnast is responsible for any costs involved and the coach will let you know if this is the case.

### Physical Ability and Development (PAD) Testing – Aspire Foundations

Gymnasts in the Delta Aspire Foundations program partake in PAD tests, during training three times per year. PAD is a key measure of gymnasts' physical ability and development and includes strength, flexibility and skill activities:

1. **Skill Specific** - this component measures the core skills required for all high level gymnastics. Skills included are Wall Handstand, Split Handstand, and Press Handstand.
2. **Flexibility** - this component measures hip, shoulder, hamstring & calf flexibility.
3. **Strength** - this component measures a combination of the strength and endurance of the prevailing body actions, required for artistic gymnastics.

The PAD test gives coaches valuable insight into gymnast's fitness levels, as well as providing integral information which allows them to set goals and design their preparation to accelerate learning and improvement. The results from each PAD test will be given to you after each test and will also include a snapshot of your child's training behaviours to assist with their overall growth and development.



### Physical Ability and Development (PAD) Testing Performance & Competitive

Delta tests the Physical Ability and Development (PAD) of all our Aspire Performance and Aspire Competitive gymnasts three times per year.



The PAD Test aims to measure each gymnast's physical readiness to successfully compete. While competition scores remain the best indicator of current gymnastics levels, the PAD score has been an accurate indicator of the future performance of gymnasts.

The test is broken into three components: skills, strength, and flexibility. The results of each testing session are analysed by coaches. The resulting data provides valuable insight current fitness levels of our gymnasts, and is used by coaches to adapt and/or to modify the training program to accelerate learning and to address any weaknesses or imbalances that might develop into injury risks.

It is critical that gymnasts attend each PAD Test to ensure that we have the required data to ensure your gymnast's safety and optimal development.



## 2020 Competitions

### Eligibility for Competition

Eligibility – Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified.

Qualification is gained by:

- Being the appropriate level or age for the competition
- Attending all training sessions and demonstrating gradual improvement in all training variables.
- Reaching a **MINIMUM** standard in all skill & routine goal areas and physical conditioning
- Achieving a performance score on each apparatus at a previous tactical meet
- Demonstrating support of teammates in training and competition
- Having current and up to date Delta Membership Fees
- Completing any nomination requirements and appropriate fees by the due date

**Reminder:** *If a gymnast cries (from disappointment) in competition, or shows poor sportsmanship or lack of support for her teammates, she will be removed from the floor and will not be permitted to complete the competition. It is important to understand that when a girl cries on the floor it can be very upsetting to her friends around her – and this rule helps set expectations for the benefit of **ALL** girls.*

### Competition Fees

Competition fees will need to be paid prior to gymnasts being nominated for any competition.

**Please Note:** *We can only nominate a child if payment confirmation is made by the due date. All payments should be made through the link provided in your nomination email. Please remember to pay the fees early enough for them to be received by Delta by the due date. To be safe, please make any bank transfers 3 working days in advance of the deadline.*

*To simplify the process and to help families plan, the year is broken up into three competition seasons. An email is sent to each family when a child is eligible for competition with due dates and payment details.*

### Competition Etiquette & Team Support

Gymnasts must check-in with their coach(es) 15-20 minutes before the start of warm-up (please also leave time for your daughter to get into her leotard prior to meeting the coach). Once they have checked in with their coach, gymnasts must stay on the competition floor for the remainder of the competition. (Rules regulate that gymnasts may not leave the floor without permission of the Jury, nor have any contact with persons outside the Competition Arena.)

Gymnasts are expected to be polite, respectful, and supportive to all participants and officials. As a club we want to provide our Delta Aspire members with all the support possible at competition. We ask that all girls attend other sessions and support their teammates at competition where possible. Audience members are encouraged to cheer loudly and support their gymnasts. (Spectators are expected to behave in a way that exemplifies the Delta Spirit and sets a positive example for our children.)



### Volunteering at Competitions

Our Delta Volunteers are invaluable in helping us run successful events and a great way to meet other parents! We would love each family to volunteer a few hours of their time to assist with set up/pack up of the gym for competition, or other volunteer jobs required throughout each session. It would be fantastic if each family could please volunteer their time at one of our Club events during the year- no prior experience necessary!

Please stay tuned for more information on how to sign up to volunteer throughout the year.

## Delta Uniforms

### Preparing for Competitions

#### What to wear to the competition

Aspire Foundations Level 1-3 & Excel Ruby	Aspire Competitive Excel Sapphire & Diamond	Aspire Competitive & Performance L4-6 at GQ Sanctioned Events	Aspire Performance Level 7 - 10 at GQ Sanctioned Events
Delta 2020 shirt, Black Tights & Delta Hoodie, plain white socks, sneakers. (Hoodie optional for L1-2)	Delta 2020 shirt, Black Tights and Delta Hoodie, plain white socks, sneakers.	Delta tracksuit, Delta 2020 shirt, plain white socks, sneakers.	Delta tracksuit, Delta 2020 shirt, plain white socks, sneakers.

#### What to wear when competing

Aspire Foundations Level 1-3 & Excel Ruby	Aspire Competitive Excel Sapphire & Diamond	Aspire Competitive & Performance at GQ Sanctioned Events	Aspire Performance Level 7 - 10 at GQ Sanctioned Events
Delta short sleeve venue Leotard, Black Tights & Hoodie, plain White Socks.	Delta Venue Long Sleeve Leotard, Black Tights & Hoodie, plain White Socks.	Delta Long Sleeve Competition Leotard, Delta tracksuit, Delta 2019 shirt, plain white socks, sneakers.	Delta Long Sleeve Competition Leotard, Delta tracksuit, Delta 2019 shirt, plain white socks, sneakers. (Delta Podium Leotard for Full Warm Up Competitions)






#### What to bring to competition

- Delta bag
- Guards/white wristbands
- Water bottle
- Tape
- Vaseline/Paw paw / Band aids
- Copy of your music (for optional floor routines only)
- Spare elastics/clips/ bobby pins
- White socks
- A small snack
- Underwear










## Aspire Foundations & Excel Ruby Uniform Requirements

(Including Development 1 & 2 as requested by coach)

	<p><b>Aspire Foundations Competition Leotard - Level 1-3 &amp; Excel Ruby - St Hilda's Venue</b></p> <p>Girls in the Delta Aspire Foundations Program and Excel Ruby will purchase the Girls Sleeveless Leotard specific to their venue. (Each venue has a different colour) This leotard will be worn at all competitions. Leotards will be available from mid April by ordering from the Delta office.</p>
 <p><b>Example only</b></p>	<p><b>Scrunchie - colour match venue leotard</b></p> <p>Our competition scrunchie is compulsory for all level 1 – Snr Int gymnasts. Scrunchies will be available with the purchase of your leotard. You can also fabric/colour match from your local Priceline or school supply shop.</p> <p>Hair is to be placed in a small bun on the crown of the head. The bun should be slightly visible from front on (See photo on page below example). All hair is to be pulled back off the gymnasts face and held in position with hair spray/gel. Please use bobby pins to secure the bun rather than hair clips.</p>
	<p><b>Delta Club Shirt Children's Polo Shirt - From Delta as a 2020 Registration gift</b></p> <p>This year we have designed a new t-shirt that will be gifted to you as part of your registration with Delta Gymnastics. This will replace the Children's Aspire Shirt worn in 2019.</p>
	<p><b>Plain Black Tights - Can purchase anywhere - must be plain</b></p>
	<p><b>Delta Hoodie - purchase from Delta Office not compulsory L1 - 2</b></p> <p>The Delta Hoodie is new in 2020 and can be worn to and from training in the cooler months, supporting at competitions and during competition to keep warm.</p> <p>This garment is compulsory for our Aspire Foundations L3 &amp; Excel Ruby athletes. This is not compulsory for Aspire Foundation Level 1 - 2 gymnasts however, you are welcome to purchase it if you would like. The hoodie can be ordered through the Delta office and will be available mid April.</p>






## Aspire Competitive & Excel Squad Members Uniform Requirements

	<p><b>Aspire Competitive - Excel Sapphire &amp; Diamond</b></p> <p>Girls in the Delta Aspire Competitive Program will purchase the Girls Long Sleeve Leotard specific to their venue (Each venue has a different colour). This leotard will be worn at all competitions. Leotards will be available from mid April by ordering from the Delta office.</p> <p>Matching scrunchie will be available with purchase.</p>
	<p><b>Aspire Competitive &amp; Performance Competition Leotard - Aspire SQUAD only</b></p> <p>In 2019, we introduced a new leotard for our Aspire gymnasts in Level 7 – Snr International. In 2020, this leotard will be <b>compulsory for all Level 4+ gymnasts</b>.</p> <p>Please click on the link below to place your order.  <a href="https://www.sylviap.com.au/team-wear/team-shop">https://www.sylviap.com.au/team-wear/team-shop</a></p> <p><b>Username:</b> Delta Gymnastics Brisbane <b>Password:</b> Aspire2020</p>
	<p><b>Scrunchie -</b></p> <p>Scrunchies will be available with the purchase of your leotard. You can also fabric/colour match from your local Priceline or school supply shop.</p> <p>Hair is to be placed in a small bun on the crown of the head. The bun should be slightly visible from front on (See photo on page below). All hair is to be pulled back off the gymnasts face and held in position with hair spray/gel. Please use bobby pins to secure the bun rather than hair clips.</p>
	<p><b>Delta Hoodie - purchase from Delta Office</b></p> <p>The Delta Hoodie is new in 2020 and can be worn to and from training in the cooler months, supporting at competitions and during competition to keep warm.</p> <p>This garment is compulsory for our Aspire Competitive Excel athletes. The hoodie can be ordered through the Delta office and will be available mid April.</p>
	<p><b>Delta Aspire Tracksuit (L4 - Snr Int) - Excel SQUAD only</b></p> <p>Please note as previously advertised we will be changing tracksuits in 2021.</p> <p>Please click on the link below to place your order.  <a href="https://www.sylviap.com.au/team-wear/team-shop">https://www.sylviap.com.au/team-wear/team-shop</a></p> <p><b>Username:</b> Delta Gymnastics Brisbane <b>Password:</b> Aspire2020</p>
	<p><b>Delta Club Shirt Children's Polo Shirt - From Delta as a 2020 Registration gift</b></p> <p>This year we have designed a new polo shirt that will be gifted to you as part of your registration with Delta Gymnastics. This will replace the Children's Aspire Shirt worn in 2019.</p>
	<p><b>Plain Black Tights - Can purchase anywhere - must be plain</b></p>






## Delta Uniforms Aspire Performance

This year we will **NOT** be placing a bulk order. Parents are responsible for ordering the correct uniform through the Sylvia P portal.

	<p><b>Aspire Performance Competition Leotard (ALP)</b></p> <p>In 2019, we introduced a new leotard for our Aspire gymnasts in Level 7 – Snr International. In 2020, this leotard will be <b>compulsory for all Level 4+ gymnasts</b>.</p> <p>Please click on the link below to place your order.  <a href="https://www.sylviap.com.au/team-wear/team-shop">https://www.sylviap.com.au/team-wear/team-shop</a></p> <p><b>Username:</b> Delta Gymnastics Brisbane <b>Password:</b> Aspire2020</p>
	<p><b>Aspire Performance Podium Leotard</b></p> <p>It is compulsory for Level 7 - Snr gymnasts in the Delta Aspire Performance Program to purchase the Girls Podium / Saturday Sleeveless Leotard. This leotard will be worn at all full competition warm-ups, podium training, PAD Tests, Saturday training through the cooler months, tours and training camps. It is to be worn with <b>plain black lycra bike pants</b>, plain black <math>\frac{3}{4}</math> leggings or no bike pants, depending on the head coach's instructions.</p> <p>This leotard is optional for all Level 4 - 6 athletes in the Performance program however, required for athletes selected to the Gymnastics Queensland Team Future Squad.</p> <p>Please click on the link below to place your order.  <a href="https://www.sylviap.com.au/team-wear/team-shop">https://www.sylviap.com.au/team-wear/team-shop</a></p> <p><b>Username:</b> Delta Gymnastics Brisbane <b>Password:</b> Aspire2020</p>
	<p><b>Scrunchie</b></p> <p>Our competition scrunchie is compulsory for all level 1 – Snr Int gymnasts. You can purchase the correct white scrunchie from Wendy Kuo on the Delta Secondhand Facebook group for \$5.00 or else fabric/colour match from your local Priceline or school supply shop.</p> <p>Hair is to be placed in a small bun on the crown of the head. The bun should be slightly visible from front on (See photo on page below). All hair is to be pulled back off the gymnasts face and held in position with hair spray/gel. Please use bobby pins to secure the bun rather than hair clips.</p>
	<p><b>Delta Aspire Tracksuit (L4 - Snr Int)</b></p> <p>Please note as previously advertised in the 2019 booklet, we will be changing tracksuits in 2021.</p> <p>Please click on the link below to place your order.  <a href="https://www.sylviap.com.au/team-wear/team-shop">https://www.sylviap.com.au/team-wear/team-shop</a></p> <p><b>Username:</b> Delta Gymnastics Brisbane <b>Password:</b> Aspire2020</p>
	<p><b>Aspire Competitive Bag</b></p> <p>This bag is compulsory for Aspire Performance Gymnasts and optional for any of our members. Girls like to have one to take to competitions and leave their tracksuits/sneakers and bigger items in it while they are on the comp floor. It is also useful for our gymnasts who go away on tour with Delta.</p> <p>Please order directly from GMD  <a href="http://www.gmdirect.com.au/category-s/1824.htm">http://www.gmdirect.com.au/category-s/1824.htm</a></p>

**Additional Uniform Available** - not compulsory

	<p><b>Delta Hoodie - purchase from Delta Office</b></p> <p>The Delta Hoodie is new in 2020 and can be worn to and from training in the cooler months, supporting at competitions and during competition to keep warm.</p> <p>This garment is compulsory for our Aspire Competitive Excel athletes. The hoodie can be ordered through the Delta office and will be available mid April.</p>
	<p>This bag is ideal for our Level 4 - 6 athletes for competitions. It comfortably fits a small snack, water bottle and guards.</p> <p>Please order directly from GMD  <a href="http://www.gmdirect.com.au/category-s/1824.htm">http://www.gmdirect.com.au/category-s/1824.htm</a></p>
	<p><b>Delta Supporter Polo Shirt</b></p> <p>Cheer on our Delta Aspire gymnasts in these fantastic Supporter T-shirts.</p> <p>Please order directly from GMD  <a href="http://www.gmdirect.com.au/category-s/1824.htm">http://www.gmdirect.com.au/category-s/1824.htm</a></p>

Sylvia P Sportswear is the exclusive provider of Delta Gymnastics competition leotards and tracksuits. Included with this booklet is a copy of the link to the Sylvia P uniform ordering link.

**Competition Hair**  
**Example All Levels**



### Leotard Instructions – IMPORTANT!

- Girls do not eat or drink in their leotard
- **Girls do not travel to or from competition in their leotard (bring it in on a coat hanger and take it home on a coat hanger)**
- Wash it as soon as possible after wearing it (sweat will eat away at the material)
- **Follow All Washing Instructions – Keep your instructions**

### Important Care and Washing Instructions

Please ensure you follow the washing instructions outlined on the tag of your leotard.

### Colour Transference and Fading

Antiperspirants & deodorants will cause colour transfer and fading, do not apply antiperspirants or deodorants prior to or during the use of this garment.

### NOTE:

- Combining light and dark colour fabrics in your garment may cause colour transference.
- Perspiration may also contribute to colour transfer and fading.
- Over time fabrics may fade, lose some foil and crystals may dislodge due to wearing and washing. This may occur even when washing instructions have been followed correctly.



### Putting on the Leotard:

The sleeves are  $\frac{3}{4}$  sleeves finishing halfway up the forearm. If your leotard seems to not be fitted under the arms, or the neck is pulling too tight then you probably need to pull the arms up more towards the shoulders. (Think of it as putting on a pair of stockings).

The neck should not sit wide out on the shoulders but be pulled in closer to the neck. Again, pull the sleeve material higher very gently if you cannot do this.

The top of the leg line should sit almost on the hip bone to create the look of having longer legs and a nicer line.

The bottom of the leotard **should not** be pulled all the way down like a boy leg cut.

### Bottom Glue

Many girls choose to use bottom glue. It is available from our office at our Kedron Venue. This will stick the leotard to the skin for any girl that is worried about it riding up.

### Competition Schedules

Gymnasts will compete in one session, on one day of the event weekend and sessions are no longer than 2.5 hours in length.

Gymnasts will be provided with their exact session day/time 2 weeks prior to the competition weekend. As the design of the competition schedule is dependent on the number of participants involved in each event, schedules can only be distributed following the close of nominations and upon the release of the competition schedule by the host club/association.

### Competition Refund Policy

Refunds of the nomination fee are subject to the Terms and Conditions of the host club running the event. If your child is unable to attend a competition due to medical reasons (injury or illness), a refund request can be submitted to the host club for consideration. A medical certificate must be provided to [admin@deltagym.com.au](mailto:admin@deltagym.com.au) prior to, or within three days of the event. If approved by the host club, a refund of the nomination fee (less 20% administration fee) may be provided. **Refunds for non-medical reasons will not be provided under any circumstances.**

### Aspire Foundations Competitions

Gymnasts in the Delta Aspire Foundations program are invited to attend three fun, low pressure competitions per year. These competitions are team events, as we feel strongly that this is a great way for gymnasts to learn to work together and encourage each other! Gymnasts perform in front of an audience and judges and receive a ribbon/medal based on their team's overall performance.

Gymnasts in level 3 are also provided the opportunity to attend the individual Regional Championships once a year, where they represent Delta Gymnastics and compete against gymnasts from other gymnastics clubs in the region.

Whilst not compulsory, we encourage gymnasts to attend all opportunities provided as they are great fun, a fantastic reward for the hard work put into training and invaluable to the development of each gymnast.

### 2020 Summary Competition Calendar Aspire Foundations

All competition dates for 2020 will be released once the Gymnastics Queensland event calendar has been confirmed. As a guide, the competitions are most likely held in the months of May, June and November.

Date	Event	Who
<b>Monday 9<sup>th</sup>- Sunday 15<sup>th</sup> of March</b>	Aspire Level 1-3 PAD Testing #1	All Aspire Foundations
<b>Saturday 6<sup>th</sup>-Sunday 7<sup>th</sup> of June</b>	Level 1- 3 Delta Team Challenge	All Aspire Foundations
<b>Mon 27<sup>th</sup> July- Sun 2<sup>nd</sup> August</b>	Aspire Level 1-3 PAD Testing #2	All Aspire Foundations
<b>Saturday 8<sup>th</sup>-Sunday 9<sup>th</sup> August</b>	Junior Regionals Level 3	Level 3 Gymnasts Only
<b>Sat 31<sup>st</sup> October- Sun 1<sup>st</sup> Nov</b>	Halloween Classic	All Aspire Foundations
<b>Mon 2<sup>nd</sup>- Sun 8<sup>th</sup> of November</b>	Aspire Level 1- 3 PAD Testing #3	All Aspire Foundations
<b>Saturday 28<sup>th</sup> November</b>	Delta Dinner	All Aspire Foundations Invited

Competition Schedules & Competition Refund Policy - see page 19





## Team Excel Season

The Team Excel Seasons will be structured to allow four to five months skill training followed by a one month competition season which includes two rounds and a final.

As a team event girls will perform the Excel Optional Routines and be allowed to compete on their selected apparatus without the need to do all apparatus for competition ( like the USA College system). Girls are also eligible to tour Cairns for the open tour in August.

## Aspire Competition Squad

The Squad Season is for girls in Aspire Competitive who wish to qualify to compete at State Titles. This Squad operates from Easter and culminates in competing at the Junior State Titles in October. Girls will be eligible to compete in an invitational, Regional Championships, State Titles (subject to qualification) as well as State Club Championships and National Club Championships (subject to selection).

## 2020 Summary Competition Calendar Competitive & Excel (including Squad)

Please note, events on this calendar fall around the weekends listed, events may stretch into the week prior or following. Also, while the dates are accurate as of the printing of this booklet, not all competitions have been confirmed, please check the website calendar for updated dates.

Date	Aspire Competitive - Team Excel	Aspire Competitive - Squad
18 Jan	18th Jan return to training	
8 Feb	PAD Test Aspire Competitive	
10 - 13 Apr	No Training Easter Long Weekend	
2 May	Excel Competition Season 1 Round 1 Volunteers Needed	
18 May	Excel Competition Season 1 Round 2 Volunteers Needed	
18 May	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc allocated weekend	
25 May	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc	
30 – 31 May	Excel Competition Season 1 Final Volunteers Needed	
13-14 June		Team Challenge Level 4 - 10 (Selected Gymnasts)
26 – 1 Jul		QLD Club Championships L4 – 10 (Selected Gymnasts)
18 Jul	PAD Test Aspire Competitive	
8 – 9 Aug		Brisbane North Junior Regionals L3 – 6 Kedron – Volunteers needed
12 Aug	EKKA Public Holiday – No training (Jnr/Snr AM training)	
25 – 3 Aug	TOKYO OLYMPIC GAMES – Tokyo, Japan	
28 – 31 Aug	Cairns Open Tour 2020 L4 – 10 + Chaperones Albany Creek Invitational for athletes not attending Cairns	
12 – 13 Sep		Delta Classic Snr L4 -10 Kedron Volunteers needed
19 – 23		Jnr State Championships L4 - 6 – Chandler
21 – 27		National Club Championships L 5 – 10 Carrara Indoor Stadium – Selected gymnasts
5 Oct	Queen's Birthday Public Holiday – No training (10U /Jnr/ Snr AM training)	
18 – 19 Oct	Excel Competition Season 2 Round 1	
25 Oct	Excel Competition Season 2 Round 2	
7 Nov	Excel Competition Season 2 Final	PAD Test Aspire Competitive
24 Nov	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc	
28 Nov	Delta Dinner 2020 – Kedron Wavell Services Club	
31 Nov	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc	
19 Dec	Last day of training 2020	

Competition Schedules & Competition Refund Policy - see page 19

## Aspire Performance Level 4 - 6 Season

Level 4-6 competitions are spread throughout the year from the end of May to the start of October. The year will commence with the Delta Team Challenge & QLD Clubs for girls selected in the representative Delta teams.

We then move through to August for the Regional Championships and the Delta Classic which is both a team and/ or individual competition. For girls who qualify for State Titles they will compete in September, and girls selected onto Delta representative teams will travel individually to contest the National Club Championships.

For team competition, gymnasts are grouped into teams of 3 to 7 (depending on the competition) to make up our teams in various levels). Teams are chosen based on training, competitive performance, and the ability to contribute on certain apparatus. As these are team events, we will not necessarily select gymnasts for certain teams based on their overall scores or places at previous competitions, but rather we look for the strongest apparatus performances and how we can cover weaknesses and maximise strengths in particular teams, when deciding the composition.

We trust that parents will understand and support our team selections, as it would be devastating to a child if they were led to believe that her selection in any certain team was nothing short of fantastic.

## 2020 Summary Competition Calendar

Please note, events on this calendar fall around the weekends listed, events may stretch into the week prior or following. Also, while the dates are accurate as of the printing of this booklet, not all competitions have been confirmed, please check the website calendar for updated dates.

Date	Aspire Performance L4 - 6
18 Jan	18th Jan return to training
8 Feb	PAD Test Aspire Performance L4 – Snr
10 - 13 Apr	No Training Easter Long Weekend
18 May	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc
25 May	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc
30 – 31 May	360 Gymnastics Invitational – 360 Gymnastics Club
13 -14 June	Team Challenge Level 4 - 10 (Selected Gymnasts)
26 – 1 Jul	QLD Club Championships L4 – 10 (Selected Gymnast)
18 Jul	PAD Test & Parent Meetings
1st Aug	Gold Coast Junior Regionals Level 3-6
8 – 9 Aug	Brisbane North Junior Regionals L3 – 6 – Kedron – Volunteers needed
12 Aug	EKKA Public Holiday – No training (Jnr/Snr AM training)
25 – 3 Aug	TOKYO OLYMPIC GAMES – Tokyo, Japan
28 – 31 Aug	Cairns Open Tour 2020 L4 – 10 + Chaperones Albany Creek Invitational for athletes not attending Cairns
12 – 13 Sep	Delta Classic L4 -10 Kedron - Volunteers needed
19 – 23 Sep	Jnr State Championships L4 - 6 – Chandler
21 – 27 Sep	National Club Championships L 5 – 10 Carrara Indoor Stadium – Selected gymnasts only
5 Oct	Queen's Birthday Public Holiday – No training (10 U /Jnr/Snr AM training)
7 Nov	PAD Test & Parent Meetings
24 Nov	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc
28 Nov	Delta Dinner 2020 – Kedron Wavell Services Club
31 Nov	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc
19 Dec	Last day of training 2020

Competition Schedules & Competition Refund Policy - see page 19

## Aspire Performance L7- 10 Competition Seasons

The Level 7 – 10 competition seasons are based around the two national events.

In the build up to National Titles we have starting in March the Premier Invitational, My Routine Rules, Regional Championships and then State Titles at the start of April and Nationals in May.

We then build up at the Team Challenge event on our way to the Border Challenge and State Clubs in the June/ July Holidays.

In September we have a build-up comp in preparation for the National Club Championships being held in the September/October School Holidays. Girls selected to represent Delta at National Clubs, will be required to attend the Delta Classic.

## 2020 Summary Competition Calendar

Please note, events on this calendar fall around the weekends listed, events may stretch into the week prior or following. Also, while the dates are accurate as of the printing of this booklet, not all competitions have been confirmed, please check the website calendar for updated dates.

Date	Aspire Performance L7 - 10
2 Jan	Level 7 – 10 Return to training
9 – 11 Jan	Spirit Camp – Level 7 – Snr
8 Feb	PAD Test Aspire Performance L4 – Snr
20 – 23 Feb	World Cup 2020 – Melbourne
14 -15 Mar	Level 7 – 10 Premier Invitational
21 Mar	My Routine Rules L7 – Snr
28 – 29 Mar	SEQ Senior Regionals L7 – Snr @ Coomera Volunteers needed
1 Apr	QGSSA Artistic Gymnastics Competition (Clayfield, St Margaret's, MBC, Girls Grammar, St Hilda's students)
4 – 7 Apr	Senior State Championships – Chandler - Volunteers needed
10 – 13 Apr	Aspire Performance L7 – 10 QLD Team Members train Good Friday AM & Easter Monday PM (Off Easter Sat) Aspire Performance Jnr/Snr train AM Good Friday, AM Easter Sat & PM Easter Mon
25 Apr	ANZAC Day off – (10U / Jnr / Snr PM Training)
4 May	Labour Day off – (10U / Jnr / Snr AM Training)
13 – 16 May	Training Camp for Nationals – Venue TBC
18 May	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc
18 – 31 May	Australian Gymnastics Championships – Melbourne
25 May	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc
13 – 14	Delta Team Challenge Snr – L4 – 10 – Kedron Volunteers needed
26 – 1 Jul	QLD Club Championships L4 – 10 – Selected gymnasts only Volunteers needed
18 Jul	PAD Test & Parent Meetings
12 Aug	EKKA Public Holiday – No training (Jnr/Snr AM training)
25 – 3 Aug	TOKYO OLYMPIC GAMES – Tokyo, Japan
28 – 31 Aug	Cairns Open Tour 2020 L4 – 10 + Chaperones Albany Creek Invitational for athletes not attending Cairns
12 – 13 Sep	Delta Classic Snr L6 -10 Kedron – Volunteers needed
16 – 20	Australian Classic L9U – Snr, Carrara Indoor Stadium
21 – 27	National Club Championships L 5 – 10 Carrara Indoor Stadium – Selected gymnasts only
5 Oct	Queen's Birthday Public Holiday – No training (10 U /Jnr/Snr AM training)
7 Nov	PAD Test & Parent Meetings
24 Nov	GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc
28 Nov	Delta Dinner 2020 – Kedron Wavell Services Club
31 Nov	GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc
19 Dec	Last day of training 2020
4 Jan	2021 L7 – 10's Return to training

**Competition Schedules & Competition Refund Policy** - see page 19

**Junior & Senior International**

The Elite competition program is scheduled to maximise international competition. While all gymnasts will prepare for the Australian Championships, girls will be nominated to events which will maximise their preparation for selection and international competitions such as Junior/Senior Worlds, Pacific Rim Championships and other invitational competitions.

Date	Aspire Performance Jnr & Snr
2 Jan	2020 Training commences
9 – 11 Jan	Spirit Camp – Level 7 – Snr
8 Feb	<b>PAD Test Aspire Performance L4 – Snr</b>
12 - 18 Feb	National Training Camp - Canberra
20 – 23 Feb	<b>World Cup 2020 – Melbourne</b>
3 - 8 Mar	<b>FIG AA World Cup - USA</b>
21 Mar	<b>My Routine Rules L7 – Snr</b>
28 – 29 Mar	<b>SEQ Senior Regionals L7 – Snr @ Coomera Volunteers needed</b>
1 Apr	<b>QGSSSA Artistic Gymnastics Competition (Clayfield, St Margaret's, MBC, Girls Grammar, St Hilda's students)</b>
4 – 7 Apr	<b>Senior State Championships - L7 - Snr – Chandler - Volunteers needed</b>
8 - 13 Apr	National Training Camp - Canberra
10 – 13 Apr	<b>Aspire Performance10U / Jnr train AM Good Friday, AM Easter Sat &amp; PM Easter Mon</b>
15 - 19 Apr	<b>Pacific Rim Championships - NZ</b>
25 Apr	<b>ANZAC Day – 10U / Jnr / Snr PM Training</b>
4 May	<b>Labour Day off – 10U / Jnr / Snr AM Training</b>
13 – 16 May	Training Camp for Nationals – Venue TBC
18 May	<b>GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc</b>
18 – 24 May	<b>Australian Gymnastics Championships – Melbourne</b>
25 May	<b>GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc</b>
28 - 7 Jun	Olympic Camp - Japan
1 - 5 Jul	<b>Olympic Prep Comp - Belgium</b>
10 - 17 Jul	National Training Camp - Canberra
18 Jul	<b>PAD Test &amp; Parent Meetings</b>
12 Aug	<b>EKKA Public Holiday – Jnr/Snr AM training</b>
25 – 4 Aug	<b>TOKYO OLYMPIC GAMES – Tokyo, Japan</b>
16 – 20	<b>Australian Classic L9U – Snr, Carrara Indoor Stadium</b>
5 Oct	<b>Queen's Birthday Public Holiday – (10U /Jnr/Snr AM training)</b>
7 Nov	<b>PAD Test &amp; Parent Meetings</b>
24 Nov	<b>GymKids Carnival #1 – All Aspire Gymnasts to help demonstrate etc</b>
28 Nov	<b>Delta Dinner 2020 – Kedron Wavell Services Club</b>
31 Nov	<b>GymKids Carnival #2 – All Aspire Gymnasts to help demonstrate etc</b>
19 Dec	Christmas fun morning training - Last day for L4 - 10
2 Jan	2021 Return to training

**Competition Schedules & Competition Refund Policy** - see page 19

## End of Year Celebration

A highlight of the Delta Calendar is our Annual Awards Celebration at which we celebrate the year that was. On the night we will build dreams of young gymnasts, edify senior gymnasts, reward gymnasts for outstanding behaviour throughout 2020 and in general have a great night. The End of Year Celebration is scheduled for Saturday 28th November and more details will be released closer to the date.

## Tours

An integral component of the Delta Aspire Program is the conducting of gymnastic tours. Every second or third year we embark on one or two major tours at which we will take teams of gymnasts to compete intra and interstate. This provides a life experience for the gymnasts and provides reward for their hard work.

## Upcoming Tour Opportunities

Event/ Tour Opportunity	Who Can Attend?	Approx. Travel Dates	Approx. Cost
Open Tour - Cairns	Aspire Competitive & Performance Level 4 – 10 Gymnasts and Chaperones	August 28 - 31	\$900 approx.
International Tour	TBC	TBC	TBC

## Team Future Advanced / National Squad Selection Camps

Athletes selected to attend any Team Future Advanced or National Squad camps will be invoiced on behalf of Gymnastics Australia for any associated costs for these tours (between \$1500 - \$2500) per camp.

Further information regarding camps will be distributed upon selection and acceptance to attend.

## Travel Guideline

Athletes under 12 years of age on the 1st January in the year of travel will require a parent or authorised guardian to accompany and be accommodated with them for all, interstate or international travel to a maximum ratio of one guardian to three athletes (1:3) under the age of 12. Where a ratio of one to three is applied the guardian must be the legal guardian of at least one of the athletes.

## Role of Parents on Tour

When we are travelling as a club on tour we keep the cost of touring down thanks to the support of our parent body. While we welcome all on tour, it is a 'busy job' and the chaperone is an integral member of each tour and is involved in every aspect of the tour. Parent Chaperones pay the same amount as all tour members. It is important to inform our administration & coaches early in the year if you wish to attend or not attend our tours.



When attending tours, it is critical that all parents and coaches speak with one voice and provide consistent authority to our gymnasts. While it can be difficult, our tour procedures can only be successful if all parents travelling with the team support the same rules, and expectations of our gymnasts. Prior to each tour a meeting will be held for parents attending the tour to be inducted to our tour itinerary, procedures and policies to ensure a successful tour.

## Discipline Policy on Tour

In the event a gymnast misbehaves on tour they would be sent home at the expense of her parents. This has not ever had to be enforced but acceptance of this condition is a requirement of attendance of tours.



### Injury Policy - Aspire 9 & Above

At Delta we realise that with increased training hours there is an increased risk that a child will experience pain and when a child is injured it is traumatic for both the child and the family. We know that getting a child back into the gym is the best thing for their bodies, mind's and healing. Therefore, while we are holding a space in each class for the full hours each week for an injured child, we will reduce fees to support the family as per below.

If a member is injured and unable to complete all or part of their regular training schedule, an application to amend your monthly debit fee must be arranged at the time the injury occurs. Amendments to fee's cannot be backdated, please ensure you email to notify us immediately.

- If unable to complete any training or rehabilitation plan in the gym for over one month - member may suspend with a valid medical certificate, Certificate must state date to date incapacitated.
- When the gymnast returns to training up to and including 3 hrs per week (Likely 3 x 1hr rehab to be in the gym) the direct debit will be amended to an Aspire 3 monthly fee.
- If the gymnast is able to complete up to and including 50% of their normal training hours, you will be billed at that membership price.  
(Eg: 18 hr normal program - training 8 hrs per week will be charged at the 9 hr membership price)
- If the gymnast is able to complete up to and including 75% of their normal training hours, you will be billed at this membership price. (Eg: a 16 hr gymnast training 4 x 2.5hrs = 10hrs - will be charged at the 12 hr membership price).
- If the gymnast is able to complete between 75% - 100% of their normal training hours, the full fee will be charged.

**Note:** At Delta we subsidise fees as children move up in hours. Therefore, the membership that relates to 50% of your child's membership does not equate to a 50% fee discount.



## Delta Aspire Useful Contacts

<p><b>Delta Aspire Contact</b></p> <ul style="list-style-type: none"> <li>• Specific class related queries</li> <li>• Absences from training</li> </ul>	<p><b>Delta St Hilda's Club Manager:</b> Sharon Jux <a href="mailto:sjux@deltagym.com.au">sjux@deltagym.com.au</a></p> <p><b>Delta Gymnastics Director:</b> John Mitchell <a href="mailto:jmitchell@deltagym.com.au">jmitchell@deltagym.com.au</a></p> <p><b>Aspire Performance Program Director</b> Joshua Parker-Sloan <a href="mailto:jparkersloan@deltagym.com.au">jparkersloan@deltagym.com.au</a></p> <p><b>Aspire Performance Development Manager</b> Kellie Trask <a href="mailto:ktrask@deltagym.com.au">ktrask@deltagym.com.au</a></p> <p><b>Aspire Competitive Team Leader – Kedron</b> Keira Tench <a href="mailto:ktench@deltagym.com.au">ktench@deltagym.com.au</a></p> <p><b>Aspire Competitive Team Leader – Clayfield</b> Georgina Osborn <a href="mailto:gosborn@deltagym.com.au">gosborn@deltagym.com.au</a></p> <p><b>Aspire Administrator &amp; Event / Tour Manager</b> Lauren Norton <a href="mailto:lnorton@deltagym.com.au">lnorton@deltagym.com.au</a></p> <p><b>Delta Bus Service</b> <a href="mailto:busdriver@deltagym.com.au">busdriver@deltagym.com.au</a></p>
<p><b>Delta Member Experience Team</b></p> <ul style="list-style-type: none"> <li>• Membership Fees/Renewals/Suspensions</li> <li>• Competition Information &amp; Nominations</li> <li>• Uniform Orders</li> <li>• Purchase of Training Leotards</li> <li>• Purchase of Competition Leotards</li> </ul>	<p>07 3262 0055</p> <p><a href="mailto:admin@deltagym.com.au">admin@deltagym.com.au</a></p>
<p><b>Delta Website</b></p>	<p><a href="http://www.deltagym.com.au">www.deltagym.com.au</a></p>
<p><b>Delta Facebook Pages</b></p>	<p><a href="https://www.facebook.com/deltagymnasticsaustralia">https://www.facebook.com/deltagymnasticsaustralia</a></p> <p><a href="https://www.facebook.com/groups/deltabrisbanecompetitive/">https://www.facebook.com/groups/deltabrisbanecompetitive/</a></p> <p><b>Secondhand Uniform Page</b></p> <p><a href="https://www.facebook.com/groups/1812413759026113/?ref=bookmarks">https://www.facebook.com/groups/1812413759026113/?ref=bookmarks</a></p>
<p><b>Gymnastics Queensland Website</b></p>	<p><a href="http://www.gymqld.org.au/">http://www.gymqld.org.au/</a></p>
<p><b>Gymnastics Australia Website</b></p>	<p><a href="http://www.gymnastics.org.au/">www.gymnastics.org.au/</a></p>
<p><b>GMD</b></p> <ul style="list-style-type: none"> <li>• Uniform Accessories</li> </ul>	<p><a href="http://www.gmdirect.com.au/?wpsc_product_category=delta-gymnastics-uniforms">http://www.gmdirect.com.au/?wpsc_product_category=delta-gymnastics-uniforms</a></p>
<p><b>Physiotherapists</b></p>	<p><b>Gold Coast Physio and Sports Health</b></p> <p>Erin Fitzgerald - 5500 6470 <a href="http://www.mygcphysio.com.au">www.mygcphysio.com.au</a></p> <hr/> <p><b>Queensland Sports Medicine Centre</b></p> <p>07 3891 2000</p> <p><a href="http://asmc.net.au/">http://asmc.net.au/</a></p>

## Delta Care

### Physiotherapy

We are very fortunate to have access to a number of very good physiotherapists who care for our girls. It is CRITICAL that you seek advice from your coach about which physiotherapist to see as they all have their own speciality. We know that these physiotherapists understand children's growth-related injuries, understand gymnastics and are experts in their fields.

### Required Sports Medicine Report

If you see a Delta preferred Physio, a complete sports medicine report will automatically be sent to the coaches at Delta Gymnastics to ensure that we are following the best possible practices to support your gymnast's injury prevention and/or recovery program.

If you see another qualified Physio, doctor, or other health professional for your gymnast, a Sports Medicine Report must be filled out by the health professional. Again, it is the only way for our coaches to be able to set the training program for your gymnast to best help the injury prevention and/or recovery program.

Please note: a report should be filled out even if the issue or injury is not related to gymnastics, as we would hate to slow down or hinder the recovery with our training.

A blank Sports Medicine Report is attached in the Appendices to this Booklet and can be found in PDF format in the Delta Handouts and Notes tab of our Website. Don't hesitate to make additional copies and/or ask us for more.

### Supplemental Gymnastics Australia Insurance

Gymnastics Queensland strongly advise that private medical cover is subscribed to in order to best recover costs associated with specialist services which can occur due to the demands of training. In addition, as a part of the registration fee paid to Gymnastics Queensland each year, your child is insured for any accident or injury that may occur while training or competing.

If an injury occurs to one of your members or volunteers, please provide the following instructions:

Visit Marsh's web site and read the General Information and Summary sheets.

1. Download the Personal Injury Claim Form <https://marshadvantage.com.au/gymnastics/Claims>
2. Complete the Claim Form and submit it to Claims Department within 180 days from the date of injury (as soon after the injury is sustained is preferable).
3. Do not wait for treatment to cease before making a claim.
4. Marsh will confirm receipt of your claim form or contact you should they require further information.

#### For assistance with your Personal Injury Claim

- Claims enquiries: National Phone Number: 1300 306 383
- For claims information [click here](#).
- Insurance Claim Form (Adobe PDF File)
- FAQ Insurance 2020 (Adobe PDF File)

#### Important Information

The Health Insurance Act (Cth) 1973 does not permit the Insurer to contribute to any charges covered by Medicare (including the Medicare Gap).





