Welcome & Welcome back

On behalf of MLC Gymnastics, we would like to welcome you back for 2016. And for those who have joined us this year, we give you a warm welcome and we look forward to getting to know you more as the year progresses.

No doubt, we’re set for another great year, not just results wise but most importantly, ensuring your daughters enjoy gymnastics, love being part of MLC Gymnastics and ultimately, our aim is for them to walk out of the gym every day/night feeling good about themselves. This doesn’t mean they will train well every session or be the best gymnast, but they can walk out of the gym knowing that they learnt something they can build upon or they helped a team mate or they tried their best (etc etc!) and that they are a valued member of their squad.

A reminder that if you need to contact someone in the office, the Competitive Program Administration Team consists of:

Anna Francis – Competitive Program Manager (francia@mlc.vic.edu.au)
Charlotte Dolden – Competitive Program Administrator (doldenc@mlc.vic.edu.au)
Fiona Tomietto – Competitive Program Administrator (tomietf@mlc.vic.edu.au)
Jackie Caldwell – Head Coach (caldwejc@mlc.vic.edu.au)

All of us are in the office on a part time basis but we will endeavor to return your call or email as soon as possible.

Staff News

Congratulations to Kirsten Norden and Laura Phung who were at the AIS, for the FIG Academy Level 2 Course, in January. Kirsten Norden was one of the highest scorers with 95%! It was a tough course with lectures all day, for the whole week, plus studying at nights and a presentation and written exam at the end. Well done Laura and Kirst – a mighty fine effort!

Alex Byers-Armstrong has been traveling through the USA, stopping over in Florida, for the University World Championships, in Cheerleading, where her team finished 1st!! Congratulations to Alex, and we look forward to seeing her back here soon!!
HAPPY BIRTHDAY TO YOU!

February babies....
Georgia B 6th
Sylvie F 6th
Immogen T 10th
Ola T (S) 12th
Bret N (S) 13th
Eva A-M 14th
Siobhan T (S) 18th
Karina F 19th
Tess H 19th
Annabelle W 21st
Jana BB 24th
Thaleia B 24th
Matilda S 27th
Natasha R 27th
Giulia A 28th
Clare O (S) 28th
(S) = Staff member

If you have any second hand items you would like to advertise, please email francia@mlc.vic.edu.au

Stella Savvidou

Congratulations to Stella Savvidou who has commenced her College Scholarship with the UCLA Bruins Gymnastics Team! Stella left Australia, just after Christmas to enrol at UCLA for the winter quarter, and prepare for the 2016 Competition Season which commenced on January 10, 2016. You can follow the UCLA Bruins, and Stella, here.
Congratulations

Congratulations to Giulia Archer who has been appointed the Gymnastics Captain for Middle School at MLC. Giulia is one of our National Level 10 gymnasts who is a very deserving recipient of this position and will no doubt do a wonderful job!

Workshop Presenters

We have had 3 of our coaches, Bret Nicholas, Tim Lees and Jackie Caldwell, who have all been presenters at some of the recent workshops for Gymnastics Tasmania, FIG (International Federation of Gymnastics) and Gymnastics Victoria, respectively. A fantastic example of the caliber of coaches we have here at MLC Gymnastics!

Invoices

We anticipate that invoices for 1st quarter fees for External gymnasts (non MLC students) will be distributed via email between Thursday 11th and Monday 22nd February. Please make sure you check your spam and junk folders as well as your Inbox. If you have a query or you have not received your invoice by Tuesday 23rd February please contact Tina (tsolost@mlc.vic.edu.au) or Vickie (ljiewv@mlc.vic.edu.au). Payment will be due no later than 3 weeks from the date of the invoice. Please ensure payment is received at the Gymnastics Club office by the due date in order to avoid being charged late payment fees on subsequent invoices.

Good Luck

Good luck to the National Level 7-10 and International Level gymnasts who start their competition season on 6th March at the MLC Senior Star Classic.

MLC Senior Star Classic – 6th March

The next event coming up is the MLC Senior Star Classic for NL7-10 & ILP 7-Junior gymnasts on the 6th March. Families in Shooting Stars 21-24hrs, Shooting Stars 19-21hrs, Shooting Stars 16hrs & Shooting Stars 12hrs Squads are rostered on to assist at this event. All relevant families have received an email informing them that the volunteer sign-up sheets are up, requesting volunteers for one task during the competition and one food donation for the canteen/judges’ catering. We thank you in advance for your assistance at our events, ensuring we are able to run a successful & enjoyable event for all involved. Please feel free to contact the Events Coordinator Fiona Tomietto tomietf@mlc.vic.edu.au with any questions.
Stock sell out!!
With new leotards on the horizon, we are selling our current leotards at reduced prices. Please contact the Gym Office for an update on what’s left!

Ladies’ Gymnastics Class
On Tuesdays (term time only), from 7:30pm – 9:30pm, we offer a ‘Ladies Gymnastics Class’ which often consists of mothers and friends of mothers who have a daughter enrolled in a program at MLC Gymnastics.

You can purchase a 10 class pack and can attend either every week or on a fortnightly basis. Members of this class undergo a fitness warm up using a combination of free weights, own body weight exercises, rowing machines and bikes and then enter the gym to use the apparatus.

If you are interested, please contact Ros: sagnelr@mlc.vic.edu.au

Goose Leotards
Goose Leotards will be selling leotards/crop tops/singlet tops/gym shorts at MLC this Saturday 20th February from 9am-4pm. You can buy off the rack or order…all reasonable prices.