Staff News

Tim Lees has been invited to run another FIG Academy in Hong Kong from 6th to 14th July. Well done Tim!

Shaolin Jiang has gone back to China to visit her family until mid August. With China on its way to Rio, Shaolin says she’s going to bring back some of their secrets!

Ying Zi Li will be travelling back to China to visit her family over the first week of the school holidays.

Laura Phung is currently in Bali until 26th June to escape the cold and enjoy some sun!!! Half her luck!

Tina Tsolos, Bookkeeper, will be away on Long Service Leave from 4th July. If you have any queries regarding billing, please contact our other Bookkeeper, Vickie Liew on 9274 8576 or lievw@mlc.vic.edu.au. Enjoy your well-earned break Tina!!

National Championships

Congratulations to the following gymnasts who did a wonderful job at the National Championships last week. They all represented Victoria beautifully.
HAPPY BIRTHDAY TO YOU!

June babies....

Li (S) 6th
Isabella K-S 8th
Penelope R 8th
Lor-Ren C 12th
Tim (S) 14th
Lynn K 15th
Leida (S) 18th
Tegan S 18th
Anya R 20th
Devyn R 20th
Isobel N 23rd
Daisy H 25th
Steph (S) 29th
Lily S 30th
Mikaela P 30th
(S) = Staff member

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

Liv Burnett
National Level 10 (17 & over)

Team – 1st
All Around – 2nd
Vault – 6th
Bars – 5th
Beam – 2nd
Floor – 2nd

Lauren Pengelly
National Level 10 (17 & over)

Team – 1st
All Around – 3rd
Vault – 13th
Bars – 1st
Beam – 4th
Floor – 4th

Giulia Archer
National Level 10 (U17)

Team – 1st
All Around – 4th
Vault – 8th
Bars – 6th
Beam – 2nd
Floor – 2nd

Madeleine Mitra
National Level 8 (U14)

Team – 4th
All Around – 10th
Vault – 5th
Bars – 14th
Beam – =15th
Floor – 8th

Thalia Rogerson
National Level 8 (U14)

Team – 4th
All Around – 15th
Vault – 8th
Bars – 16th
Beam – 21st
Floor – 9th
Natasjia Voulanas  
National Level 8 (U14)

Team – 4th  
Day 1 results:  
All Around – 23rd  
Vault – 19th  
Bars – 24th  
Beam – 20th  
Floor – =10th

Sienna Voulanas  
National Level 7 (U13)

Team – 4th  
Day 1 results:  
All Around – 29th  
Vault – =18th  
Bars – 31st  
Beam – 20th  
Floor – =14th

Emma McDiarmid  
International Level 9

All Around – 9th  
Vault – 13th  
Bars – 7th  
Beam – 13th  
Floor – 6th

Congratulations to Liv and Lauren for also being selected to represent Australia at the New Zealand National Championships at the end of September!! Gules was announced as the reserve for this team!

Victorian Championships
Congratulations to all gymnasts who competed over the long weekend at the Victorian Championships Individual Event! You can view the full set of results in the ‘Results’ section but below are those who were crowned Victorian Champions overall or on an individual apparatus…
National Levels Spectacular

What an event the National Levels Spectacular was! Plenty of cheering, colour, hugs, high fives and fantastic performances!! Thank you so much to Nick Voulanas for making up a magnificent chant for the girls and also to Lara Lamont, Jess & Jennifer Goh and Saskia Hume for creating some fantastic posters to help cheer on our MLC gymnasts. Each were given 2 tickets to the event for their efforts. A massive congratulations to the all gymnasts (Liv Burnett, Lauren Pengelly, Gules Archer, Thalia Rogerson, Natasjia Voulanas; Reserve: Maddie Mitra) who did a sensational job coming out on top and winning the event!!

2016 Victorian All Around Champions
Giulia Archer – National Level 10 (U17)
Olivia Burnett – National Level 10 (17 & over)

2016 Victorian Apparatus Champions
Emma McDiarmid (IL9) Beam
Lisa-Nadine Tan (IL9) Floor
Lily Stokie (N7 14+) Beam
Natasjia Voulanas (N8 U15) Beam
Madeleine Mitra (N8 U15) Bars
Thalia Rogerson (N8 U15) Vault
Giulia Archer (N10 U17) Vault; Beam; Floor
Olivia Burnett (N10 17+) Vault; Bars; Beam
Lauren Pengelly (N10 17+) Floor
Thank you

Thank you to everyone who went along to the National Championships, Victorian Championships and National Levels Spectacular to support our MLC gymnasts competing. I know they all appreciate it, as do the coaches.

Team Future Camp

Congratulations to the following gymnasts who attended the Team Future Camp in Canberra at the beginning of June:

Emma McDiarmid
Lisa-Nadine Tan
Chiara Kwok
Harriet Wingrove

These gymnasts were selected to attend by Gymnastics Australia based on their IDEAL Testing scores.

Coaches, Laura Phung and Jackie Caldwell travelled to Canberra with the girls and said they did a great job!

Border Challenge

Good luck to Mia Robinson (N8) who was selected onto the Victorian Team travelling to Brisbane this weekend for the Border Challenge. Simone Greig will be travelling as the Team Coach.

Instagram

To follow our gymnasts and see more photos from these events, jump on Instagram and request to follow mlc_gymnastics
Wellness Program
The first session of our Wellness Program is scheduled for mid July. Everyone should have received an email with a revised date for this but just to remind you, details are outlined below:

DATE: Wednesday 13th July
TIME: 7-8pm
VENUE: Krome Dining Room
PRESENTER: Kylie Turton, Sports Physiotherapist
TOPIC: When to refer to physio
Rehab guidelines
Common age related conditions
Injury areas that require more caution
Basic taping (time permitting)
RSVP: Monday 27th June (to tomietf@mlc.vic.edu.au)

Gymnast of the Month
Gymnast of the month is awarded each month (except January & December). Coaches of each squad (excluding Pre Starlets) are asked to nominate a gymnast who they believe is a role model for others in the squad and for younger gymnasts in the club and have also shown improvement in one or more areas over the month. From the nominees, a Gymnast of the Month (for the competitive program) is then selected. All nominees are awarded a certificate, and the winner a certificate & gift.

The following gymnasts were Nominees for February:
Starlets 6-9 Hours  Zoe Harkness & Hui-Wen Chan
Starlets 9-12 Hours Kayleigh Yap & Chloe Groom
Star Flyers 9 Hours Hannah McCleod
Star Flyers 12-14 Hours Laura Perry
Star Flyers 16-18 Hours (ALP 5) Lara Hennessy
Star Flyers 16-18 Hours (ALP 6) Lara Lamont
Star Flyers 18 Hours Amber Ward
Shooting Stars 12 Hours Helen Nguyen-Ngo
Shooting Stars 16-18 Hours Ingrid Melton
Shooting Stars 19-21 Hours Thalia Rogerson
Shooting Stars 21-24 Hours Lauren Pengelly & Olivia Burnett

......and the winner is...... Lara Lamont

The following gymnasts were Nominees for March:
Starlets 6-9 Hours Mackenzie Lehmann
Starlets 9-12 Hours Lottie Pole & Sylvie Ferris
Star Flyers 9 Hours Rebecca Paratz
Star Flyers 12-14 Hours Maddy Yim
Star Flyers 16-18 Hours (ALP 5) Kalliope Rice
Star Flyers 16-18 Hours (ALP 6) Tess Hayes
Star Flyers 18 Hours Jessica Goh
Shooting Stars 12 Hours Coco Goldacre
Shooting Stars 16-18 Hours Ingrid Melton
Shooting Stars 19-21 Hours Lynn Kroll
Shooting Stars 21-24 Hours Hanna Hyland

......and the winner is...... **Maddy Yim**

The following gymnasts were Nominees for April:
- Starlets 6-9 Hours Jennifer Goh
- Star Flyers 9 Hours Nell Farrell
- Star Flyers 12-14 Hours Hanna Graham
- Star Flyers 16-18 Hours (ALP 5) Amy Barnett
- Star Flyers 16-18 Hours (ALP 6) Annabelle Wingrove
- Star Flyers 18 Hours Emma Ross
- Shooting Stars 12 Hours Olivia Tan
- Shooting Stars 16-18 Hours Anya Ross
- Shooting Stars 19-21 Hours Mikaela Price
- Shooting Stars 21-24 Hours Chiara Kwok

......and the winner is...... **Emma Ross**

The following gymnasts were Nominees for May:
- Starlets 6-9 Hours Georgia Brown & Dusty Priest
- Star Flyers 9 Hours Arabella Lowe
- Star Flyers 12-14 Hours Ava Ypinazar
- Star Flyers 16-18 Hours (ALP 6) Amelia Entwisle
- Star Flyers 18 Hours Alanna Turner
- Shooting Stars 12 Hours Jana Brisbane Bacon
- Shooting Stars 16-18 Hours Devyn Ross
- Shooting Stars 19-21 Hours Isobel Neill
- Shooting Stars 21-24 Hours Emma McDiarmid

......and the winner is...... **Georgia Brown**

**MLC Level 1-3 Star Classic - Advanced Notice**

The MLC Level 1-3 Star Classic for the NLP 1-3 gymnasts will be on the 9th & 10th July during the school holidays. A reminder that **families of ALL PRE STARLETS and STARLETS competitive gymnasts** will be rostered on to assist at this event (even if your daughter is not competing in this event).

An online volunteer sign-up sheet has been emailed requesting donations and your assistance during the competition sessions. Please feel free to contact the Events Co-ordinator Leida O’Flynn oflynnle@mlc.vic.edu.au with any questions in the meantime (office hours: Mon 9.30am – 12.30pm and Tues/Wed 9.30am – 3.00pm).
Open Letter
We thought you and your daughters all might appreciate the following ‘Open letter’.

Prospective MLC Students
MLC Information Sessions
The only way to truly appreciate the qualities that set MLC apart is to come and take a tour of our school. The College invites you to join them at one of their Information Sessions. You will have the opportunity to meet our Principal, Diana Vernon, talk to the teaching staff about your daughter’s specific interests and learning needs, and take a student-led tour of the College.

Date: Friday 5th August
Time: 9.30 am – 11.30 am

Register online at https://www.mlc.vic.edu.au/enrol/visit-us

Results

Trial 2 – International Stream (corrected from May Squad Link)
International Level 7
Hannah Tymms =5th Vault; 6th Bars; 1st Beam; 6th Floor; 3rd AA
Chiara Kwok 1st Vault; 7th Bars; 6th Beam; 2nd Floor; 5th AA
Harriet Wingrove 4th Vault; 9th Bars; 2nd Beam; 3rd Floor; 8th AA

International Level 9 (Day 1)
Emma McDiarmid 6th Vault; 3rd Bars; 6th Beam; 4th Floor; 6th AA
Lisa-Nadine Tan 7th Vault; 10th Bars; 5th Beam; 9th Floor; 10th AA

International Level 9 (Day 2)
Lisa-Nadine Tan 6th Vault; 10th Bars; 7th Beam; 8th Floor; 10th AA
Emma McDiarmid 3rd Bars; 6th Beam

Victorian Championships Individual Event
National Level 7 (U14)
Ali Seal =5th Vault; 8th Bars; 4th Beam; 14th Floor; 4th AA
Sienna Voulanas 3rd Vault; 14th Bars; 2nd Beam; 2nd Floor; 5th AA
Olivia Foley 12th Vault; 5th Bars; 5th Beam; 11th Floor; 7th AA

National Level 7 (14 & Over)
Devyn Ross 14th Vault; 3rd Bars; 2nd Beam; 11th Floor; 4th AA
Lily Stokie 9th Vault; 13th Bars; 1st Beam; 10th Floor; 8th AA
Anya Ross 10th Vault; 13th Bars; 9th Beam; 4th Floor; 10th AA
Helen Nguyen-Ngo 7th Beam

National Level 8 (U15)
Natasjia Voulanas 5th Vault; 5th Bars; 1st Beam; 3rd Floor; 2nd AA
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**National Level 8 (15 & over)**

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**National Level 10 (17 & over)**

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**International Level 9**

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