

IMPORTANT DATES**31st March 2017**

Term 1 Concludes

3rd April 2017Level 2 and 3 Holiday
Program: 12.00pm – 3.00pm**4th April 2017**Level 1 Holiday Program
1.30pm – 3.30pm**5th April 2017**Level 1 Holiday Program
1.30pm – 3.30pm**7th April 2017**Level 2 and 3 Holiday
Program: 10.30am – 1.30pm**18th April 2017**

Term 2 Commences

25th April 2017ANZAC DAY
No Training**30th April 2017**Starburst Choreography
2.00 – 4.00pm**REMINDER**

A friendly reminder to please ring the Gym office line (9274 6410) or send an email to your daughters coach to inform the Gym Club that your daughter is unable to attend training.

Staff News

Eliza Ogg has been appointed the role of the Cheerleading Coordinator. Eliza has previously been in this role prior to taking time off to complete her studies and travel the world. If you have any queries regarding the cheerleading program please contact Eliza Ogg on 9274 8576 or at ogge@mlc.vic.edu.au

Kacee Najjar will commence working at MLC in Term 2. Kacee is in Melbourne for 12 months studying medicine, Kacee is from California and was a San Francisco state cheerleader. Kacee was a summit champion in 2014 and placed 7th at worlds in 2013. We look forward to having Kacee on board to work with many teams throughout the year.

JOE VECCHIONI

On Monday, March 20th, Joe Vecchioni came to MLC and held a three-hour stunt clinic with all level 2 and 3 athletes.

Over the last 11 years, Joe has worked as a head team coach, tumble coach and choreographer at the Maryland Twisters. In that time, he has worked with several World Champion teams, as well as silver and bronze medallists. Joe travels the world doing skills camps and choreography in several countries.



COACH CONTACTS

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Eliza Ogg (Coordinator):

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PLEASE NOTE

The MLC Gymnastics Club has a small number of students who suffer from severe life threatening allergies. In order to provide a safe environment for these children, we are requesting that no food products containing nuts be brought to training.

While it is not possible to guarantee that nut products will not be in the PEC, we request that all members make an effort to support this to ensure the safety and wellbeing of all students.

Please ensure there is no eating food in the Gym or the Sports Hall.

2017 COMPETITION DATES

23rd – 25th JUNE AASCF Winterfest Competition

VENUE: State Basketball Centre, Knox

Girls will compete either Saturday OR Sunday, please allow for either day. All athletes are required to be in attendance for this competition

11th – 13th AUGUST AASCF BATTLE Competition

VENUE: State Basketball Centre, Knox

*Please note the girls will be competing on **BOTH SATURDAY AND SUNDAY**. This is a two-day competition.*

22nd – 24th SEPTEMBER AASCF State Championships

VENUE: Melbourne Sports and Aquatic Centre

Girls will compete either Saturday OR Sunday, please allow for either day. All athletes are required to be in attendance for this competition

24th – 26th November AASCF National Championships

VENUE: Melbourne Exhibition Centre

Girls will compete either Saturday OR Sunday, please allow for either day. All athletes are required to be in attendance for this competition

UNIFORM AND SHOES

MLC Cheer training t-shirts will be available for purchase as of the first week of Term 2.

Eliza has fitted all athletes in the program who require new cheerleading shoes and they have been ordered and should be delivered over the April school holidays. Uniforms have also been fitted and ordered and we are expecting to receive these at the end of May. Once both shoes and uniforms have arrived, you will be notified.

TUMBLING CLASSES

We still have positions in some of our tumbling classes. Tumbling classes are a great way for athletes to develop strength and improve their tumbling. Classes are held as follows:

Intermediate Tumbling (Working on back handsprings)	Monday 3.30pm – 4.15pm
Level 2 / 3 Tumbling (FULL)	Tuesday 3:30pm – 4:30pm
Level 2 Tumbling	Tuesday 6.15pm – 7.15pm
Level 3/4 Development Class	Thursday 5.00 – 6.30pm
Level 3 Tumbling	Thursday 7.00 – 8.30pm
Beginner Tumbling TEAL	Wednesday 6.30 – 7.30pm
Beginner Tumbling SILVER	Friday 3.30 – 4.30pm
Beginner Tumbling WHITE	Friday 4.30 – 5.30pm

If your daughter would like to be involved in these classes, please email Eliza directly on ogge@mlc.vic.edu.au

MARCH CHEERLEADER OF THE MONTH NOMINEES

The Cheerleader of the Month is an award to one athlete in each team who demonstrates good sportsmanship, commitment and dedication at every training session.

Starburst

Erika Mapstone

Erika is an asset to the Youth Level One team. As a beginner athlete who is new to cheerleading this year, Erika has really taken on the challenge to learn and develop many new skills. Erika comes along to training with a positive attitude and is willing to try any new and difficult skills thrown her way. Erika is a role model to the younger athletes in the team; she is a leader who is always willing to help her teammates. Erika you are a pleasure to coach, you are doing a fantastic job, keep up the hard work!

Galaxy

Catherine Thompson

Catherine has done a fabulous job in her first term at Cheer. She has been a fantastic listener and is always ready to work as soon as she arrives. Catherine has been awarded Galaxy's Cheerleader of the month for her great improvements in her stunting. Catherine is a delight to coach and is doing exceptionally well. We look forward to seeing what Catherine has in store for us in the future.

Stargazers

Gigi Carter

Gigi has continuously shown great enthusiasm towards cheerleading; she is always trying her best and is attentive and focused during training. Gigi has improved considerably in all aspects of cheerleading due to her exceptional work ethic. Because of Gigi's determination and strive she has been offered the opportunity to move into a higher-level team for the competition season. Gigi you are a valued member of the MLC cheerleading program and we look forward to seeing you continue to grow as an athlete. Congratulations on your placement in the level two team, we know you will continue to work hard and be an asset to this team!

Extreme

Ruby Podmore

The Extreme cheerleader of the month has been awarded to Ruby Podmore. Ruby comes to training with a 'can do' attitude and pushes herself to be the very best she can. Ruby's stunting has improved dramatically as Ruby listens and actions all corrections made by coaches. This has lead Ruby to be a confident flyer in the level two team and we've thus seen her achieve new skills at a very rapid rate. Your hard work doesn't go unnoticed Ruby, keep it up!

Infinity

Amber Barry

Amber is an absolute joy to coach; she continually comes to training with a smile on her face, ready to cheer. It has been fantastic watching Amber's cheerleading skills grow and develop over the past few months. Amber has been awarded Infinity's Cheerleader of the Month for her continued hard work, and for always being open and enthusiastic towards trying new things. Amber has demonstrated that she is very adaptable when it comes to her stunting, and is very keen to give every position a try. Keep up the great work Amber, you're doing a fantastic job!



MARCH CHEERLEADER OF THE MONTH

Ruby Podmore

The March cheerleader of the month has been awarded to Ruby Podmore. Ruby has shown great commitment to cheerleading, she has been participating in many additional classes beyond her compulsory training sessions to further develop her stunt and tumbling skills. Ruby should be recognised for her efforts and dedication to cheerleading and we'd like to congratulate her on her positive attitude and improvement throughout the last two months.

We hope to see Ruby continue to strive towards her goals, your efforts don't go unnoticed, keep up the great work Ruby!