

IMPORTANT DATES

12th June 2017

Queens Birthday
NO TRAINING

18th June 2017

Extra training for all
competitive teams

24th – 25th June 2017

AASCF Winterfest
Competition; State Basketball
Centre (Knox)

30th June 2017

Term 2 Concludes

17th July 2017

Term 3 Commences

6th August 2017

Extra training for all
competitive teams

11th – 13th August 2017

AASCF All Star Battle
Competition; State Basketball
Centre (Knox)

10th September 2017

Extra training for all
competitive teams

15th September 2017

Term 3 Concludes

22nd–24th September 2017

AASCF State Championships;
MSAC

CHOREOGRAPHY

All MLC Cheerleading teams have completed their choreography for the 2017 competition season. Matt McGrath has done an amazing job working with the teams to create routines that will set MLC aside from other clubs. I hope the girls enjoyed their time with Matt, he was a pleasure to work with and we're absolutely thrilled with the outcome of all the routines.

UNIFORM AND SHOES

Cheerleading uniforms, shoes and competition bows are ready for distribution.

Please purchase your daughter's cheerleading uniform online via the following link: <https://www.trybooking.com/281547>. There are images of the items on Trybooking.

Once you have paid, we will give the uniform to your daughter at her next training session. Please note that all athletes have been sized by their coaches so you don't need to worry about sizing, just purchase the items they need.

Items available for purchase are listed below:

- **Green Competition Bow:** This bow is the same for all competitive teams and each athlete must purchase one, bows are \$10.
- **Competition Top and Skirt:** All new athletes will need to purchase both the top and skirt however other athletes may need to purchase these items individually. The complete uniform (both top and skirt) is \$180, individual items (top or skirt) are \$90 each.
- **White Cheerleading Shoes:** All athletes must purchase these if they don't already have a pair, cheerleading shoes are \$100.

We are no longer asking athletes to purchase MLC cheerleading socks, from this season forward, athletes are asked to wear plain white ankle socks to competitions.

Uniform Care Guide

The MLC Cheerleading uniforms are to be SPOT washed only, in COOL water. Please do not place your uniform into the washing machine, as they are fragile and washing may cause discolouration. Soap can be used to wash uniforms under the arms to help eliminate odour. Uniforms should be drip dried inside, out of the sun, as sun can also cause discolouration.

Please do not place uniform in the dryer, do not bleach and DO NOT SOAK. If you are at all unsure, please refer to the label inside the garment.

Coach Contacts

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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 are 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 as to ensure the safety and wellbeing of all students.

Please ensure your child is not eating food in the Gym or the Sports Hall.

COMPULSORY EXTRA TRAINING





All teams have their first extra training session on Sunday June 18th. Extra training sessions are compulsory for all athletes and are vital to making sure our routines are in top shape before we head into competitions. These longer sessions are used to clean and work on parts of the routine in which the girls may need extra help with. Please find below the times for each teams' extra training session.

TEAM	TIME
Youth Level 1 STARBURST	8am – 10.30am
Level 1 GALAXY	11am – 2pm
Level 1 STARGAZERS	2pm – 5pm
Senior Level 2 EXTREME	10am – 2pm
Senior Level 3 INFINITY	2pm – 6pm

MAKE UP

All athletes are required to purchase the make-up products listed below. You should have received an email with a complete guide on the application of products as well as a **YouTube link** containing a step by step tutorial of the application of the MLC cheerleading make up. All products listed below can be purchased from Priceline or target, they are all currently available to purchase via the Priceline online store. <https://youtu.be/sJutiusbgu0>

Products

Make-Up Product	Name	Colour	Where to buy?
	Maybelline Color Show Crayon Kohl Eyeliner	Edgy Emerald	Priceline Target
	Maybelline Color Show Crayon Kohl Eyeliner	Turquoise Flash	Priceline Target
	Maybelline Color Drama Lipstick	Light it up	Priceline Target
	NYX Roll on Eye Shimmer	Sea Foam	Priceline Target

PLEASE NOTE: The NYX Roll on Shimmer (Sea Foam) has been discontinued. If you have not already purchased this product please do not run around Melbourne in an attempt to find it. I have a number of these that I will bring to each competition to apply to the athletes who were unable to purchase it. Alternatively, any similar eye shimmer or eye shadow will suffice.

COLLECTION OF CHILDREN

Cheerleaders should be dropped off and picked up from inside the Physical Education Centre (PEC) building.

Please note that cheerleaders are not permitted in the PEC more than 10 minutes before their scheduled class time due to supervision requirements.

Please ensure that all siblings are supervised by an adult at all times whilst in the PEC.

Please ensure that cheerleaders have their hair tied back and they are not wearing any jewellery, particularly Fitbits and such.

APRIL Cheerleader of the Month Nominees

HAPPY BIRTHDAY!

April babies....

Ciara	1 st
Carissa	8 th
Angelina	27 th

May babies....

Lexie	2 nd
Molly M	2 nd
Molly E	5 th
Amber	8 th
Monique	10 th
Eliza	12 th
Sienna	13 th
Felicity	18 th
Violeta	22 nd
Jessica	30 th

June babies....

Gigi	1 st
Katerina	5 th
Charlotte	22 nd
Carla	22 nd
Matilda	27 th
Chara	27 th
Aella	27 th
Elise	29 th
Emily	29 th



STARBURST

Alice Wilcox

Alice is a hard working athlete who has shown progression and development across all components of cheerleading. Alice is eager to learn and always ready to give new skills a go. Alice has picked up choreography really well and is always willing to help other athletes where needed. We would like to congratulate Alice on all her hard work, keep it up!



GALAXY

Sophie Palmer

Sophie has been awarded the Galaxy cheerleader of the month for her leadership skills throughout choreography. Sophie's ability to pick up choreography and remember counts has contributed to her being an athlete that other team members rely on.

EXTREME

Angelina Censori

Angelina has very deservedly been awarded the Extreme cheerleader of the month. Angelina should be recognised for her outstanding work ethic and progressive improvement in her tumbling and stunting. Her positive attitude and willingness to work hard makes her stand out at training. Your hard work doesn't go unnoticed Ange, keep it up!



INFINITY

Ella Provaznikova

Ella has risen to the challenge of level three flying and worked hard to develop confidence in the air. Ella is continuing to impress her coaches with her progression in both her stunt and tumbling skills. Ella is committed to achieving her goals and motivates other athletes to do the best they can. You're a very admirable athlete who others look up to, keep up the great work Ella!



..and the winner is.....

STARGAZERS

Lucy Alexander

The overall MLC cheerleader of the month has been awarded to Lucy for her dedication and commitment to cheerleading. We can always count on Lucy to have a big smile on her face, she never backs down from a challenge and will happily attempt any new skills. Lucy you're a pleasure to coach, you should be very proud of all your achievements.

MAY Cheerleader of the Month Nominees

LADIES CLASS

On Tuesdays, 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 the Gymnastics Club.

You can purchase a 10 class deal and can attend either every week or when suits you. Participants of this class undergo a fitness warm up using a combination of free weights, own body weight, rowing machines and bikes and then utilise equipment in the gym. If you are interested, please contact us at the Gym Club to get involved!

OFFICE HOURS:

Our office is open
9:00am – 5:00pm
Mon, Wed and Fri

11.00am – 7.00pm on
Tues and Thurs
and 11:00am – 1:00pm on
Sat, during the school term.

STARBURST

Addison Armitage

Addison is new to cheerleading this year, her ability to face her fears and pick up choreography has continued to impress her coaches. Addison attends each training session ready to work hard, she continues to try new skills until she has mastered them. We love how dedicated you are Addison, keep up the hard work and you'll continue to reach your goals.

GALAXY

Felicity Luder

Felicity has been awarded the Galaxy cheerleader of the month as she is a standout athlete who always listens and makes corrections when instructed by her coaches. Felicity has an ability to stay focused and works hard to perfect her skills. Keep working hard Felicity!

STARGAZERS

Carlotta Giberti

Coaches can always rely on Carlotta to attend training and try her absolute hardest. Carlotta should be praised for her commitment to cheer which has been reflected through her progression in both her stunt and tumbling abilities. Carlotta's positive attitude is recognised at each training session, even when training gets really tough she will continue to not only push herself but encourage other athletes to keep pushing themselves. We look forward to seeing you continue to improve your skills, keep it up Carlotta!

EXTREME

Rachael Beckwith

Rachael is a valued athlete in the level two team, coaches often rely on her to remember counts and choreography. Rachael is an incredibly reliable athlete who is always willing to lend a hand to other team members. Her dedication and commitment to the sport is reflected in the skills she is achieving. You're a very commendable cheerleader of the month Rach, you inspire other athletes to be the best they can.

....and the winner is.....

INFINITY

Kimberly O'Keeffe

Kimberly's consistent hard work has led her to become an amazing athlete, her technique is beautiful and she has developed skills of which other athletes aspire to. Kim is the first person to put her hand up and help out other MLC cheer teams, she has happily replaced many injured athletes at competitions throughout the years – for this Kim, we cannot thank you enough. Kim you're a pleasure to coach, we're so thankful to have an athlete like you in our program!

CHEER LEADING

is more than a sport; its an attitude!