

IMPORTANT DATES

13th-14th August

Victorian
Championships Team
Event
NL7-10
SNHC, Parkville

27th August

Judges Invitational (incl
Trans Bass Trial)
NL 6 & 7
Mornington

Staff News



Alex Byers-Armstrong was recently in Washington, USA on an Internship for International Law at the American University. Congratulations Alex!!!



Anna Francis, Squad Manager is currently in Vietnam for 3 weeks on a well-deserved holiday. I'm sure she will miss us immensely!



Leslie Burrows, Gym Club Manager is going back to Canada on the 5th August to visit family for 2 weeks and then to the USA for a very well-deserved holiday (away from any form of budget spreadsheets!).



Simone Greig has applied for Australian Ninja Warrior (to debut on Channel 9 in 2017) which is the biggest and most impossible course in the world that will be tackled by everyday Australians who think they're fit, fast, nimble or hard enough to get to the finish. If she gets in, we might let her gymnasts give her the ultimate training session.



Karishma Vase has resigned and will be finishing up at the end of July. Karishma has been with us for nearly 4 years and made some wonderful contributions to the competitive program here at MLC Gymnastics. Our team and her gymnasts will miss her and wish her the best for the future at the National Centre of Excellence (Melbourne).



Congratulations...



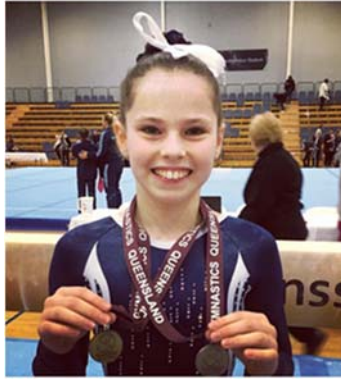
Congratulations to **Giulia Archer** (centre) who has been selected to represent Australia at the New Zealand National Championships at the end of September!! Giulia was initially announced as the reserve following her fantastic performances at the Australian Championships but now has been included in the team (along with Olivia Burnett (R) and Lauren Pengelly(L)) due to a withdrawal!

HAPPY BIRTHDAY TO YOU!

July babies....

| | |
|-------------|------------------|
| Anna (S) | 9 th |
| Arabella L | 10 th |
| Jessica G | 12 th |
| Jennifer G | 16 th |
| Alex C | 24 th |
| Claudia H-H | 28 th |
| Chiara K | 31 st |
| Vickie (S) | 31 st |

(S) = Staff member



Congratulations to **Mia Robinson** for being the sole competitive from MLC Gymnastics in the State Team who competed at the Border Challenge in Brisbane last month. Mia had a great competition coming 1st on Beam and 2nd on Floor at National Level 8!

Level 4-6 Camp

The Level 4-6 Camp was an intensive week of training that couldn't have packed more into it if someone tried! What a great week organised by Kirsten Norden that included routines, dance sessions, boot camps, pancakes, jungle day, pink day and of course a control test! What a fantastic way to head into the competition season!

If you have any second - hand items you would like to advertise, please email

francia@mlc.vic.edu.au



Getting into the Jungle spirit!



Control Test line up

New recruits!



Congratulations to our newest judges in town (at MLC anyway!). Lauren Pengelly (right) completed the Beginner Judges' Course and Olivia Burnett (left), the Intermediate Judges' Course recently and judged at their first competition, the MLC L1-3 Star Classic on 9th July! Well done girls! You just keep giving to gymnastics – great to have you on board!

MLC Junior Star Classic - Advanced Notice

The MLC Junior Star Classic for the NLP 4-6 gymnasts will be held on the 17th – 19th September. A reminder that **families of ALL STAR FLYER gymnasts** will be rostered on to assist at this event (even if your daughter is not competing in this event). You will receive an email via 'SignUp.com' in mid August requesting you to sign up on-line to volunteer your time and provide donations 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).

MLC L1-3 Star Classic – Thanks!!

Thank you to all of the Pre-Starlet & Starlet families who assisted and provided donations for the MLC Level 1-3 Star Classic competition held on the 9th July. We greatly appreciate you volunteering your time in the lead up or throughout the event and for providing donations. Without your help we would not have been able to provide a successful and enjoyable event for all involved. We raised an impressive \$3,743.80 thanks to your efforts! We welcome your feedback to help us improve on our next events. So please feel free to email the Events Co-ordinator Leida O'Flynn oflynnle@mlc.vic.edu.au with any comments.

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 *June*:

| | |
|---------------------------------|---------------------------|
| Starlets 6-9 Hours | Claire Cuddihy |
| Star Flyers 9 Hours | Jessie Atkins |
| Star Flyers 12-14 Hours | Sabine MacDonald-Smart |
| Star Flyers 16-18 Hours (ALP 5) | Madelyn Bui |
| Star Flyers 16-18 Hours (ALP 6) | Natasha Matters |
| Star Flyers 18 Hours | Amelia Nakos |
| Shooting Stars 12 Hours | Annabel Whiter |
| Shooting Stars 16-18 Hours | Charlotte Mitchley-Hughes |
| Shooting Stars 19-21 Hours | Lily Stokie |
| Shooting Stars 21-24 Hours | Natasja Voulanas |

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

Madelyn Bui

Evening pick ups

A reminder that it's dark outside at night when the gymnasts are finishing training so we strongly recommend that you pick them up from the gym rather than collecting them from the entrance on Fitzwilliam Street.

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>