

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



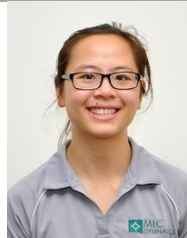
Tim Lees has been invited to run another FIG Academy in Hong Kong from 6th to 14th July. Well done Tim!



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

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



Lauren Pengelly

National Level 10 (17 & over)

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



Giulia Archer

National Level 10 (U17)

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



Madeleine Mitra

National Level 8 (U14)

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



Thalia Rogerson

National Level 8 (U14)

	Team – 4 th
	All Around – 15 th
	Vault – 8 th
	Bars – 16 th
	Beam – 21 st
	Floor – 9 th



Natasja 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...

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

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!!



Saskia, Jess, Jennifer & Lara with their creations & a grateful team behind them!



Winners are gridders!

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	=5 th Vault; 6 th Bars; =1 st Beam; 6 th Floor; 3 rd AA
Chiara Kwok	1 st Vault; 7 th Bars; =6 th Beam; 2 nd Floor; 5 th AA
Harriet Wingrove	=4 th Vault; 9 th Bars; 2 nd Beam; =3 rd Floor; 8 th AA

International Level 9 (Day 1)

Emma McDiarmid	6 th Vault; 3 rd Bars; 6 th Beam; =4 th Floor; 6 th AA
Lisa-Nadine Tan	7 th Vault; 10 th Bars; 5 th Beam; 9 th Floor; 10 th AA

International Level 9 (Day 2)

Lisa-Nadine Tan	6 th Vault; 10 th Bars; 7 th Beam; 8 th Floor; 10 th AA
Emma McDiarmid	3 rd Bars; 6 th Beam

Victorian Championships Individual Event

National Level 7 (U14)

Ali Seal	=5 th Vault; =8 th Bars; 4 th Beam; 14 th Floor; 4 th AA
Sienna Voulanas	3 rd Vault; 14 th Bars; 2 nd Beam; =2 nd Floor; =5 th AA
Olivia Foley	12 th Vault; =5 th Bars; =5 th Beam; =11 th Floor; 7 th AA

National Level 7 (14 & Over)

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

National Level 8 (U15)

Natasjia Voulanas	5 th Vault; 5 th Bars; 1 st Beam; =3 rd Floor; 2 nd AA
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Madeleine Mitra 2nd Vault; =1st Bars; 3rd Beam; 2nd Floor; 3rd AA
Thalia Rogerson 1st Vault; 3rd Bars; 9th Beam; 9th Floor; 5th AA
Hanna Hyland 10th Vault; 9th Bars; 3rd Beam; 11th Floor; 8th AA
Mia Robinson 11th Vault; 10th Bars; 6th Beam; =3rd Floor; 10th AA

National Level 8 (15 & over)

Melitta Allen 14th Vault; 8th Bars; 8th Beam; 12th Floor; 9th AA
Isobel Neill 9th Vault; 7th Bars; 15th Beam; 10th Floor; 11th AA
Mikaela Price 14th Vault; 9th Bars; 14th Beam; 8th Floor; 13th AA

National Level 10 (U17)

Giulia Archer 1st Vault; 2nd Bars; 1st Beam; 1st Floor; 1st AA

National Level 10 (17 & over)

Olivia Burnett 1st Vault; 1st Bars; 1st Beam; 2nd Floor; 1st AA
Lauren Pengelly 2nd Vault; 2nd Bars; 2nd Beam; 1st Floor; 2nd AA

International Level 7

MLC Team 3rd
Chiara Kwok 6th Vault; =3rd Bars; 6th Beam; =6th Floor; 6th AA
Harriet Wingrove =4th Vault; 8th Bars; 7th Beam; 5th Floor; 7th AA
Hannah Tymms =7th Vault; 12th Bars; 4th Beam; 12th Floor; 11th AA

International Level 9

Emma McDiarmid 6th Vault; 7th Bars; 1st Beam; 8th Floor; 5th AA
Lisa-Nadine Tan 9th Vault; 4th Bars; 4th Beam; 1st Floor; 6th AA