

IMPORTANT DATES

10th December

MLC Club
Championships
MLC, Kew

10th December

MLC Presentation Night
MLC, Kew

Staff News



Belinda Cannon, Squad Coach, enjoyed a weekend away to Byron Bay recently and secretly tied the knot! Congratulations Belinda!!

Junior Victorian Championships

MLC Gymnastics had 4 teams qualify to finals as well as 11 individual athletes which was a fantastic effort by everyone.

Below is a list of all athletes and teams who qualified.

<p><u>Level 4 : Under 11 : Team 1</u></p> <p>Jessica Goh Emma Ross Lara Sjoblom Krystal Trinh Amber Ward Madeleine Yim</p>	<p><u>Level 4 : Under 11 : Team 2</u></p> <p>Sabine MacDonald Smart Amelia Nakos Ava Ypinazar</p>
<p><u>Level 5 : Team 1</u></p> <p>Madelyn Bui Jacinta Smith Daphne Lo Kalliope Rice Saskia Hume Amy Barnett</p>	<p><u>Level 5 : Individuals</u></p> <p>Jacinta Smith Madelyn Bui Amy Barnett Charli Murray Saskia Hume</p>
<p><u>Level 6 : Team 1</u></p> <p>Lara Lamont Amelia Entwisle Tess Hayes Annabelle Wingrove Nicola Lim Joon Naomi Lee</p>	<p><u>Level 6 : Individuals</u></p> <p>Lara Lamont Amelia Entwisle Tess Hayes Annabelle Wingrove Nicola Lim Joon Naomi Lee</p>

HAPPY BIRTHDAY TO YOU!

November babies....

Cara G	4 th
Alyona (S)	5 th
Madison H-L	9 th
Laura P	10 th
Madeleine M	11 th
Marleaux G	15 th
Krystal T	20 th
Claire C	21 st
Zoe H	22 nd
Hanna H	23 rd
Alexa H-L	25 th
Emma M	26 th
Natasjia V	26 th
Isabella H	26 th
Eliza W	27 th
Belinda (S)	28 th

(S) = Staff member

FOR SALE

NEW Tracksuit – C10

Half price

Contact: Jules on

phone: 0400 005 820

NEW Tracksuit – C10

\$100

Contact: Beth on

phone: 0418 880 420

Training leotard – CME

\$40

Contact: Beth on

phone: 0418 880 420

Day 2 Competition

Leotard – AXS

Contact: Vicki on

phone: 0448 903 822

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

francia@mlc.vic.edu.au

There were 9 podium places in total so a super effort...

Level 4 U11 Team 1

Amy Barnett (L5)

Amelia Entwisle (L6)

Tess Hayes (L6)

Naomi Lee (L6)

Champion Team!!

2nd Bars & 3rd AA

1st Vault; 2nd Bars; 2nd Floor; 2nd AA

2nd Vault

=3rd Vault



Level 4's



Level 6's



Level 5's

Australian Classic

The International Level 8 & 10 gymnasts competed at the Australian Classic at the beginning of November. Unfortunately due to injury, a couple of gymnasts couldn't compete but still got to join in the fun in Geelong! Those who did compete (see results in 'Results' section), did a great job!



Wellness Program Survey

Thank you to those who have already filled out the Wellness Program survey. If you haven't, we would appreciate if you could click on the following link and complete the survey to assist us with our planning for 2017:

<https://www.surveymonkey.com/r/FTGY3CJ>

It's not long at all so won't take up much of your time!

MLC Club Championships – Saturday 10th December

Relevant competitive squad families should have already received an email in regards to this event.

The MLC Club Championships are open to all MLC Gymnastics squad gymnasts (except Pre Starlets Foundation). Whilst the event is a 'competition' the emphasis is on participation and having loads of FUN with fellow gymnasts and coaches!

Session 1:	8.00am – 11.15am	Shooting Stars, Star Flyers & GFA Gymstar gymnasts
Session 2:	11.30am – 2.30pm	Starlets & Pre Starlets (except Pre-Starlets Foundation – not competing)

In **session 1** of this year's event, the gymnasts' will showcase their many talents, enhanced by lots of colour and activity in the MLC Gymnastics OCEAN! All gymnasts have been randomly allocated into teams and are required to dress up in the UNDER THE SEA theme. Have fun, be creative and include lots of colour, however do remember that routines need to be performed, therefore costumes should not be restrictive (perhaps certain items can be removed whilst competing)!

GROUP 1 Spinning Seahorses 	GROUP 2 Moving Mermaids 	GROUP 3 Dynamic Dolphins 	GROUP 4 Flipping Fish 
Giulia ARCHER	Lauren PENGELLY	Melitta ALLEN	Olivia BURNETT
Miranda DELANEY	Lisa-Nadine TAN	Hannah TYMMS	Natasjia VOULANAS
Mia ROBINSON	Harriet WINGROVE	Madeleine MITRA	Thalia ROGERSON
Sienna VOULANAS	Anya ROSS	Devyn ROSS	Alexandra SEAL
Isabella HARVEY	Helen NGUYEN-NGO	Annabel WHITER	Keira GEARY
Alannah TURNER	Emma ROSS	Lara SJOBLOM	Krystal TRINH
Mia DANIEL	Lara LAMONT	Naomi LEE	Nicola LIM JOON
Georgia BEVAN	Madelyn BUI	Lara HENNESSY	Saskia HUME
Amy YONG	Hanna GRAHAM	Zoe MOORE	Laura PERRY
Jessie ATKINS	Nell FARRELL	Daphne LO	Arabella LOWE
	Ghazal MOKRIZADEH		

GROUP 5 Saulting Shells 	GROUP 6 Jumping Jellyfish 	GROUP 7 Outstanding Octopus 	GROUP 8 Swinging Star Fish 
Lynn KROLL	Isobel NEILL	Mikaela PRICE	Gymstar Gymnast TBA
Hanna HYLAND	Chiara KWOK	Emma McDIARMID	Gymstar Gymnast TBA
Lily STOKIE	Ingrid MELTON	Charlotte MITCHLEY-HUGHES	Gymstar Gymnast TBA
Jana BRISBANE BACON	Coco GOLDACRE	Cara GRAHAM	Gymstar Gymnast TBA
Jessica GOH	Daisy HODNETT	Amelia NAKOS	Gymstar Gymnast TBA
Amber WARD	Amelia ENTWISLE	Tess HAYES	Gymstar Gymnast TBA
Natasha MATTERS	Annabelle WINGROVE	Amy BARNETT	Gymstar Gymnast TBA
Charli MURRAY	Kalliope RICE	Jacinta SMITH	Gymstar Gymnast TBA
Madeleine YIM	Ava YPINAZAR	Sabine MACDONALD-SMART	Gymstar Gymnast TBA
Hannah MCLEOD	Rebecca PARATZ	Claudia HOFFMAN-HAYES	Gymstar Gymnast TBA

Session 2 will run as a more structured competition. Gymnasts will perform routines on each of the apparatus as well Pit Bar and Tumble Trak. Gymnasts have been randomly allocated in 'coloured' teams for presentations and are a required to wear a hair accessory in their team colour.

Group 1 (Bret & Laura)	Team Colour	Group 2 (Bret & Laura)	Team Colour	Group 3 (Alex)	Team Colour
Lucy CAMERON	Red	Liliana DAL SASSO	Red	Georgia BROWN	Red
Abigall HUANG	Green	Chloe GROOM	Green	Hui-Wen CHAN	Green
Isabella KINGSLEY-SMITH	Blue	Madison HONG-LEE	Blue	Claire CUDDIHY	Blue
Charlotte POLE	Purple	Josephine RIOTTO	Purple	Jennifer GOH	Purple
Harriet SPIDEN	Pink	Alexandria TASEVSKI	Pink	Chloe HORGAN	Pink
Lulu SPINKS	Yellow	Kayleigh YAP	Yellow	Mackenzie LEHMANN	Yellow
				Zara WEEKS	Red
				Eliza WINGROVE	Green

Group 4 (Sarah)	Team Colour	Group 5 (Siobhan)	Team Colour	Group 6 (Clare)	Team Colour
Sophie CHUTER	Blue	Mattea AEBI-MOYO	Pink	Saskia ANDERSON	Purple
Marleaux GALLUP	Purple	Audrey HAWKINS	Yellow	Thaleia BROOKE	Pink
Imogen GRANT	Pink	Alexa HONG-LEE	Red	Lor-Ren CHAN	Yellow
Zoe HARKNESS	Yellow	Yasmin ISCHIA	Green	Elizabeth CVJETICANIN	Red
Maeve O'BYRNE	Red	Natalie KUM	Blue	Phoebe GRANT	Green
Anja POWLETT	Green	Evanna PATTI	Purple	Frida KALLENBACH	Blue
Dusty PRIEST	Blue	Penelope RUDDLE	Pink	Belle MC MANAMNY	Purple
Matilda SCARFF	Purple	Grace VAN DEN BERG	Yellow	Crissy PATROUNGAS	Pink
		Alisa ZOLINA	Red	Annabella YAKOP	Yellow
		Leilani EVANS	Green	Charlotte HAND	Red
		Greta WHITE	Blue		

Please note: There will be no regular Saturday training for all classes in lieu of this event. Please contact Events Co-ordinator Leida O'Flynn oflynnle@mlc.vic.edu.au with any questions.

Presentation Night – Saturday 10th December

ALL competitive squad families should have already received an email in regards to this event.

The MLC Gymnastics annual Presentation Night is being held on Saturday 10th December from 3pm – 5pm in the MLC Assembly Hall. ALL squad gymnasts and their families are invited to attend. This event recognises the achievements and contributions of MLC Gymnastics staff, volunteers & gymnasts. Several awards will be presented throughout the event and ALL competitive gymnasts will be acknowledged and called to the stage. From 2.30pm onwards, afternoon tea will be provided in the Assembly Hall Foyer prior to the presentation ceremony.

Tickets must be purchased for all that are attending (including gymnasts) and can be made through TryBooking via <http://www.trybooking.com/235013>. Please bring a print out of your tickets to the event to gain entry (seats are not allocated).

This event will be a fantastic opportunity to showcase the gymnasts' talents and to recognise and acknowledge their involvement in the Club.

Please note: If you have any suitable gymnastics photos &/or videos of your child or squad to be used during Presentation Night, please either email them through or hand them in to the Gym office attention Leida O'Flynn on a clearly labelled CD or USB so these can be returned to use once copied.

Please contact Events Co-ordinator Leida O'Flynn oflynnle@mlc.vic.edu.au with any questions.

Reminder

The 2017 forms (Acceptance, Medical Form for Non-MLC students, Fees Confirmation Form and Gymnast Contract) are due back today, Friday 25th November. Please ensure we receive them to secure your place for 2017.

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 *July*:

Starlets 6-9 Hours	Eliza Wingrove & Maeve O'Byrne
Starlets 9-12 Hours	Chloe Groom
Star Flyers 9 Hours	Daphne Lo
Star Flyers 12-14 Hours	Zoe Moore
Star Flyers 16-18 Hours (ALP 5)	Saskia Hume
Star Flyers 16-18 Hours (ALP 6)	Sabine Keenan

Star Flyers 18 Hours	Krystal Trinh
Shooting Stars 12 Hours	Isabella Harvey
Shooting Stars 16-18 Hours	Ali Seal
Shooting Stars 19-21 Hours	Melitta Allen
Shooting Stars 21-24 Hours	Lisa-Nadine Tan

.....and the winner is..... *Chloe Groom*

The following gymnasts were Nominees for *August*:

Starlets 6-9 Hours	Chloe Horgan & Anja Powlett
Star Flyers 9 Hours	Hannah McLeod
Star Flyers 12-14 Hours	Sabine MacDonald-Smart
Star Flyers 16-18 Hours (ALP 5)	Jacinta Smith
Star Flyers 16-18 Hours (ALP 6)	Nicola Lim Joon
Shooting Stars 12 Hours	Cara Graham
Shooting Stars 16-18 Hours	Charlotte Mitchley-Hughes
Shooting Stars 19-21 Hours	Lily Stokie
Shooting Stars 21-24 Hours	Chiara Kwok & Lisa-Nadine Tan

.....and the winner is..... *Hannah McLeod*

The following gymnasts were Nominees for *September*:

Starlets 6-9 Hours	Imogen Grant & Zara Weeks
Starlets 9-12 Hours	Madison Hong-Lee
Star Flyers 9 Hours	Rebecca Paratz
Star Flyers 12-14 Hours	Hanna Graham
Star Flyers 16-18 Hours (ALP 5)	Amy Yong
Star Flyers 16-18 Hours (ALP 6)	Annabelle Wingrove
Star Flyers 18 Hours	Daisy Hodnett
Shooting Stars 12 Hours	Olivia Tan
Shooting Stars 16-18 Hours	Anya Ross
Shooting Stars 19-21 Hours	Isobel Neill
Shooting Stars 21-24 Hours	Sienna Voulanas & Giulia Archer

.....and the winner is..... *Giulia Archer*

Results

Jets Invitational (late results received from Jets)

Level 6

Annabelle Wingrove	18 th Vault; 4 th Bars; 3 rd Beam; 3 rd Floor; 6 th AA
Naomi Lee	9 th Vault; 5 th Bars; 17 th Beam; 12 th Floor; 7 th AA
Tess Hayes	11 th Vault; 3 rd Bars; 6 th Beam; 11 th Floor; 5 th AA

Level 6 Limited Hours (Over)

Jana Brisbane Bacon	4 th Vault; 9 th Bars; 5 th Beam; 1 st Floor; 6 th AA
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Victorian Championships Qualifier

Level 4 Under 11

MLC – Silver Team	3 rd
MLC – Green Team	10 th

Level 4 11+

MLC – White Team	10 th
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Level 5 Team

MLC – Silver Team	6 th
MLC – Green Team	16 th
MLC – White Team	29 th

Level 5 U11

Jacinta Smith	18 th Vault; =2 nd Bars; 10 th Beam; =3 rd Floor; 4 th AA
Madelyn Bui	=7 th Vault; =10 th Bars; 14 th Beam; 24 th Floor; =9 th AA
Daphne Lo	19 th Vault; 26 th Bars; 26 th Beam; =20 th Floor; 21 st AA
Rebecca Paratz	33 rd Vault; 33 rd Bars; =12 th Beam; 26 th Floor; 29 th AA
Georgia Bevan	30 th Vault; =30 th Bars; 28 th Beam; 22 nd Floor; 31 st AA
Mia Wapshott	39 th Vault; 44 th Bars; 38 th Beam; =20 th Floor; 43 rd AA

Level 5 11yo

Claudia Hoffman-Hayes	=36 th Vault; 40 th Bars; 45 th Beam; 40 th Floor; 45 th AA
Jessie Atkins	46 th Vault; 46 th Bars; 32 nd Beam; 42 nd Floor; 46 th AA

Level 5 12yo

Amy Barnett	=9 th Vault; =4 th Bars; =9 th Beam; =18 th Floor; 6 th AA
Charli Murray	=19 th Vault; 13 th Bars; =17 th Beam; 2 nd Floor; 11 th AA
Saskia Hume	32 nd Vault; 1 st Bars; =6 th Beam; =16 th Floor; 12 th AA
Kalliope Rice	18 th Vault; =18 th Bars; 13 th Beam; 20 th Floor; 14 th AA
Lara Hennessy	38 th Vault; 16 th Bars; =14 th Beam; 33 rd Floor; 27 th AA
Amy Yong	=14 th Vault; 22 nd Bars; 35 th Beam; 33 rd Floor; 28 th AA
Hannah McLeod	36 th Vault; 27 th Bars; 30 th Beam; =20 th Floor; 32 nd AA
Arabella Lowe	33 rd Vault; =27 th Bars; 40 th Beam; 35 th Floor; 36 th AA
Nell Farrell	40 th Vault; 39 th Bars; =35 th Beam; 41 st Floor; 39 th AA

Level 6 Team

MLC Team	5 th
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Level 6 U12

Lara Lamont	21 st Vault; 15 th Bars; 10 th Beam; =14 th Floor; 16 th AA
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Level 6 12yo

Amelia Entwisle	3 rd Vault; =5 th Bars; =8 th Beam; 2 nd Floor; 3 rd AA
Tess Hayes	7 th Vault; =5 th Bars; 11 th Beam; ; 7 th Floor; 5 th AA
Annabelle Wingrove	11 th Vault; 4 th Bars; =6 th Beam; 5 th Floor; 6 th AA

Level 6 13+

Nicola Lim Joon	=16 th Vault; =3 rd Bars; =8 th Beam; =19 th Floor; 7 th AA
Naomi Lee	=8 th Vault; =8 th Bars; 39 th Beam; 11 th Floor; =12 th AA
Jana Brisbane Bacon	=19 th Vault; 38 th Bars; 35 th Beam; 36 th Floor; 36 th AA

Southern Cross Classic Geelong

Team

MLC Team 14th

Level 5 Under

Daphne Lo 9th Vault; =15th Bars; 55th Beam; =34th Floor; 21st AA
Rebecca Paratz 50th Vault; 41st Bars; =36th Beam; =9th Floor; 37th AA
Jessie Atkins 68th Vault; =65th Bars; 67th Beam; 66th Floor; 67th AA
Claudia Hoffman-Hayes =41st Vault; 69th Bars; 71st Beam; 69th Floor; 69th AA

Level 5

Hannah McLeod 5th Vault; =14th Bars; =16th Beam; 15th Floor; 11th AA
Arabella Lowe 25th Vault; 18th Bars; =35th Beam; 22nd Floor; 25th AA
Nell Farrell 34th Vault; 45th Bars; =38th Beam; 45th Floor; 43rd AA

Junior Victorian Championships

Level 4 Under 11

MLC Team 1 1st
MLC Team 2 8th

Level 5

MLC Team 1 4th

Level 5 U11

Jacinta Smith 11th Vault; 10th Bars; =6th Beam; =5th Floor; 6th AA
Madelyn Bui 14th Vault; 16th Bars; 5th Beam; 14th Floor; 12th AA

Level 5 12yo

Amy Barnett 8th Vault; 2nd Bars; 8th Beam; =12th Floor; 3rd AA
Charli Murray 16th Vault; 5th Bars; =9th Beam; 5th Floor; 10th AA
Saskia Hume 14th Vault; 4th Bars; =14th Beam; =8th Floor; 11th AA

Level 6 Team

MLC Team 1 4th

Level 6 Under 12

Lara Lamont =5th Vault; 10th Bars; 15th Beam; =11th Floor; 13th AA

Level 6 12yo

Amelia Entwisle 1st Vault; 2nd Bars; 5th Beam; 2nd Floor; 2nd AA
Annabelle Wingrove 4th Vault; 6th Bars; 7th Beam; 6th Floor; 4th AA
Tess Hayes 2nd Vault; 5th Bars; 8th Beam; 9th Floor; 5th AA

Level 6 13+

Nicola Lim Joon 10th Vault; 5th Bars; =10th Beam; =9th Floor; 6th AA
Naomi Lee =3rd Vault; =9th Bars; 14th Beam; 11th Floor; 9th AA

Australian Classic

International Level 8

Harriet Wingrove 19th Vault; 6th Bars; =10th Beam; =6th Floor; 8th AA
Chiara Kwok 10th Vault; 14th Bars; 13th Beam; 15th Floor; 14th AA

International Level 10

Lisa-Nadine Tan

10th Bars; 5th Beam; 6th Floor; 9th AA