

# SquadLink



## THIS MONTH



*This is a record 2nd SquadLink in a couple of weeks!!....because we have a few more things to say before we finish up...and of course, because we know how much you love reading them! 😊 Firstly, how good was Club Champs?! Looked like all the girls had fun...and the staff for that matter! And I would also like to recognise Anna Francis and Jackie Caldwell for their speeches at Presentation Day...a great reflection of the direction of the values and philosophies of the Competitive Program. Yay, for them! Oh, and how could I forget Leida O'Flynn who runs these events—always amazing! Yay for her too! Oh, and you as parents/taxi drivers/sounding boards/volunteers etc—your jobs are so multi-faceted and one day your children will realise how much you do for them (if they don't already) but from our end, thanks for entrusting us with teaching them more than just gymnastics. So, yay for you too!! Lastly, thanks for being part of MLC Gymnastics—we hope you're enjoying the ride or if you're finishing up, we hope you enjoyed it. Wishing you all a very happy and safe Christmas with your families. It's not always a happy time for everyone so if that's you, try getting mesmerised by those houses decorated in fairy lights—Christmas or not, there is something magical about hundreds of tiny lights that will hopefully make you smile. 😊*





## THANK YOU JUDGES

thank  
you

We would like to take this opportunity to say a huge thank you to those judges who have judged for MLC Gymnastics this year. Their dedication to the sport is incredible giving up multiple weekends of the year to help make this sport what it is...so if you ever get the chance to say thank you personally, please surprise them—I'm sure they'd love it and no doubt be very grateful because it's certainly not an easy job...and not just the judging bit but ...there's only so many lollies you can eat to keep you going through a 3 + hour session! 😊



So, from the bottom of our hearts, thank you...

Rachel Barton

Jackie Caldwell

Siobhan Turnbull

Zoe Ferguson

Sandy Slade

Dani Cruttwell

Emma Ludowici

Sue Cowdell

Wendy Rochstein

Heidi Rose



## 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.

### Nominees for November:

Star Flyers 10 Hours

Star Flyers 14-18 Hours (Alex & Siobhan)

Star Flyers 14-18 Hours (Li)

Star Flyers 14-18 Hours (Meagan)

Shooting Stars 16-25 Hours

Shooting Stars 20-25 Hours

Laura Perry

Jennifer Goh

Sian Francis

Kayleigh Yap

Kalliope Rice

Emma Ross

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



*Kayleigh Yap*





## CLUB CHAMPIONSHIPS

Congratulations to all of the gymnasts who participated in the final event for the year. It was fantastic to see lots of colour and excitement during Session 1 in the 'Disney Movie' extravaganza with the gymnasts performing beautifully on apparatus, demonstrating full effort during their 'strength' rotation and putting on a great show in their displays! The Pre-Starlet and Starlets gymnasts also put in an amazing effort to perform their routines in Session 2. For many it was their first 'competition' experience and they all did a wonderful job! Thank you to all of the families who assisted and/or provided donations for this event. A big thank you is also extended to all of the coaches and staff involved who ensured that the gymnasts were well prepared and able to 'compete' in a relaxed & enjoyable atmosphere.

### Session 1 Results

#### 1<sup>st</sup> Team Overall – 'Moana'

2<sup>nd</sup> Team Overall – 'The Lion King'

3<sup>rd</sup> Team Overall – 'High School Musical'

4<sup>th</sup> Team Overall – 'Tangled'

5<sup>th</sup> Team Overall – 'Frozen'

6<sup>th</sup> Team Overall – 'Aladdin'

7<sup>th</sup> Team Overall – 'The Little Mermaid'

Best Dressed Team: 'The Lion King'

Best Display Team: 'Aladdin'

### Session 2 Results

#### 1<sup>st</sup> Team Overall – PINK Team

2<sup>nd</sup> Team Overall – RED Team

3<sup>rd</sup> Team Overall – BLUE Team

4<sup>th</sup> Team Overall – GREEN Team

5<sup>th</sup> Team Overall – YELLOW Team

6<sup>th</sup> Team Overall – PURPLE Team

## PRESENTATION DAY



We hope everyone enjoyed the Presentation event in the Assembly Hall (despite the uncomfortable heat!). It was a lovely opportunity to reflect back on the year with all our competitive squad and GFA Gymstar members and their families along with many of the coaches and staff. Thank you to all of the families who assisted with the set up & pack up of the event and to all those that provided food donations. A huge thank you to Anna Francis, Fiona Tomietto, Jackie Caldwell, Leida O'Flynn & Nakarin Jaikla for all their efforts in putting these events together!



## FOR SALE

### **MLC Gymnastics Tracksuit Pants**

Size: 14

Condition: Excellent

Price: Negotiable

Contact: Olivia (livburnett@gmail.com)

### **MLC Pink training & L7-10 Competition Leotard**

Size: Adult Medium

Condition: Excellent

Price: Negotiable

Contact: Olivia (livburnett@gmail.com)

