

ALP News

During the September school holidays, our ALP Level 5 - 9 girls competed at the 2025 National Clubs Carnival - held on the warm and sunny Gold Coast.

We had gymnasts competing at Level 5, Level 7 and Level 9. Our gymnasts competed over two days of competition, with team results being stacked over both days to produce each level's true champions - both individual (only from Level 8+) and team.

Notable Achievements:

ALP 5

Navy Team qualifying to the Division A Final!
White Team placing 2nd on Vault, 1st on Bars
and 2nd AA in Division D Final

ALP 7

White Team qualifying to the Division A Final!
Navy Team placing 6th on Bars in Division C
Final

ALP 9 - Team

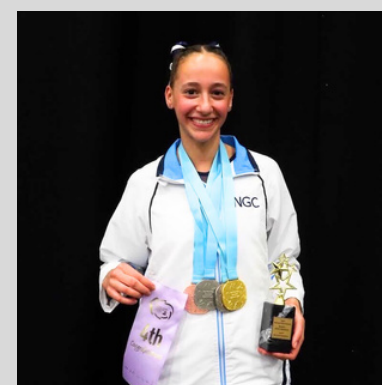
2025 NCC Level 9 Floor Champions! 🏆
4th place team on Bars

ALP 9 - Individual

A massive congratulations to Miranda Mifsud
who was crowned...

2025 NCC Level 9 All Around Champion! 🏆
Miranda also placed 3rd on Bars, 2nd on Beam
and 2nd on Floor

The girls were able to enjoy the sunny warm weather of the Gold Coast in their squads, with beach trips and team days to the theme parks! Well done on your spectacular efforts during this year's NCC girls! 🙌🙌🙌



ALP News cont...

With numerous competitions under their belts, the ALP 3 - 7 cohort shone at Metro West Regional Qualifiers, qualifying teams across all levels and divisions for the 2025 Junior Victorian Championships.

This year saw the return of the **State Netball Hockey Centre (SNHC)** as our pinnacle event venue - *a true classic for all those that have competed there in the former years (many of our young gymnasts turned coaches would remember!)*

We had teams entered in at:

Level 3 Division 2

Level 4 Division 1 & Division 2

Level 5 Division 1 & Division 2 (+ Div 3 Ind)

Level 7 Division 1 & Division 2

Notable Achievements:

ALP 3 Division 2 - Team Champions
(Team Yellow)

ALP 4 Division 1 - 1st Tied on Floor

ALP 4 Division 2 - Team Champions

ALP 5 Division 1 (Over.)

Sasindee Sunnadeniya

3rd Tied on Vault, 2nd AA and Bars Champion

ALP 5 Division 1 (Under)

Natasha Knuvers

3rd on Vault, 2nd Tied on Floor

ALP 5 Division 2 - Champion Team

Annabel Sands - Beam Champion, 2nd AA

Camilla Truda - 3rd AA

Estelle Graziani - Bars Champion

Mila Rakuscek - 2nd on Vault

Hazel Allen - 2nd on Bars

ALP 7 Division 1

Harper Hurst - 3rd Tied on Vault, 3rd AA

Maggie Innes - Beam Champion

Elisha Spiteri - Vault Champion, 3rd on Bars, 3rd on Beam, 2nd on Floor, AA State Champion



Notable Achievements:

Gymstar 5

Angelica - 4th Vault

Scarlett - 3rd Beam

Layla - 6th Floor

Mahlia - 2nd Rings

Team AA - 3rd Overall

Gymstar 6

Ruby - 1st Vault, 3rd Bars, 2nd Beam,
2nd P Bars, 2nd Rings, AA Champion

Ava - 1st on P Bars, 2nd Vault, 3rd Tied AA

Anjili - 1st Bars, 1st Beam, 3rd Vault,
3rd Tied AA

Sienna - 4th Floor, 6th AA

Charlotte & Elyan - 6th Tied Vault

Allegra - 1st Rings

Claudia - 4th Beam, *Spirit Award* for Floor
Artistry

Team AA - 1st, 3rd and 4th Overall

Gymstar 7

Montana - 6th on Vault & Beam

Team AA - 6th Overall

Gymstar 9

Ainslee - 6th P Bars, 4th Floor

Eleanor - 4th Beam

Clara - 3rd Vault

Ashley - 4th Bars

Team AA - 3rd Overall

Gymstar News

The Gymstar cohort have just competed at their first ever major event - *Gymnastics Victoria's 2025 GFA Carnival 'Gymstar Extravaganza'*.

This was the first year Gymnastics Victoria have included Gymstar into their *GFA Carnival*. The event was met with much excitement from the gymstar community, with many athletes from numerous clubs participating in the extravaganza.

The competition was held at the **State Netball & Hockey Centre (SNHC)** across the weekend of the 8th and 9th of November.

We had gymnasts competing at:

Gymstar 5

Gymstar 6

Gymstar 7

Gymstar 9



Recreational & Tumble Time News

Tumble Time & Recreational Classes

We are cartwheeling through to the end of the year! As such our Recreational students are completing testing where required in preparations for level/class allocation's for 2026.

Please keep an eye out for announcements via email from our portal system - it will provide you the allocated class for your son/daughter with 2026's enrolment process

Display Day!

With it being mere weeks until the end of Term 4... this means Display Day practice has commenced! It will be a 'Dance Party' - the theme chosen for this years display.

Gymnasts have been placed into allocated sessions (*schedule provided via email or Whatsapp*). Please know this is done with consideration of our maximum seating space based on the numbers of gymnasts attending - *Max. 2 parents per gymnast*. Ensure you have booked your tickets to secure your seat for your child's session!



***** Display Day: Please note: *****

All Tumble Time and Recreational gymnasts and families must stay and attend the entire duration of the session they are allocated to. The ALP and Gymstar programs work hard on putting their best display forward to the rest of the club, with movement of families coming or going disrupts the flow of the display and the focus on the centre floor.





Meet the Coach

Meet Marni!

Marni has been a gymnast at Niddrie since 2014. She started her gymnastics at Sunbury Gymnastics College.

She has trained and competed up to ALP Level 9, with coaching from Tayla, Danielle and Christie.

“As a coach, I really enjoy being able to pass my knowledge of gymnastics down to the athletes I coach. This includes the rec kids learning their foundational skills and having fun, all the way up to the senior gymstar squad with the skills I used to do in training”.

Key Dates

Last Day of Term 4 for 2025

Friday 12th December*

**Senior ALP Coaching Team to confirm
Holiday Training hours post-date**

🏸️👧🏸️👧 **Display Day** 🏸️👧🏸️👧

(refer to Session Schedule for allocation)

Saturday 13th December

Sunday 14th December

First Day of Term 1 for 2026

Tuesday 27th January

**Senior ALP to confirm Holiday Training
hours for early January**

Display Day

Display is fast approaching for all our programs!

Display sessions will be occurring throughout the day on Saturday 13th and Sunday 14th of December.

Please carefully read through the **Display Schedule and Costume Information Lists** for clarification on your child's allocated session and costume requirements for that group - these will have been emailed by Donna.

Please ensure you turn up to your allocated session. Sessions are catered for the amount of parents we can fit into the seating area. If numbers were to blow out into another session, it means plenty of family members will miss out on already allocated seating they have purchased.

Awards Day

Date: Sunday 23rd of November

Where: Grand Star Receptions, Altona

Who: ALP & Gymstar families

Our 2025 Awards Day is almost here!

We will soon find out who our nominees and winners from each level/squad will be for our:

Coach's Award's

Club Champion

Gymnast of the Year

& other special accolades



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