

16th July, 2020

Dear MLC Aquatic swimming families,



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I hope this letter finds you and your family safe and well. Following previous correspondence advising the postponement of all face to face swim training at MLC as at Wednesday, July 8th we are now able to advise you that dryland on-line programs will re-commence on Monday, July 20th for the duration of the lockdown.

After receiving feedback and reviewing the last round of program delivery we have made some changes to the program ie: no skipping, am sessions, not training in the dark etc.

Whilst acknowledging, nothing can replicate training together staff are looking forward to "coaching" swimmers over the next lockdown period. We continue to be impressed with our swimmer's commitment, tenacity and positive approach to training and hope that this next period will provide an opportunity to build on these attributes.

The College Management Team has advised that all on-line programs will be delivered free of charge to both MLC and Non-MLC participants.

MLC Aquatic have a group of eight athletes in the National Performance squad coached by Nick Veliades – Head Swimming Coach who are part of the National Flippers program. Swimmers in this program have been granted an exemption to continue swim training by the Victorian Government through Swimming Australia and Swimming Victoria. MSAC and MLC have been nominated as training HUB's during the lockdown period. As of July 20th these eight swimmers will train at MLC (no other swimmers including other National Flipper athletes will be on campus).

In addition to programs delivered by MLC Swimming staff, all MLC students can access an online weekly program conducted by MLC PE and Sport staff. I have attached the timetable – if you wish to join in sign up go to myMLC group Term 3 Online Fitness.

Finally, thank you for your support of Sport at MLC and your understanding during these challenging times.

Yours sincerely

Michael Jenkins
Director of Sport

Carol Osborn
Aquatics Program Manager