


隊伍名稱	Gymnastic team
	
執行教練	HO, TSAI-JUNG
簡介	<p>Women gymnastic team of MCU is composed of amateur student-athletes. Anyone who is interested in gymnastics skills, movements and postures is welcome. Our strength and endurance training sessions are held at school indoor sport field every Monday and Thursday noon;(You can change the time depending on your class) Drills, skills, and techniques will be taught in Houde Elementary School every Saturday morning. As the national-wide competition gets closer, the training load would become more intensive. We are now recruiting potential students to join our team and win the medal with us! everyone is welcome! Make fun memories !!</p>
表現	<p>Due to the epidemic, the 110-year college gymnastics championship held in Tainan was suspended.</p> <p>Two players from Ming Chuan University participated in the 111-year</p>

college gymnastics championship.

Reina Esashika in individual all-round silver medal .

Liao YiLu seventh in individual all-round.

Reina Esashika took gold in the vault individually of the general women group.

In the three events of "balance beam", "floor exercises" and "uneven bars" she took 3 silver medals. Total she took 5 medals for our school.