

## EDGBARROW TRAMPOLINE CLUB APRIL NEWSLETTER 2013

Dear Club Member,

<b>Sat-Mon April 6<sup>th</sup>-8<sup>th</sup></b>	- ATP+ Fitness camp
<b>Sat/Sun April 13<sup>th</sup>/14<sup>th</sup></b>	- Cardiff Gala
<b>Monday April 15<sup>th</sup></b>	- Training returns to normal after the Easter break
<b>Sat April 20<sup>th</sup></b>	- ATP+ retesting session
<b>Sunday April 21<sup>st</sup></b>	- Regional Assessments, Abingdon
<b>Sat/Sun April 20<sup>th</sup>/21<sup>st</sup></b>	- Junior GB Squad, Lilleshall
<b>Saturday April 27<sup>th</sup></b>	- ATP session - 2.00-4.00pm
<b>Sunday May 5<sup>th</sup></b>	- '1 <sup>st</sup> 100' Competition - 10.00-2.00pm
<b>Sat/Sun May 11<sup>th</sup>/12<sup>th</sup></b>	- SW Gala 2 - Bath
<b>Saturday May 25<sup>th</sup></b>	- ATP session - 2.00-4.00pm
<b>Sunday May 26<sup>th</sup></b>	- Regional Assessment, Alton

**CONGRATULATIONS** to everyone who competed in the Hull gala in March. We put our tally of National qualifiers up to 50 at this event. **Mega-congratulations** to all medal winners – TRI FIG – Kameron 1<sup>st</sup>, Jess 1<sup>st</sup>, Sophie L 1<sup>st</sup>, Charlotte 2<sup>nd</sup>, National 'C' – Izzy 3<sup>rd</sup>, Harry 3<sup>rd</sup> – TRS Sophie/Vicky 1<sup>st</sup>, Amy/Charlotte 2<sup>nd</sup>, Kameron/Ross 1<sup>st</sup>, Jess/Katie 1<sup>st</sup>, Kate/Sarah 2<sup>nd</sup>. DMT Emily 3<sup>rd</sup>. See website for results.

**'FIRST 100' & REGIONAL ASSESSMENTS – MAY** The next 'First 100' competition is on Sunday May 5<sup>th</sup> – see attached entry Form for the info re the 'First 100' and the Regional Assessments on May 26<sup>th</sup>. NB there is information on this regarding regional synchro. Entries are due ?? All those intending to enter the May Regional Assessments, those doing galas wishing to use the competition as preparation and those advised by their coaches, should enter.

**GOOD LUCK** to everyone competing in Cardiff on 13<sup>th</sup>/14<sup>th</sup> April. All tariff sheets must be submitted by this Wednesday. Please make sure that you comply with all competition requirements as stated in the competition information. Any tariff sheets incorrectly filled out will be returned to you unsigned.

**CONGRATULATIONS** to Rhianna whom last month received an invite to train with the GB National Youth Squad.

**SAINSBURY'S VOUCHERS (ACTIVE KIDS)** we are collecting these again so please post your vouchers into Carol's blue post box at the centre. Thank you for your generosity.

**EDGBARROW LOTTERY** – Congratulations to Tara Gartland and Andrew Davis whom last month won £50 and £25 respectively.

**WARM UP** with a view to tightening up standards you may have noticed we have become much tougher on the delivery and quality of the warm ups. We need all of our club members to become more gymnastic in their approach. We will continue with this but we are thrilled that the quality is improving daily.

**ADDITIONAL TRAINING STATION** - Thanks to everyone for making this new initiative work. Please continue to work hard with the exercises and you will soon notice a difference!

**MASSAGES** Many ATP people are not booking for massages. Please do so. This helps us assess possible injury and also you are paying for your massage!

**ATP+ PHYSICAL ASSESSMENTS** – There will be a testing session on Saturday 20<sup>th</sup> April at 1.00pm for those that missed testing due to illness/injury and a re-testing for those needing to re-take some tests. Please sign the list on the store cupboard door to show you will be attending. If anyone hasn't handed their test sheet to Jess please do so asap. Thanks.

**LOULE CUP** – Last shout for anyone wishing to enter the Loule Cup Invitational International in Portugal in September for trampolining or DMT. Please see attached invitation. Please let me know immediately if you wish to enter or you have booked flights and not yet let me know to enter you.

**FITNESS CAMP** – A small but select group of club members attended the Fitness Camp last weekend. It was a very active three days but really beneficial with a lot of running, swimming, training, conditioning and a trip to 'Go Ape'. Thanks to Jess and Hannah for running the camp and doing a great job, and well done to those who survived it!

**GOOD LUCK** to everyone competing in the Regional Assessments in Abingdon on Sunday 21<sup>st</sup> April.

**ATP PRESENTATION** – There will be an ATP presentation on April 27<sup>th</sup>. Please sign the list on the store cupboard door. The start time is 2.00pm. Please meet in the 'Time Out' Cafe at Bracknell Leisure Centre at 1.55pm.

**CHANGES TO ENTRIES** Any National competitor wishing to change their entry for the Bath gala must do so next week. Please contact Sue W.

**GET WELL SOON** to Megan who has been unwell and unable to train for weeks. Get well soon Megan, we all miss you.

**NEW RULES AT THE CENTRE** Please note that from next Monday parents/spectators must remain in reception and will not be permitted to enter the centre. The only exceptions will be for club officials and trustees. If you need to speak with a coach please ask your child to tell the coach and they will come to you. Club members should use the new toilet wherever possible accessible from the main hall. The main doors into the hall should be kept shut. This new initiative will create more conditioning area for club members. Thank you for observing the new rules.

Yours,

*Sue and the Coaches*