

## EDGBARROW TRAMPOLINE CLUB – NEWSLETTER APRIL 2015

Dear Club Member,

<b>Friday April 3<sup>rd</sup></b>	- Signed training begins – Easter holiday
<b>Saturday April 4<sup>th</sup></b>	- Last date to submit League entry form
<b>Sat/Sun April 11/12<sup>th</sup></b>	- NDP Event 1 – Coventry
<b>Monday April 20<sup>th</sup></b>	- Training returns to normal
<b>Sunday April 26<sup>th</sup></b>	- Under 15 Squad - 9.00-12.15pm (note date change from 19 <sup>th</sup> )
<b>Sat/Sun May 2<sup>nd</sup>/3<sup>rd</sup></b>	- League 1 event – Burgess Hill
<b>Sunday May 17<sup>th</sup></b>	- Under 15 Squad - 10.00am-2.00pm
<b>Sunday May 31<sup>st</sup></b>	- ‘First 100’ competition
<b>Sunday June 7<sup>th</sup></b>	- Regional Grades + Novice/synchro event

**UNDER 15 ‘A’ & ELITE SQUAD SESSION** – The next squad session is on Sunday 26<sup>th</sup> April and not on the 19<sup>th</sup> as previously published. Hannah L will contact those invited to attend.

**UNDER 15 SQUAD CRITERIA** – Please find attached the new Under 15 Squad criteria. We will continue to monitor all under 15 club members and advise when they are ready to be considered for the squads.

**EASTER HOLIDAY SIGNED TRAINING – Friday April 3<sup>rd</sup> to Sunday 19<sup>th</sup> April inclusive.** This started last Friday.

**CONGRATULATIONS** to Kate S who won in the Elite group in style at last month’s Scottish Championships.

**EDGBARROW LOTTERY** – Our lucky March winners are – 1<sup>st</sup> place, number 73 – Sue Williams who wins £50, 2<sup>nd</sup> place, number 25 – Grant Gillard and 3<sup>rd</sup> place, number 48 – Sian Wide who both win £25. Congratulations to all.

**LEAGUE ENTRY FORMS** – Anyone who believes they are ready to compete in the League should enter the events on the attached forms. Please submit them over the Easter weekend.

**CONGRATULATIONS** to Lucy who took a place last month in the Welsh Trampoline Squad Trials. Lucy is the latest in a long line of Edgbarrow Welsh Squad members.

**CONGRATULATIONS** to everyone who competed on Sunday March 22<sup>nd</sup> at the Regional assessments. **Congratulations** to Charlie, Rachel T and Rachel G who qualified at the event to compete nationally at the NDP7 level. We also had some excellent graded results too which may be found on the Edgbarrow website.

**COMPRESSION GARMENTS** – Please see below a link below for compression garments at 40% discount through BG. These are ideal recovery garments for older competitors who do leg work in the gym or heavy gym sessions. Amanda has advised that the trousers are helpful for trampolinists either to wear after training or overnight. The different items and size charts are on the website. At the moment orders can only be placed via the website using the discount code Luv2XUP1P. The link is [www.2xu.co.uk](http://www.2xu.co.uk).

**SAINSBURY’S ACTIVE KIDS VOUCHERS** – We are collecting Sainsbury’s Active Kids vouchers again up to May 5<sup>th</sup>. Please help by asking for these vouchers when in Sainsbury’s and placing them in Carol Hardman’s blue post box in reception. Thank you for your generosity.

**MILK BOTTLE TOPS** – Please look out for a silver coloured box in reception. The box is to collect milk bottle tops. Please donate your milk bottle tops, every little helps! Thank you.

**GOOD LUCK** to everyone competing in the first Spring Series event in April.

**SPRING SERIES – COVENTRY 11<sup>th</sup>/12<sup>th</sup> APRIL** - Please see attached for the Spring Series competition information. All those competing in the Spring Series event next weekend must select a day between Saturday 4<sup>th</sup> and Wednesday 8<sup>th</sup> April to show their routines in full kit during a club training session. NB No underwear may be showing when in kit. All tariff sheets must be placed under the ‘bell bed’ by Wednesday evening. All competitors must be at the competition venue an hour before their floor warm up time is due to commence. Please see your coach if you are confused.

**GOOD LUCK** to everyone competing in the first League event of the year in Burgess Hill on May 2<sup>nd</sup> and 3<sup>rd</sup>.

**‘FIRST 100’ COMPETITION – MAY 31<sup>st</sup>** – Next week you will receive your entry form for the next ‘First 100’ competition. As we have so many new club members we will be reinstating the ‘straddle routine’ for our beginners to have a go at and start on the competitive pathway. Please ask your coach if you should be entering. Anyone entering the Regional Grades the first weekend in June should take part in the ‘First 100’ too.

*Sue and the Coaches*