

EDGBARROW TRAMPOLINE CLUB NEWSLETTER APRIL 2016

Dear Club Member,

Saturday/Sunday April 2/3rd	- League Event - Eastleigh, Hampshire
Sunday April 10th	- Under 15 Squad – 9.00-2.00pm
Saturday/Sunday April 16/17th	- Spring Series 1 - Ricoh Arena – Coventry
Saturday April 23rd	- Psychology lecture/nutrition - 2-4pm
Sunday April 24th	- Welsh Squad – Midlands
Sunday May 1st	- Last day to enter the Welsh League event
Saturday/Sunday May 7/8th	- Spring Series 2 - EIS – Sheffield
Saturday May 21st	- Psychology lecture/nutrition - 2-4pm TBC
Sunday May 22nd	- ‘First 100’ Ind/synchro Competition – 9.30-2.30pm
Saturday/Sunday May 21/22nd	- Welsh Championships - Cardiff
Sunday June 5th	- Regional Novice/Synchro + Grades
Sunday June 12th	- Under 15 Squad – 9.00-2.00pm
Saturday/Sunday June 25/26th	- League Event - Cardiff

THANK YOU for being much more organised with the online signed training for this holiday. The next time you will need to sign will be for the half term holiday Saturday May 28th to Sunday June 5th. Lists to sign will be online from the beginning of May.

ACTIVE KIDS VOUCHERS – The Active Kids voucher scheme is starting again so please collect the vouchers with your shopping and put them into Carol’s blue post box in reception. Thanks.

UNDER 15 SQUAD – The next U15 squad is on Sunday April 10th. Hannah L will shortly contact the squad with details.

GOOD LUCK to everyone competing in the League event this weekend. All tariff sheets should have been submitted by now. Please note the following competition rules – anyone wearing physio tape must wear skin coloured tape in competition. Girls must wear hidden underwear under their leotards. Please arrive at the venue an hour early unless in the first groups of the day when you should arrive 25 minutes early. All competitors should do a floor warm up prior to competing.

GOOD LUCK to Amanda competing tomorrow for GB in the European Championships. Anyone wishing to watch Amanda tomorrow from 1.00pm can access the championships on <http://www.eurotra2016.com/>.

LEAGUE ENTRY FORMS – The next League event in Wales promises to be a big one and I know the entries will be restricted to 800 so we will not wait till the last day to place our entries as we normally do but will do so by May 10th. If you wish to change your Welsh entry or add to it e.g. add synchro, please change it or add to it by May 1st otherwise we will enter you as written on your form. If anyone entered via email for Eastleigh and has not yet submitted a form please fill in the League entry form and send to Sue W asap. See attached.

GOOD LUCK to everyone competing in the BG Spring Series on April 16th/17th.

CONGRATULATIONS to Kips, Caitlin M, Grace and Lara all of whom trialled in March to become members of the Welsh Trampoline Squad and gained entry. Along with Zara and Lucy who achieved automatic entry we are well represented in the Welsh Squad.

FLOOR RENOVATIONS – Thank you so much to everyone who gave up time over the Easter weekend to help renovate the trampoline centre floor. You all did a great job and we are very grateful for your help. We also did a massive ‘spring clean’ at the same time so the centre is much clearer and cleaner than previously.

NUTRITION & PSYCHOLOGY SESSION – **Saturday April 23rd** – Please sign for this session by Wednesday 20th April.

GOOD LUCK to everyone attending Welsh Squad on Sunday April 24th.

GOOD LUCK to everyone competing in the second BG Spring Series event on May 7th & 8th in Sheffield. Anyone who is not competing in the first Spring Series event but wishes to enter the second one must do a pre-competition at 11.15am on Saturday April 10th to confirm entry advisability.

‘FIRST 100’ COMPETITION – **May 22nd** – We will shortly disseminate the entry form for this event. You must enter by Tuesday May 10th.

2016 SUMMER CAMP – We will shortly be sending out the Edgbarrow Summer Camp information for this year plus news of an exciting Olympic fund raising venture in the summer holiday. The Summer Camp is a great opportunity to spend time trampolining and socialising and taking part in other related activities such as diving and DMT. We can guarantee four full days of fun.

EDGBARROW LOTTERY – Thank you to everyone who has taken numbers. The first winners of the 2016 Edgbarrow Lottery will shortly be announced.

Yours

Sue and the Coaches