

EDGBARROW TRAMPOLINE CLUB AUGUST NEWSLETTER 2014

Dear Club Member,

Mon-Wed 4th-6th August	- Training Camps for all ages including Under 8's
Wed-Fri 13th-15th August	- Training Camps for all ages including Under 8's
Tues-Fri 19th-22nd August	- 2014 Edgbarrow Summer Camp
Sat/Sun 30th/31st August	- First League Event – Cardiff
Monday 1st September	- Club training returns to normal
Saturday September 6th	- Club bar-b-que
Sunday September 7th	- Welsh Squad
Saturday September 13th	- Elite Nationals preparation event

EDGBARROW LOTTERY- Thank you to everyone for your generosity, we have sold all 90 tickets for this six months cycle and our lucky winners in July were number 29 - Kim who wins £50, number 49 – Tony who wins £25 and Liam, number 40 who also wins £25. Congratulations to all three.

CONGRATULATIONS to everyone who competed last month in the July 'First 100' competition. The results are on the website. Thank you to everyone who helped marshal, record, judge and coach at the event.

LEOTARDS & TRACKSUITS – The new order will be ready by the end of the month. We will let you know when you can collect from club. Please pay into the club bank account for your kit by the end of the month, amount to be advised by Heather. Thank you.

THE 2014 EDGBARROW SUMMER CAMP will be from 19th to 22nd August inclusive. The Camp is full but we have extended it and can take three more applications. All levels are welcome. See attached form.

CHANGES FOR SEPTEMBER - Your new training times, days and costs will be sent out next week. Your contract is binding but if you have any changes to details (email address, phone number etc) please inform us on your Membership Update form which must be returned by all by Wednesday 27th August. For most of you there will be no changes but we have created a Tuesday and a Thursday 3.45pm session to develop the Under 15 squad competitors and will now be running two early 7.00am sessions each week and selected under 15's will be asked to attend one of these per week during term time only.

TRAINING FEE COSTS – Please note that all fees will rise by £2.00 per month from September. This modest increase is the first in two years and is necessary to fund an essential wage rise for our coaches. We remain a charity and non profit making organisation. University student rates will be capped at the price of Level 3. The increase from Level 2 reflects additional time we will be putting into post session conditioning on daytime sessions.

CONDITIONING – From September conditioning will be voluntary for everyone except *all NDP8* and *Elite trampolinists, all Under 15 squad members* and anyone whose coach requires them to take part. This is an attempt to rationalise the service as we have many children attending conditioning who are not fully engaging and are making the sessions hard for the coach and the group. We want only those really wanting to take part to do so and hope this new ruling may help improve enjoyment and productivity in the sessions. If your child is not in the groups listed above please ask them if they wish to take part in the conditioning sessions and advise Heather accordingly.

SUMMER SESSIONS – Training Camps – We are offering additional summer holiday sessions for beginners and intermediate trampolinists including Under 8's. Please contact edgbarrowsummersessions@gmail.com for further information, or access our website www.edgbarrow.co.uk for full details. There are some spaces left so please don't delay in applying.

TRACKS 2000 LEAGUE EVENTS – Those who have entered the League event in Cardiff will shortly receive the timetable and details.

ALGARVE CAMP – This year 27 Edgbarrow trampolinists and 6 coaches attended the annual Algarve Camp. We had an incredible time and the group were a credit to the club in their work ethic, sociability and behaviour and we are very proud of them all. We will shortly be putting out information for next year's camp. The camp is a great mix of training and holiday in one of Europe's most lovely holiday resorts. Anyone aged 10 and over in 2015 may apply and must be a minimum of Regional E or League 3 level.

EDGBARROW CLUB BAR-B-QUE – The annual Club Bar-b-que will be at the Abrahams home on Saturday September 6th from 3.00pm. The bar-b-que is free to all club members and their families. All you need do is bring the food you want to eat, your own drink and a communal offering. Jackie will contact you the week before the event and allocate you something to bring for all. A list will go up in reception on the blue board for you to sign next week to say you wish to attend and how many of you. This is a great way to meet other club members so we hope you choose to attend.

ETC MEMBERS ATTENDING UNIVERSITY from September/October are required to resign from club and ask to be reinstated as a student member. Please note that the normal two months written notice is mandatory so until your give notice you will be obligated to pay the standard club rates. Please email Heather and copy me and your coach in if you have not already done so. Thank you.

MONDAY SEPTEMBER 1st – Club returns to normal training hours on Monday September 1st.

ATP MEMBERS & UNDER 15 A SQUAD MEMBERS We will shortly be disseminating a series of dates for sports psychology sessions over the next few months. For non ATP members the cost will be £3.00 per session. For ATP members the cost is included in your ATP fee.

CARPET CLEANING – Can anyone advise, help or loan equipment for us to do a deep clean of the conditioning carpet at the centre please within the next couple of months? Thank you.

Yours,

Sue and the Coaches