

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER AUGUST 2015

Dear Club Member,

Saturday July 18th	- Summer Training Schedule begins
Sunday July 19th	- Under 15 Squad – 9.00-1.00pm
Mon-Wed Aug 10-12th	- Additional Summer training opportunities
Tues-Thurs Aug 18-20th	- Additional Summer training opportunities
Mon-Thurs Aug 24-27th	- Summer Camp (full)
Tuesday September 1st	- Summer training schedule ends
Sat/Sun September 5th/6th	- League Event 3 - Cardiff
Fri-Sun Sept 11th-13th	- British Championships – Liverpool
Sunday September 27th	- 'First 100' competition – 9.30-2.30pm

WELCOME – Welcome to our new members a few of whom have joined us very recently.

CONGRATULATIONS to everyone who competed in the NDP finals this month in Telford. Results are attached.

UNDER 15 SQUAD SESSION – **Sunday July 19th** – Well done to everyone who took part. Our goal was to have all eight trampolinists achieve a half out in the pit and they all did.

GOOD LUCK to Amanda who is competing for GB in the Canada Cup international on the 25th/26th July.

EDGBARROW LOTTERY – HELP REQUIRED – Alex has run our lottery for 3.5 years and is retiring from running the next cycle. In the last year he has been ably assisted by Alison. We would like to continue this fund raising venture so if you think you can spare the time to help run the lottery please contact me asap and we can get the wheel rolling. **Many thanks** to Alex for doing such a good job for us and in raising over £1,600.00 for club during this time. Thanks too to Alison for all of her help also this last year.

HOLIDAY TRAINING SCHEDULE – The holiday training schedule started on Saturday July 18th and will finish on Monday 31st August. Please see the attached holiday training schedule. You may not have your normal coach during the six week holiday period.

ALGARVE CAMP – Good luck to everyone attending the Algarve Training camp from July 28th. Work hard and have fun.

SUMMER CAMP & ADDITIONAL SUMMER TRAINING OPPORTUNITIES – Summer Camp is now full but we still have a few spaces left on the Summer Sessions. Please see attached information.

ATP – Additional Trampoline Programme – ATP is changing significantly from September 2015. The main change is that accessing sports rehabilitation/massage will no longer be a part of the programme. Your standard fees include your training sessions and two conditioning sessions. Membership to the programme will give you conditioning with all of your sessions, super-conditioning (by invite only), additional rig and pit sessions, squads and additional training sessions plus bi monthly psychology and nutrition talks, You will shortly receive updated information about the new service from Heather.

STUDENTS – Anyone intending to attend university this autumn must let Heather know immediately to be reinstated on a student contract. All students should see me regarding daytime training from September.

CARDIFF LEAGUE EVENT – Anyone intending to compete in this event on September 5th/6th must confirm their entry with Sue W by August 12th. Please see your coach to discuss.

'PHIL THE BAG' – The long awaited 'Phil the Bag' will be on October 23rd. Please bring in your donations to reception from September (clothes, pillow cases, duvet covers, bags, belts, handbags, curtains and towels). Please bag them up in strong black sacks and tie. The company do not provide the bags now. They will *not* accept blankets, bric a brac, duvets, pillows, rugs, carpet, canvas, wet items or stained or ripped clothes.

MILK BOTTLE LIDS – Thank you for bringing these in and please continue to do so but please only bring in milk lids and not those from other drinks as we have to sort them out. Thank you.

CLUB AGM – The club AGM is on Tuesday September 8th at 8.00pm. If you wish to attend please let me know and I'll give you the venue address.

CLUB BAR B QUE – The annual club bar b que will be on Saturday September 19th hosted by the Abrahams. More information will be posted in August and a list will be placed on the board in reception for you to sign if you wish to attend. The bar b que is free, you just need to bring the food you wish to cook and an appointed communal contribution eg bread, salad etc. It is a great way to meet other club members so we hope many of you will come.

TRACKSUITS – Please find attached a list of tracksuits (new) we have in stock to buy. Please let me know if you wish to reserve an item. Those who recently ordered may collect their tracksuits from me after August 14th.

'FIRST 100' COMPETITION – **Sunday September 27th** – The information for this event will be posted shortly. All beginners, regional competitors should enter. Other higher level competitors may enter in order to practice new routines or moves in a routine.

CHANGE TO TRAINING TIME – From September the 8.30am trampoline group will floor warm up from 8.15am.

SEPTEMBER – You will shortly receive your training information for September from Heather. Fees have not been increased and we have worked hard to facilitate the changes you have requested but it hasn't been possible in all cases, apologies.

WELCOME BACK to coaching to Heather who will be rejoining our coaching team from September. Great to have you back Heather.

SAD NEWS – Last week after a moving farewell ceremony Jess retired after 15 years with Edgbarrow. Initially Jess was a club member training four times a week but travelling 2.5 hours both ways to access training from her home in the West Country. Latterly Jess became a coach too for the club starting a group of little competitors (not so little now) and developed them to national level. This group presented Jess with a beautiful picture as a memento. Jess is testimony to the fact that sheer hard work, determination and passion for the sport reaps results. Jess worked hard all of her career and aged 23 became an England international. She then had a serious knee injury requiring major reconstructive surgery and rehabilitation but came back in 2012 to a final great season winning her first ever individual national title in the 19+ Ladies at the grand old age of 26. Jess then retired from training to concentrate on her teaching career. Thank you Jess for everything you've done for Edgbarrow as a coach and competitor. You have always been an ambassador for our sport and we are so proud of your achievements, but mostly just proud of you. We will all miss you. Farewell too to Grace who has retired after a great career, also a national competitor and England international. We will miss you too Grace.

We hope you all have a great summer break.

Sue and the Coaches