

EDGBARROW TRAMPOLINE CLUB NEWSLETTER – DECEMBER 2014

Dear Club Member,

Sat/Sun Dec 6th/7th	- Tracks 2000 League Final, Cambridge – changes to training
Saturday December 13th	- Last day to sign for Christmas Holiday training
Saturday December 13th	- Club Championships/Barn Dance
Friday December 19th	- Signed training commences
Sunday December 21st	- Under 15 'A' / Elite Squad session
Thurs-Sat December 25th-27th	- Trampoline Centre Closed for Christmas break
Monday January 5th	- Training returns to normal
Thursday January 8th	- Regional Entries due (see attached entry form)
Sunday February 1st	- Regional Grading Event – G to D – Farnborough Leisure Centre (TBC)

CONGRATULATIONS to everyone who trained in the Under 15 Squad last month and **thanks** to Hannah L with Hannah B for organising and running the session.

CHANGES TO TRAINING – Saturday December 6th – Most of our coaches will be attending the National League Finals on Saturday December 6th, so there are changes to training times. NB The 8.25am session will run as normal and all 11.15am trampolinists should join in on this session. The 9.45am session will run as normal and all 12.45pm trampolinists should join this session. The 11.15am and 12.45pm sessions are cancelled. Apologies for any inconvenience caused.

TRACKS 2000 FINALS – CONGRATULATIONS to everyone who has qualified for the League Finals and **GOOD LUCK** to everyone competing in Cambridge on 6th/7th December.

THANKS – To Emily M for preparing and leading the recent well attended psychology sessions.

UNDER 15 'A' & ELITE SQUAD SESSION – Sunday December 21st – There is a special squad session on Sunday December 21st from 9.00am to 1.00pm for invited trampolinists. The 2004 Olympian Kirsten Lawton will be attending to be a coach the squad and answer any questions. Hannah L will contact you all with details. As this is an extended session, for those on ATP or training five times a week there will be a £5.00 charge. For all others the cost will be £10.00 in cash payable on the day.

CLUB CHAMPIONSHIPS & BARN DANCE – *The entry has now closed and the timetable will be sent out later this week. On the evening of December 13th we will be holding a Barn Dance back at our old training venue Edgbarrow Sports Centre to celebrate our 30 year anniversary as one of Britain's top clubs. This is a great family evening for all. Tickets are available now from club - £20.00 for a family ticket for up to five family members or friends. Individual tickets are £6.00. There is a licensed bar and the evening will include the Annual Club Presentations. The Barn Dance is not just for club members, your friends who are non club members are welcome too.*

ANNUAL RAFFLE, TOMBOLA AND HAMPERS – *Every year we run a raffle plus a hamper raffle and tombola. Please donate unwanted food and bottles of drink and food plus cans and other non-perishable foods to help make up the hampers and for the tombola. Please also donate any unwanted gifts for the raffle. Please bring any donations into the centre and leave in the store cupboard.*

CAKES – *We would really appreciate any bakers of cakes to bring them in for sale on either Friday 12th December or early Saturday morning so we can sell them at the Club Championships. If like me you are a dreadful cook, bought cakes are just as welcome!*

CLUB HOODIES, T-SHIRTS, BAGS etc – *Donna will be present at the Club Championships with stock of club kit for you to buy and order forms. If you order on the day she will get your goods to you by Christmas.*

Thank you for your generosity

SIGNED TRAINING FOR CHRISTMAS HOLIDAYS – The last day to sign for Christmas training has been extended to Saturday December 13th when the lists will be removed from the board. Please check the definitive list carefully for changes to times when it is circulated early in the week commencing December 15th.

REGIONAL GRADED EVENT – Sunday February 1st – The first graded event of 2015 is on February 1st for grades G to D at Farnborough Leisure Centre (TBC). Please find attached the entry form. You must enter by January 8th with your coach's consent. As we haven't time to run a 'First 100' prior to the event, please use the Club Championships to try out any new routine you may wish to use on February 1st.

EDGBARROW LOTTERY - Congratulations to our November lottery winners – the £50 prize goes to Brian Dowdeswell number 36. The two £25 prizes were won by Charlotte Thomas number 44 and Jess Pleasant number 51. The final draw of this six month lottery cycle takes place at the end of December, **good luck** to all. We hope to continue with the lottery in 2015 so please confirm with Alex that you wish to retain your numbers for the next cycle and he will reserve them for you. (Alex Small – etc200club@hotmail.co.uk).

FINALLY – Thanks to everyone for helping to make 2014 such a good year for club, with a special mention to our coaches who have had a very tough job adjusting to the biggest change in trampoline competition history. We were completely unknowing of the effects of the new system and our coaches did a great job in determining what levels and which system your children should be entered into with a view to minimising stress, and their subsequent preparation for events for our club members whether NDP, League, Regional or 'First 100' has been second to none. Thanks to you all for doing such a great job.

MERRY CHRISTMAS & A HAPPY NEW YEAR TO ALL

Sue and the Coaches