

## EDGBARROW TRAMPOLINE CLUB NEWSLETTER – FEBRUARY 2015

Dear Club Member,

- Sunday February 1<sup>st</sup>** - Regional Grading Event – G to D & NDP6 – Farnborough Leisure Centre
- Friday February 6<sup>th</sup>** - You must sign for Half Term training by this date
- Saturday February 7<sup>th</sup>** - Last day to apply for entry to Scabalis Cup International – Invite only
- Friday February 13<sup>th</sup>** - Last day to enter the March 1<sup>st</sup> 'First 100' Competition & Regional Grades
- Sat-Sun Feb 14<sup>th</sup>-22<sup>nd</sup>** - Half term signed training
- Sunday February 15<sup>th</sup>** - U15 'A' Squad session 9.30-12.00pm
- Sunday March 1<sup>st</sup>** - 'First 100' competition – Trampoline Centre
- Sunday March 22<sup>nd</sup>** - Regional Grading Event - Milton Keynes

**DONATION TO THE AIR AMBULANCE CHARITY** – Thank you to everyone who donated to the Air Ambulance charity last December. Jackie recently gave a cheque to the charity for nearly £200.

**UNDER 15 'A' & ELITE SQUAD SESSION** – **Sunday February 15<sup>th</sup>** – 9.30-12.00pm. Hannah L will shortly contact you regarding the squad session. The session is free to ATP members or those who train five times a week. The cost to everyone else is £5.00 to be paid in cash on the day.

**HALF TERM SIGNED TRAINING** – **Saturday 14<sup>th</sup> to Sunday 22<sup>nd</sup> February**. Because this is a very short half term you will need to sign for February half term training by **Friday February 7<sup>th</sup>**. The lists are on the red board in reception. New members please take careful note – we train through all holiday periods but you must sign the list to let us know which of your sessions you will be attending. If you fail to sign you will not be permitted to train. Each training day and session is listed so the process is self explanatory once you look at the lists. Please ask your coach or me if you need any help with signed training.

**REGIONAL GRADED EVENT** – **Sunday February 1<sup>st</sup>** – Farnborough – It was a great day for Edgbarrow at the Regional grading event last weekend. Our results were second to none and Edgbarrow were complimented by several other clubs on our good form which was great to hear. We haven't got the results yet but as soon as we do we will post them on the website. **CONGRATULATIONS** to everyone who competed, we are very proud of your performances.

**EDGBARROW LOTTERY** - The January draw took place on Friday 30<sup>th</sup>. The lucky winners were - £50 – Karen Venning with ticket No 53. Karen also was drawn out to win the second prize of £25 with ticket No 70. Sam Small won the 3<sup>rd</sup> prize – also £25 with ticket No 10. Congratulations Karen and Sam. In the end 75 tickets were sold which will raise £300 for club funds. Thank you for your support. A list of the numbers and their owners is available on request from Alex.

**UNIFORM – LEOTARDS & TRACKSUITS** – Anyone wishing to buy the blue Female training leotard should access the Elite International website and click on Gym Link. Look for Edgbarrow and enter the Edgbarrow code EDG12 when ordering your leotard. This will be a direct transaction between you and Elite. If you need a new leotard for League or NDP7+ competitions please sign the list in reception by **February 28<sup>th</sup>**. The lists will be on the board by Saturday 7<sup>th</sup> February. NB we need a minimum order of six female leotards. If a male trampolinist needs either a regional, League or NDP7+ leotard please sign the same list. These leotards are made by Milano so please access their website to check for sizes. If anyone wishes to order a tracksuit, this list is also in reception and orders must be placed by February 28<sup>th</sup> also. You may order tops and trousers separately so if anyone needs a new top or bottoms you can order these independently. If you require an extra 2" on the leg length please tick the box. To check sizes please access the 'A' STAR website.

**SCABALIS CUP INTERNATIONAL – PORTUGAL** – Our current NDP competitors plus the Under 15 A Squad have been issued invites to attend an invitational international in Portugal at the beginning of July. Hannah **MUST** have expressions of interest by Saturday **February 7<sup>th</sup>**. Any Under 15 Squad member or non NDP club member invited may be required to enter the NDP system on March 22<sup>nd</sup>. If you are in this category you will be fully advised. This is because BG has changed the system for clubs competing abroad. We will not accept late application but please note you can withdraw if necessary from entry up to the first payments which will be in a couple of months. Please ask Hannah or me for more details.

**'FIRST 100' & REGIONAL GRADE INFORMATION** – Please place your entries on the attached form by **February 13<sup>th</sup>**.

**COMPETITIONS ENTERED BY EDGBARROW** - For those that are confused, we have two competition structures running in tandem at the Regional events. The Graded system is our system of choice as a club ie Grades G to D. All new members will start competing in the 'First 100' competitions at club and the Regional Grades G to D. The NDP system we only enter competitors in wishing to access BG National NDP 7+ competition which is a very high level of competition. We will advise you when you are ready for this system. Anyone able to do a Regional D routine is eligible to compete in the League without any form of pre-qualification.

**LEAGUE & NDP ENTRY FORMS** – Anyone who believes they are ready for League or NDP 7+ should enter the events on the attached forms. If in doubt please ask your coach.

**UPDATE ON LIAM** – Liam is finally able to place weight on his foot gradually increasing the pressure over a few weeks. He has much more flexibility in his ankle now and has started physiotherapy to help his recovery. Great news Liam!

**OTHER INJURY NEWS** – As many of you know Holly broke her arm last month requiring an operation. Holly is well on the way to recovery and is back in at club doing conditioning and raring to return. Sadly Abby broke her wrist at the Regional competition. Get fit soon Holly and Abby. Trampolining like all sports does carry risk. As a club we work to minimise this risk and adhere to very strict safety procedures. We do seem to have had a spate of injuries lately but we also go for years at a time with no one hurting themselves outside of the usual aches and sprains. We want to assure you of our continued commitment to provide as safe an environment as possible for you/your child.

**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.

**'PHIL THE BAG'** – We will shortly be asking you to donate to our annual 'Phil the Bag' collection, so please keep any old clothes, bedding, shoes etc in anticipation of our collection. We will shortly release a date. Thanks.

*Sue and the Coaches*