

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER FEBRUARY 2016

Dear Club Member,

- Saturday February 6th** - Regional Event – DMT/half term signed training lists close
- Sunday February 7th** - BG Performance Pathway
- Saturday February 13th** - Psychology lecture/nutrition 2-4pm/Half term signed training begins
- Sunday February 21st** - Regional Grades – Trampoline - Milton Keynes
- Monday February 22nd** - Easter Holiday online signed training lists will open
- Saturday February 27th** - Regional Test Event DMT/European TRI & DMT trials
- Sunday February 28th** - Under 15 Squad – 9.00-2.00pm - BTC
- Wednesday March 9th** - Last day to enter the first League & BG Spring Series events
- Sunday March 13th** - Welsh Trials - Midlands
- Saturday March 19th** - Psychology/nutrition session/last day to sign for Easter holiday training
- Fri-Mon March 25th to April 10th** - Easter Holiday – signed training
- Sunday March 27th** - Changes to training – See below
- Saturday/Sunday April 2/3rd** - League Event - Eastleigh, Hampshire

ONLINE HALF TERM TRAINING LISTS – Everyone who wishes to train over the February half term from Saturday February 13th to Sunday February 21st has until midnight on **Saturday February 6th** to sign. All new members to club will need to sign up too. Please ask your coach for help and access our website www.edgbarrow.co.uk, look for 'Latest News' and click on 'February Half Term Signed Training'. Please read the notes at the top of the signing page. Those who fail to sign will be unable to train at half term.

CONGRATULATIONS to Charlotte V who has been invited to join the BG Performance Pathway on Sunday. Have fun Charlotte.

EASTER HOLIDAY ONLINE SIGNED TRAINING – The lists to sign for the Easter Holiday will be opened on February 22nd. You then have four weeks to sign. Please note that due to floor renovations over Easter the centre will be closed for two days. No one will miss training as training for the closure days will be rescheduled. Please read the notes carefully when the lists are posted.

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 – Well done to everyone on working so hard to achieve the targets set and on a very good squad last month. The next one is on Sunday February 28th. Hannah will contact all those to be invited shortly.

'FIRST 100' COMPETITION + JANUARY REGIONAL GRADES COMPETITION – Congratulations to everyone who took part in both or one of the recent competitions. Our regional results were excellent and the hard work and preparation put in by both coaches and competitors was evident. Thanks to everyone who officiated at both events.

GOOD LUCK to everyone competing in Milton Keynes at the Regional Grades on February 21st.

ATP PSYCHOLOGY/NUTRITION LECTURES – The next session will be on Saturday February 13th. Those that sign up will be sent the venue address. The lectures are free for ATP members and cost £5.00 for others. Please sign by Thursday 11th February. (Those who sign should be a minimum of 10years old).

GOOD LUCK to Amanda (TRI), Caitlin T and Emily D (DMT) all of whom are trialling for a GB team place for the forthcoming European Championships.

COMPETITION LISTS FOR 2016 – The list was sent to everyone last month and placed in the blue competition folder at the centre. Please ask your coach for clarification if you need help.

CHANGES TO THE DATES LIST – Please note that there is no Regional event on Sunday 13th March as listed and the 'First 100' competition scheduled for October 2nd is now cancelled. We will shortly organise another date for it.

LEAGUE ENTRY FORMS – You will shortly receive an entry form for the League events. Please complete your form and return by the date indicated on the form. If you later change your plans to enter an event providing you withdraw from the event in writing to Sue W and me one month before the competition date you will not be charged entry. If you fail to withdraw as written, Sue W will enter you as you requested on the form and you will be required to pay entry.

BG SPRING SERIES EVENTS – Those attending NDP8 and the ELITE Spring Series events you will be contacted directly regarding entry to the events. Please note the timeline you were sent and enter the first League event in Eastleigh as preparation for your Spring Series events. BG has changed the closing date for the second Spring Series event so the timeline has been adjusted. Please see V3 of the timeline attached. The paragraph in italics gives the recent change.

HAPPY NEWS – Love was definitely in the air over Christmas when Kim, Fran and Sian all became engaged to their respective partners! Congratulations to all.

Yours,

Sue and the Coaches