

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER JANUARY 2016

Dear Club Member,

Monday January 4th	- Club returns to normal training sessions
Thursday January 6th	- Last day to enter the Regional Graded event on January 31 st
Saturday January 9th	- Regional event DMT/half term signed training lists open
Sunday January 10th	- Under 15 Squad training – 9.00-12.00pm
Sunday January 24th	- ‘First 100’ Competition – 9-2pm
Saturday January 30th	- Coaches meeting and meal
Sunday January 31st	- Regional Grades – Isle of Wight
Saturday February 6th	- Regional Event – DMT/half term signed training lists close
Saturday February 13th	- Psychology lecture/nutrition 2-4pm/Half term signed training begins
Sunday February 21st	- Regional Grades – Trampoline - Milton Keynes
Saturday February 27th	- Regional Test Event DMT

HAPPY NEW YEAR and welcome back from the Christmas break. We hope you all had a lovely time and thank you all so much for the lovely cards and gifts the coaches received.

ONLINE HALF TERM TRAINING LISTS – Everyone who wishes to train over the February half term - 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’. The list will be on the website by Saturday 9th January. Please read the notes at the top of the signing page. Those who fail to sign will be unable to train at half term.

UNDER 15 SQUAD – The next Under 15 Squad is on Sunday January 10th from 9.00am to 12.00pm. **Good luck** to everyone being tested on their target moves.

‘FIRST 100’ COMPETITION + REGIONAL GRADES COMPETITION ENTRY FORM – Please find attached the entry form for the next ‘First 100’ event on January 24th and the Regional Grades on January 31st. Everyone competing in the Grades should use the ‘First 100’ event as a pre-competition. Entries are due by **Thursday 6th January**.

ATP PSYCHOLOGY/NUTRITION LECTURES – The first of the series of six double sessions for late 2015 and 2016 took place on Saturday December 19th. Well done to everyone who attended and proved to be a very proactive and interesting group. 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).

WINNINGS – Anyone who has won League or other international event money this year is required to give 10% of their winnings to club. Please place in a named envelope and put into Heather’s post box asap. Thanks to those who have already observed this requirement.

CLUB CHAMPIONSHIPS – Saturday December 12th – Thanks to everyone who worked so hard to make the Club Championships a success and well done to everyone who competed particularly those who competed with new moves or routines.

FUND RAISING – Our annual hampers, raffle and cake sale raised £345.00 for club and £114.57 for the Air Ambulance Charity. Thanks to everyone for your generosity.

BARN DANCE – Thank you to everyone who supported the Barn Dance on December 12th. A good time was had by all and we witnessed some very creative dancing!

CLEAR UP DAY – Thank you to everyone who turned up on December 30th to help with the clear up day. We were overwhelmed by the numbers who turned up and really appreciated your help.

GOOD LUCK to everyone competing in the ‘First 100’ event on the 24th January and the Regional Grades on the 31st.

COMPETITION LISTS FOR 2016 – The coaches are currently compiling the list for 2016 which will be posted next week. The list will tell you what level you/your child is expected to achieve during the year and whether you will be entering the League and/or British Gymnastic events. Please ask your coach for clarification if you need help.

COACHING NEWS – As many of you know Liam had a serious injury in 2014 which sadly ended his trampolining career which included both junior and senior GB representation. During Liam’s training he coached for club and during a long recovery period has taken time to consider his future. Liam has now decided to pursue a PhD in cancer research starting next week at Bath University. We are really pleased for Liam but shall miss him coaching during the week. He will continue with his Saturday session. Thanks Liam for all of your hard work and good luck in your new venture. We also are very happy to welcome Pernille to our coaching team who will in the main take on Liam’s groups.

Yours,

Sue and the Coaches