

EDGBARROW TRAMPOLINE CLUB JUNE NEWSLETTER 2013

Dear Club Member,

Sat/Sun June 1st/2nd

Sunday June 9th

Saturday June 8th

Sunday June 16th

Friday June 28th

Saturday June 29th

Fri-Sun July 5th/6th/7th

Monday July 22nd

- Northern Gala - South Shields
- Nationals Preparation Event 1
- ATP session - 2.00-4.00pm – Bracknell Leisure Centre
- Regional Squad – Trampoline Centre
- Last date to sign for training over the Nationals weekend (5th & 6th July)
- Pre National Preparation Event 2 - 2.00-7.30pm – Trampoline Centre – Club AGM
- **British National Finals**
- Summer training schedule commences

CONGRATULATIONS to everyone who competed in the Bath gala in May. **Mega-congrats** our medal winners in Bath – **TRI FIG** - Liam 3rd, Amanda 2nd, Grace 1st, Zara 2nd, Rhianna 1st, Emily D 3rd, Kameron 1st. **TRI National C** – Ellen 2nd. **SYNCHRO** – Amy/Charlotte 2nd, Michael/Pete 1st, Ross/Kameron 2nd, Ray/Darryl 3rd, Jess/Katie 2nd, Liam/Tom 2nd. **DMT FIG** – Emily D 1st, Alisha 3rd, Liam P 3rd. **National C** – Erin 1st.

CONGRATULATIONS to everyone who competed in the last gala of the season in South Shields. **Mega-congrats** to medal winners – **TRI FIG** – Amanda 1st, Grace 2nd, Rhianna 1st, Kameron 1st, Kips 3rd, Sophie B 2nd, Victoria 3rd. **TRI National C** – Ellen 1st. **SYNCHRO** – Amanda/Kat 1st, Ben S/Michael 1st, Rhianna/Katy 1st, Sophie/Ellen 3rd. We have an amazing 66 qualifiers for the National Championships in July. **Well done** to everyone on a great season. For those preparing for Nationals, enjoy the preparation, plan it well with your coach. For those that just missed qualifying, you gave it everything you had and can now focus on building new moves and combinations. We are equally as proud of your endeavours.

CONGRATULATIONS to everyone who took part in the Regional Assessments last month. Results are on the website.

CONGRATULATIONS to Amanda on being the runner up in the Bracknell Sporting Champion award last month. Amanda was just beaten to the title by local judo legend Don Werner (aged 80) who has run the Pinewood judo club since 1979.

COURSES – **Congratulations** to Tony on passing his FIG Judging brevet (international judge award) recently. We are very proud of your achievement Tony.

EDGBARROW LOTTERY – Congratulations to Sue Milroy on winning £50 in the May lottery with number 72. Second prize of £25 went to number 11, Diana Small.

ADDITIONAL TRAINING STATION – Some members are ‘sliding’ a little on doing the additional station. Please make sure you undertake the exercises every session.

SUMMER CAMP 2013 – There is one Summer Camp this year from Monday to Thursday (inc) August 5th to 8th. The application form is attached. The camp is for all levels and ages above 8 years old.

REGIONAL SQUAD – Thanks to Pip for organising and running another great squad last month. **Congratulations** to all of the Edgbarrow participants. Your next squad is Sunday June 16th.

ATP PRESENTATION – We have one final session on Saturday 8th June at Bracknell Leisure Centre at 2.00pm (meet in ‘Time Out’ Cafe at 1.55pm). We will be tying up the nutrition information and talking through strategies for dealing with Nationals emotionally and physically. Please sign the list on the white board in reception to say you are coming. A new ATP presentation programme will start from October. Many thanks to Jess for all of her hard work over the last year in co-ordinating and delivering the programme, and to Amanda for her ‘guest appearances’ at some of the sessions.

COFFEE AND TEA ROTA – Thanks to those who have got this up and running on some days. If you can take a turn whilst waiting in reception to sell teas, coffees etc please email Sam King (sking294@aol.com) giving her your number and she will ring you and tell you the instructions for selling.

PRE-NATIONALS PREPARATION – The first preparation competition is on Sunday 9th June at 10.00am. See attached an amended timetable and officials list (NB the times have changed slightly from the timetable previously distributed). Please let me know if you are listed but unable to officiate asap. Thank you.

CONGRATULATIONS AMANDA & PETE - The World Games is the Olympic equivalent for non Olympic sports so both DMT and synchronised trampolining are part of the games. It is a really prestigious event held every Olympic cycle. This year it is in Colombia in July. Only one synchronised pair male and female and one DMT man/lady were selected from the trials at the weekend so **Mega Congratulations** to Amanda on gaining the place for Britain in synchro with partner Kat and to Pete on gaining the men’s DMT place for GB. What a wonderful selection and we are very proud of both of you!

ACTIVE KIDS VOUCHERS Thank you very much for bringing in your vouchers. If anyone has any at home to bring in, please do so asap as we need to process them shortly (put into Carol Hardman’s post box). Thank you for your generosity.

RESIGNATIONS We hate to think of anyone resigning but please note if you do wish to resign this summer you are required to give a minimum two months written notice. As we need to make some changes for September, we would really appreciate anyone who is resigning doing so now so that we can allocate spaces for September as they are in great demand. You can continue to train throughout your resignation period, it just allows us to know where spaces are coming up. Thank you.

SEPTEMBER 2013 to SEPTEMBER 2014 You will receive your update forms for September in July. Please contact me if there are any difficulties with your current session times. We cannot guarantee any change will be possible but will look to see if we can help.

SUMMER TRAINING The summer holiday training schedule will commence on Monday 22nd July. You will be issued with a training schedule. Most of the days and times will remain the same as term time. You do not have to sign for summer training. Only those who do the 2.00pm daytime training will be required to sign (I will hold this list and speak to you all personally re training between July 20th and September 1st).

SIGNED TRAINING NATIONALS WEEKEND – **Friday 5th and Saturday 6th July** – You must sign for your training over this weekend. The list will be placed on the white board shortly and you must have signed by Friday June 28th.

Yours

Sue and the Coaches

