

## EDGBARROW TRAMPOLINE CLUB MARCH NEWSLETTER 2013

Dear Club Member,

<b>Sunday March 3<sup>rd</sup></b>	- Regional Assessments - Southampton
<b>Saturday March 9<sup>th</sup></b>	- ATP session
<b>Saturday March 16<sup>th</sup></b>	- ATP+ running assessment – Bracknell Stadium
<b>Mon-Fri March 18<sup>th</sup>-22<sup>nd</sup></b>	- ATP+ physical assessments
<b>Friday March 22<sup>nd</sup></b>	- Last day to sign for Easter training
<b>Sunday March 24<sup>th</sup></b>	- '1 <sup>st</sup> 100' Competition
<b>Friday March 29<sup>th</sup></b>	- Easter holiday signed training commences
<b>Sat/Sun March 30<sup>th</sup>/31<sup>st</sup></b>	- Yorkshire Gala, Hull
<b>Saturday April 6<sup>th</sup></b>	- ATP+ Programme begins
<b>Sat-Mon April 6<sup>th</sup>-8<sup>th</sup></b>	- ATP+ Fitness camp
<b>Sat/Sun April 13<sup>th</sup>/14<sup>th</sup></b>	- Welsh Gala, Cardiff
<b>Saturday April 20<sup>th</sup></b>	- Regional Assessments
<b>Saturday April 27<sup>th</sup></b>	- ATP session

**CONGRATULATIONS** to everyone who competed in the Bath gala in February. We put our tally of National qualifiers up to 44 at this event. **Mega-congratulations** to all medal winners – TRI FIG – Ella Mae 1<sup>st</sup>, Kate S, 2<sup>nd</sup>, Tom H 2<sup>nd</sup>, Jess 2<sup>nd</sup>, Ryan 3<sup>rd</sup>, Rhianna 2<sup>nd</sup>, Fiona 3<sup>rd</sup>, Tom L 2<sup>nd</sup>, Zara 2<sup>nd</sup>, Ross 1<sup>st</sup>, Pete 2<sup>nd</sup>, Charlotte 1<sup>st</sup>, Amy 2<sup>nd</sup>. National 'C' – Michael 1<sup>st</sup>, Zoe 3<sup>rd</sup>. DMT Emily 1<sup>st</sup>, Tom 2<sup>nd</sup>. TRS Amy/Charlotte 2<sup>nd</sup>, Michael/Pete 1<sup>st</sup>, Ryan/Ben 1<sup>st</sup>, Tom/Liam 1<sup>st</sup>, Kate/Sarah 2<sup>nd</sup>. See website for results.

**CONGRATULATIONS** to Lucy C our sole competitor at the Regional Assessment in February who took gold in Regional 'D'.

**CONGRATULATIONS** to everyone who competed in the March Regional Assessments in Southampton. As usual you had terrific results. Results on the website.

**GOOD LUCK** to everyone competing in the National Schools Finals in Cannock on Saturday 9<sup>th</sup> March.

**ATP SESSIONS** March 9<sup>th</sup>. Please sign the list on the store cupboard door to let us know you will be attending. .

**ATP+ APPLICATIONS** thanks to everyone who has applied for join this initiative. You should all have received your tests and targets and should be working towards them. The physical assessment testing times are on a list on the store cupboard door. Please sign to book your tests. Details of the Easter fitness camp will be posted shortly.

**'FIRST 100' & REGIONAL ASSESSMENTS – MARCH & APRIL** The next 'First 100' competition is on Sunday March 24<sup>th</sup>.

Entries are due next week. All those intending to enter the April Regional Assessments, those doing the Hull gala wishing to use the competition as their pre-comp day and those advised by their coaches should enter. Please see attached entry form and enter asap.

**THANK YOU** to Jackie on organising the 'Phil the Bag' initiative and raising £450.00 for club and to Liam and Philip on selling old CD's and DVD's etc which raised another £400.00..

**GOOD LUCK** to everyone competing in Hull on 30<sup>th</sup>/31<sup>st</sup> March. All tariff sheets must be submitted by the Wednesday before.

Anyone competing in the WAG Group doing the WAG set must write an additional tariff sheet. Please make sure that you comply with all competition requirements as stated in the competition information. Any tariff sheets incorrectly filled out will be returned to you unsigned.

**CONGRATULATIONS** to Megan and Amanda who are continuing to receive invites to the National GB squad sessions.

**SIGNED TRAINING** for Easter commences on Friday 29<sup>th</sup> March. The lists to sign will be posted on the notice board this week.

You must sign by Friday 22<sup>nd</sup> March so you have almost three weeks. Please check the definitive list when posted after Saturday 23<sup>rd</sup> for possible time changes.

**SAINSBURY'S VOUCHERS (ACTIVE KIDS)** we are collecting these again so please post your vouchers into Carol's blue post box at the centre. Thank you for your generosity.

**LOTTERY & OTHER FUNDRAISING INITIATIVES** - please support our Edgbarrow Lottery, details and form on the website we are looking to run a quiz evening for families early in April. Details to be distributed shortly.

**RUNNING** – Jess has put together the attached advice re getting started with running (thanks Jess). Due to the new demands at National squads our trampolinists need to incorporate a regular weekly cardio work out. This ideally needs to be a run, however, if someone has an injury the stationary bike or cross trainer can be used at the centre, or they can swim. This will be asked of every trampolinist in the club, regardless of age or level. New Junior GB National Squad members are asked to run for at least 30 minutes, but this can stretch to 45+ and could be up to a distance of 4 miles. Our trampolinists need to start now in order to progress at their own comfortable rate. However, if at first every week is too much, then begin running every 1.5 or 2 weeks. Most trampolinists have iphones, ipods etc so use a running app to record how you get on. It's a fantastic way to track your progress, set yourself goals, follow a set programme and have challenges with other people. If you're on Facebook and you have the Nike running app you can get 'cheers' along the way. *For younger members Jess suggests starting very gently, as a parent you could walk fast and they could jog. Start with a little jog around the block; 2-3 minutes and slowly build up when they are ready.*

**WARM UP & CONDITIONING** with a view to tightening up standards you may have noticed we have become much tougher on the delivery and quality of the warm ups. We need all of our club members to become more gymnastic in their approach. We will continue with this but we are thrilled that the quality is improving daily.

**ADDITIONAL TRAINING STATION** Starting from sometime this week our club members will all be required to adapt their training to 4 stations. Station 1 – trampolining. Station 2 – visual feedback (Stephen). Station 3 – set exercises by the mirrors (unless during warm up & DMT time when they will do them by the trampoline. Station 4 – rest, diary, mat pushing. See attached for the exercises which all members will be taught. This adds 15 minutes activity to the session for each club member. Thanks to Hannah for working on this.

**MASSAGES** Many ATP people are not booking for massages. Please do so. This helps us assess possible injury and also you are paying for your massage!

*Sue and the Coaches*

