

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER MARCH 2015

Dear Club Member,

March 1st

- 'First 100' competition – Trampoline Centre

Friday March 6th

- Last date for NDP 7, 8 and Elite entries

Sunday March 15th

- Welsh Squad trials and training day

Sunday March 22nd

- Regional Grading Event - Milton Keynes

Friday March 27th

- Last day to sign for Easter holiday training

Friday April 3rd

- Signed training begins – Easter holiday

Saturday April 4th

- Last date to submit League entry form

Sat/Sun April 11/12th

- NDP Event 1 – Coventry

Monday April 20th

- Training returns to normal

Sunday April 26th

- Under 15 Squad - 9.00-12.15pm (note date change from 19th)

UNDER 15 'A' & ELITE SQUAD SESSION – Sunday February 15th – Well done to everyone who attended the squad, you all work very hard. The next squad session is on Sunday 26th April and not on the 19th as previously published.

EASTER HOLIDAY SIGNED TRAINING – Friday April 3rd to Sunday 19th April inclusive. Because this is a very short term you will need to sign for Easter holiday training by Friday 27th March. 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.

CONGRATULATIONS to everyone who competed in the Regional event last month. Well done to Lucy and Charlotte V who both qualified to attend the National NDP competitions this year. The results are on the website.

EDGBARROW LOTTERY – Our lucky March winners are – 1st place Jess Pleasant Number 59 winning £50, 2nd place Kim Cave-Ayland Number 29 and 3rd place Bev Green Number 1, both winning £25. Congratulations to all.

UNIFORM – LEOTARDS & TRACKSUITS – Those who signed for uniform will shortly be contacted with payment details etc.

SCABALIS CUP INTERNATIONAL– PORTUGAL – Thanks to Hannah L who is co-ordinating our club trip to the Scabalis Cup this summer. Plans are well under way for the trip.

CONGRATULATIONS to everyone who entered the 'First 100' last weekend. The results are not yet on the website but will be on it shortly.

LEAGUE & NDP ENTRY FORMS – Anyone who believes they are ready for League or NDP 7+ should enter the events on the attached forms. NDP ones need to be submitted by March 6th. If in doubt please ask your coach.

GOOD LUCK to Lucy who is trialling for a place on Welsh Squad on March 15th. There is a Welsh training day at the same day so have fun Zara, Emily and Rhianna who will be attending too.

UPDATE ON LIAM – Liam is finally able to return to coaching. He is walking well in a 'support boot' and will gradually remove the boot and start walking unsupported. **Thank** you to everyone who has been so supportive of Liam and thanks to his groups for your patience. Great news Liam!

COMPRESSION GARMENTS – Please see below a link below for compression garments at 40% discount through BG. These are ideal recovery garments for older competitors who do leg work in the gym or heavy gym sessions. Amanda has advised that the trousers are helpful for trampolinists either to wear after training or overnight. The different items and size charts are on the website. At the moment orders can only be placed via the website using the discount code Luv2XUP1P. The link is www.2xu.co.uk.

SAINSBURY'S ACTIVE KIDS VOUCHERS – We are collecting Sainsbury's Active Kids vouchers again up to May 5th. 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.

MILK BOTTLE TOPS – Please look out for a silver coloured box in reception. The box is to collect milk bottle tops. Please donate your milk bottle tops, every little helps! Thank you.

'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