

EDGBARROW TRAMPOLINE CLUB MAY NEWSLETTER 2013

Dear Club Member,

Sunday May 5th - '1st 100' Competition - 10.00-2.00pm
Sat/Sun May 11th/12th - SW Gala 2 – Bath
Friday May 17th - Last day to sign for half term training
Sat-Sun May 25th-June 2nd - Half term signed training
Thursday May 23rd - Last day to enter Nationals Preparation Event 1
Saturday May 25th - ATP session - 2.00-4.00pm – Open Learning Centre
Sunday May 26th - Regional Assessment, Alton
Sat/Sun June 1st/2nd - Northern Gala - South Shields
Sunday June 9th - Nationals Preparation Event 1
Saturday June 1st - ATP session - 2.00-4.00pm – Bracknell Leisure Centre
Saturday June 29th - Pre National Preparation Event 2 - 2.00-7.30pm – Trampoline Centre
SIGNED TRAINING – Today is the last day to sign for Bank Holiday Monday training. Please sign the list on the white board in reception.

HALF TERM SIGNED TRAINING – The lists will be on the white board in reception shortly. You have until **May 17th** to sign for your half term sessions. Anyone attending the South Shields gala must sign for training during the half term week.

COMPETITION RULES – Please note that many competitions seem to fall during holiday times or at the end of half terms. You should only enter competitions if you are in full training for the weeks leading up to the event. If you are planning to go away the week leading up to an event you should not enter.

CONGRATULATIONS to everyone who competed in the Cardiff gala in April. We put our tally of National qualifiers up to 61 at this event. **Mega-congratulations** to all medal winners – TRI National 'C' - Harry 2nd, Michael 2nd, Ray 2nd. FIG - Liam 2nd, Jess 2nd, Rhianna 1st, Michael B 1st, Sian 1st, Zara 2nd, Amy 2nd, Sophie 3rd, TRS Sophie/Vicky 1st, Charlotte/Amy 3rd, Kameron/Ross 1st, Liam/Philip 3rd, Jess/Katie 2nd and Ryan/Ben 1st. **BRILLIANT** results. See website for results.

COURSES – **Congratulations** to Graham and Kieran who passed their County DMT Judging course with flying colours last month. **Congratulations** to Liam who passed the Level 2 DMT coaching course last month and his trampoline Level 2 coaching update course. **Congratulations** to Megan, Rhianna, Charlotte, Fiona and Alice who passed their Level 1 trampoline coaching courses last month. **Good luck** to everyone involved in current judging and coaching courses.

'FIRST 100' & REGIONAL ASSESSMENTS – **MAY** The next 'First 100' competition is on Sunday May 5th – see attached timetable and competition bounce order. Regional entries will be confirmed after the 'First 100' on Sunday.

GOOD LUCK to everyone competing in Bath on 11th/12th May. All tariff sheets must be submitted by next Wednesday. 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.

EDGBARROW LOTTERY – Congratulations to Sue Bolton and Diana Small whom last month won £50 and £25 respectively.

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 will be one Summer Camp this year from Monday to Thursday (inc) August 12th to 15th. Forms will be sent out next week. The camp is for all levels and ages above 8 years old.

GOOD LUCK to everyone competing in the Regional Assessments in Alton on Sunday 26th May.

ATP PRESENTATION – Thanks to Jess for presenting another thought provoking session last weekend. We have two more sessions this summer and a new programme will start from October. The next ATP presentation is on May 25th. Please sign the list on the white board in reception. The start time is 2.00pm at the **'Open Learning Centre'** (the building next door to the School on Rectory Lane). Please meet there at 1.55pm.

CHANGES TO ENTRIES Any National competitor wishing to change their entry for the South Shields gala must do so next week. Please contact Sue W.

WELCOME BACK to Paige who has just returned following suffering a broken wrist in March.

NEW RULES AT THE CENTRE Thanks to everyone for observing the new rules. Your co-operation is greatly appreciated.

We will start today with offering tea, coffee and hot chocolate in reception. The cost is 50 pence a cup. Offering will not tie you to attending if your child is not training, so if you do often sit in reception while your child trains please offer. Anyone willing to help and those who have already signed the list please contact Sam King at sking294@aol.com for instructions etc. Thanks to all.

PRE-NATIONALS PREPARATION – We will run two sessions to help you with Nationals. The first is a voluntary session on Sunday June 9th for all National competitors who wish to practice routines and/or those unable to attend the South Shields gala.

We must receive your entry by May 23rd. The second preparation day is Saturday June 29th which is a compulsory session for all National qualifiers and is our traditional Pre-Nationals event. Please note that anyone changing a set or vol needs at least two competitions before Nationals to try out their new routines, so you now have four actual opportunities, Bath, South Shields, June 9th and June 29th. Please see your coach for advice.

GOOD LUCK to Amanda who will be trialling on June 1st for a World Games Synchro place for GB to compete in Colombia in July. The World Games is a prestigious event for non Olympic sports.

ADVICE FROM BRITISH GYMNASTICS – please see attached and observe the advice from British Gymnastics regarding parents at competitions. We had some parents enter the competition area at the last Regional Assessments and some gave advice to their children during competition. We cannot impress enough that this only serves to confuse your child as your advice could be contrary from that given by the coach. Thank you for your co-operation.

Yours,

Sue and the Coaches

