

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER MAY 2015

Dear Club Member,

Thursday 30th April	- Last day to enter Spring Series 2
Sun May 2nd/3rd	- League 1 event – Burgess Hill – changes to training, see below
Sunday May 10th	- Welsh Squad
Tuesday May 12th	- Last day to enter the ‘First 100’ and Regional events
Saturday May 16th	- Last day to sign for half term training
Sunday May 17th	- Under 15 Squad - 10.00am-2.00pm
Sat-Sun May 23rd - June 1st	- Half term holiday – signed training begins
Monday May 25th	- Bank Holiday – Changes to training
Sunday May 31st	- ‘First 100’ competition
Sunday June 7th	- Regional Grades + Novice/synchro event
Sat/Sun June 13th/14th	- Spring Series Event 2 – Sheffield

UNDER 15 SQUAD SESSION – Well done to everyone who trained at the Under 15 Squad last weekend. You all worked very hard. The next squad session is on **Sunday May 17th**. Hannah L will contact you all shortly with details.

SIGNED TRAINING – **Saturday to Sunday May 23rd to 31st inclusive**. Please sign by Saturday May 16th.

CONGRATULATIONS to everyone who competed in the first Spring Series event in April. Results are on the BG website. We believe the following qualified for NDP & Elite finals though none are as yet confirmed – **CONGRATULATIONS** to all – TRI - Lily, Poppy, Rachel T, Tayla, Rosh, Gemma, Charlotte V, Rhianna and Kate S. DMT – Charlotte V, Rachel T and Caitlin T. Apologies if I’ve missed anyone, there is no coding on the results to see who has qualified!

EDGBARROW LOTTERY – Our lucky April winners are – 1st place, number 31 – Sue Bolton who wins £50, 2nd place, number 13 – Diana Small and 3rd place, number 8 – Sue Williams who both win £25. Congratulations to all.

ENTRY FORMS – Please note - if you wish to withdraw from any League or Spring Series entry this must be done one month in advance of the event. Your coach is not permitted to withdraw you. It must be the competitor if over 18 or parent that lets Sue W know of the withdrawal. The exception is the second SS event in Sheffield for which we need any withdrawals by Thursday April 30th i.e. 6 weeks in advance as the entries are due with BG on May 1st.

SPRING SERIES – Anyone who qualified in Coventry does not need to enter Sheffield. Please confirm entries with Sue W either way for Sheffield by Thursday 30th at the latest or your entry will be placed as per your original entry form. Thank you.

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.

GOOD LUCK to everyone competing in the first League event in Burgess Hill on May 2nd/3rd. Please take careful note of the new Prize Winnings Policy.

‘FIRST 100’ & REGIONAL COMPETITIONS - Please find attached your entry form for the next ‘First 100’ and Regional competition. As we have so many new club members we will be reinstating the ‘straddle routine’ for our beginners to have a go at and start on the competitive pathway. Please ask your coach if you should be entering. Anyone entering the Regional Grades the first weekend in June should take part in the ‘First 100’ too. NDP7 competitors plus all Regional G to D competitors may enter the Regional synchro event. We have now had confirmation of this.

THANK YOU to Emma R and Charlotte V who took part in a Regional conditioning workshop last month led by Hannah L.

CHANGES TO TRAINING – **Saturday 2nd & Monday May 4th Bank Holiday** – Please take careful note of the changes to training on these two days - **SAT MAY 2nd** Due to the **LEAGUE** event on Saturday May 2nd there will be two training groups only on this day. **ALL** 8.20am plus those not attending the League event from **Nick, Pip & Hannah L's** groups should attend training at **8.20am** (conditioning at 10.00am). **ALL** 11.15am & 12.45pm groups plus **Jess & Sue's** 9.45am groups should attend training at **9.45am** (conditioning at 11.30am). There will be no sessions running at 11.15am and 12.45pm. If you are unable to make the transfer session please see me and we will arrange one during the week for you. **MONDAY MAY 4th (Bank Holiday)** - **3.45pm** groups will train from **8.45am till 10.30am**. **5.15pm** groups will train from **10.15 till 12.00pm & 6.45pm + 2.00pm** groups will train from **11.45 till 1.30pm**. Conditioning will follow each session. Apologies for any inconvenience caused.

GOOD LUCK to Rhianna, Emily, Zara and Lucy who have Welsh Squad training on Sunday May 10th.

Sue and the Coaches