

EDGBARROW TRAMPOLINE CLUB NEWSLETTER MAY 2016

Dear Club Member,

Saturday April 23rd	- Psychology lecture/nutrition - 2-4pm
Sunday April 24th	- Welsh Squad – Midlands
Sunday May 1st	- Last day to enter the Welsh League event
Saturday/Sunday May 7/8th	- Spring Series 2 - EIS – Sheffield
Saturday May 21st	- Psychology lecture/nutrition - 2-4pm TBC/Last day to sign for half term training
Sunday May 22nd	- ‘First 100’ Ind/synchro Competition – 9.30-2.30pm/Welsh Championships
Sat-Sun May 28th June 5th	- Half term holiday – signed training only
Sunday June 5th	- Regional Novice/Synchro + Grades
Sunday June 12th	- Under 15 Squad – 9.00-2.00pm
Saturday/Sunday June 25/26th	- League Event – Cardiff

CONGRATULATIONS to Amanda who took yet another prestigious trampolining title at the recent European Championships. Amanda’s team won the coveted Ladies European Team title. Amanda was 12th individually in a very large competition field.

WELL DONE Amanda, we are very proud of you.

CONGRATULATIONS to everyone who competed in the first League event in Eastleigh last month. Mega-congratulations to all of our medallists – TRI Super League – Zara 1st, Sally 2nd, Kameron 1st. League 1 – Georgie 2nd, Kate S 1st, Harry 1st, Sally 1st, Zara 3rd, Graham 3rd. League 2 – Charlotte V 1st, Rachel T 2nd, Toby 3rd, Leah 1st, Jamie 1st, Charlie 3rd. League 3 – Megan 2nd, Lara 1st, Katelyn 3rd. TRS – Toby/Lucas 3rd, Lucy/Leah 3rd, Asha/Georgie 3rd, Charlie/Harry 2nd, Katie/Jess 1st, Georgia/Sally 2nd. DMT – Charlotte V 1st, Rachel T 2nd, Branner 2nd, Sam B 3rd, Georgia 2nd.

CONGRATULATIONS to everyone who competed in the BG Spring Series last month. **Mega-congratulations** to everyone who qualified for NDP or British National Finals or placed in the top 8 at the event – NDP8 – Charlotte (q) 3rd, Rachel T 6th, Toby 2nd, Lucy 3rd, Georgie (q) 2nd, Gemma 4th, Sally (q) 1st, Katie A (q) 2nd, Charlotte M (q) 3rd, Vicky (q) 7th. ELITE – Ella Mae 2nd, Caitlin T 3rd, Kate S 5th, Ben (q) 2nd. DMT – Sam B 5th, Caitlin T 2nd, Rachel T (q) 1st, Charlotte 4th, Georgia 4th, Emily 6th.

HALF TERM SIGNED TRAINING – The lists are now online and you have until midnight on **Saturday May 21st** to sign for half term training from Saturday May 28th to Sunday June 5th inclusive.

ACTIVE KIDS VOUCHERS – The Active Kids voucher scheme is starting again so please collect the vouchers with your shopping and put them into Carol’s blue post box in reception. Thanks.

UNDER 15 SQUAD – The next U15 squad is on Sunday June 12th. Hannah L will contact the squad with details.

GOOD LUCK to everyone competing in the second Spring Series event this weekend in Sheffield. All tariff sheets should be submitted by Wednesday and all pre competitions completed on or by Wednesday at the latest in kit. Please note the following competition rules – anyone wearing physio tape must wear skin coloured tape in competition. Girls must wear hidden underwear under their leotards. Please arrive at the venue an hour early unless in the first groups of the day when you should arrive 25 minutes early. All competitors should do a floor warm up prior to competing.

LEAGUE ENTRY FORMS – If you wish to change your Welsh entry (25th/26th June) or add to it e.g. add synchro, you should have changed it by May 1st. Sue W will accept changes or new entries up until Wednesday 4th May.

NUTRITION & PSYCHOLOGY SESSION – **Saturday May 21st** – Please sign for this session by Wednesday 18th May. Apologies to all for postponing the sessions in April. We will factor another one in later in the year to replace it.

GOOD LUCK to those competing in the Welsh Championships on Sunday May 22nd. The event has been put into one day due to the numbers entered. Please do your pre competition in kit on or before Wednesday May 17th and put your tariff sheets by the bell bed by Wednesday 17th.

‘FIRST 100’ COMPETITION – **Sunday May 22nd** – Entries are due by May 10th. Please see the attached entry form.

REGIONAL COMPETITION – **JUNE 5th** – Please find attached the Regional entry form for a Novice event (Club H and Club I), a Graded event (Grades G to D) and a synchro event. Entries are due by May 10th. Anyone competing in the Regional event should have their coaches permission and should compete in the ‘First 100’ on Sunday May 22nd. You must also train over the half term week a minimum of twice if entering the Regional event so please sign for training.

2016 SUMMER CAMP – Please find attached the application form for this year’s Summer Camp. The camp is open to all levels from beginner to international level. The Summer Camp is a great opportunity to spend time trampolining, socialising and taking part in other related activities such as diving and DMT. We can guarantee four full days of fun. Applications will be accepted from those eight years and older. There is no upper age limit. The camp fills up very quickly so please book early to avoid disappointment. Emily will be running her usual Summer Sessions as well this year and details will shortly be posted.

EDGBARROW LOTTERY – The lucky April winners are Darryl Patterson - £50.00, Charlotte Thomas - £25.00 and Dan Parsley £15.00. Congratulations to all.

JOB OPPORTUNITY – We have a job opportunity for a new Party Tea Assistant starting shortly at the trampoline centre. Please see the attached job description. Ideally applicants should be 16 years old or older. They may or may not be club members.

Yours

Sue and the Coaches