

## EDGBARROW TRAMPOLINE CLUB NEWSLETTER AUGUST 2012

Dear Club Member,

Please take careful note of the following dates:-

**Fri-Sun July 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>**

**Monday July 23<sup>rd</sup>**

**Mon-Mon July 23<sup>rd</sup>-30<sup>th</sup>**

**Friday/Saturday August 3<sup>rd</sup>/4<sup>th</sup>**

**Tues-Fri August 14<sup>th</sup> to 17<sup>th</sup>**

**Monday August 27<sup>th</sup>**

**Tues-Fri August 28<sup>th</sup> to 31<sup>st</sup>**

**Monday September 3<sup>rd</sup>**

**Wed-Sat September 5<sup>th</sup> to 8<sup>th</sup>**

- British National Finals – Birmingham – training changes, see below
- Summer Training Schedule commences
- Signed training for one week only. Algarve Camp
- **OLYMPIC TRAMPOLINING events!**
- Summer Camp 1
- Bank holiday, see summer schedule for revised training times
- Summer Camp 2
- Club training returns to normal
- Loule Cup International, Portugal

**CONGRATULATIONS** again to everyone who competed in the British National Finals, you took a record breaking 15 National titles and 51 medals. Amazing! Edgbarrow were Britain's top club at the championships. **Thanks** to everyone who helped make the weekend a success.

**LOTTERY WINNERS** congratulations to Mrs France (Gemma's Mum) and Heather who were the first winners of the Edgbarrow lottery.

**ALGARVE CAMP** Well done to everyone who attended the Algarve Training Camp last week. The group had a great week training, enjoying the pool and beach too and were a credit to club. Most of those who attended camp did something new to boost their trampolining performance.

Thank you to Amanda, Liam, Pete, Pip, Tony, Jess and Tamzin for coaching during the week, without your invaluable help we could not have taken 35 club members. Thanks too to everyone who chaperoned our group at the airport and during the journeys to and from Portugal.

**2012 SUMMER CAMPS** There is only one space left on the first Summer Camp 14<sup>th</sup> to 17<sup>th</sup> August inc and seven spaces on the second camp, 28<sup>th</sup> to 31<sup>st</sup> August inc. Please see the website for an application form or contact Heather.

**2012/2013 CLUB UPDATE DETAILS FORMS & OTHER INFO** Your times/days/fees form plus contract update sheets are all at Club for you to collect. Please collect yours from the coaches at club this week. See new rules below.

**OLYMPIC OPENING CEREMONY** Congratulations to Hannah and Kylie who both took part in the opening ceremony. Hannah was on power skips with an enormous head and Kylie was in a zorbin! Many of club watched the ceremony in a dining room in Portugal with campers from many nations at the Algarve Camp and our European friends enjoyed it as much as we did. Watch out for Kylie in the trampolining act in the closing ceremony (Hannah has been injured out of the act).

**FLOOR MENDING!** If anyone can help mend the red plastic strip across the main door please contact me. Thank you.

**OLYMPIC TRAMPOLINING EVENTS** For the past month Amanda has been working hard to maintain form as the Olympic reserve initially training with Kat at Lilleshall at the gymnastics Olympic holding camp assisting her in her Olympic preparations, and latterly training daily in Portugal. During this time Amanda has upped her tariff to a 15.0 from 14.4 which is another Edgbarrow record. Amanda we are all very proud of you, you are an amazing trampolinist and role model for Edgbarrow members and Britain's youth. Sadly Kat didn't make the final though we all believed she should have. Some of you had the pleasure of training with Rosie, the Olympic champion when she visited our club earlier in the year. She is a lovely person and a worthy champion. Dong Dong rightfully won the men's event and it was good to see so many of club made it to the events. It was an amazing experience.

**CONGRATULATIONS** to Liam and Amanda who have both been selected to compete for GB in the Loule World Cup event next month. This is Liam's first senior GB selection and it is a great accolade for Liam to receive this selection, we are very proud of you Liam.

**GOOD LUCK** to everyone competing in the Loule Cup Invitational International during the same week. Have a great time.

**THE DAVID WARD-HUNT CUP** The David Ward Hunt Cup is an invitational international which is being held in Gillingham on November 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>. Everyone who competed in the 2012 National season is eligible to take part. The routine for the Junior group is the National 'C' routine and the Senior routine is FIG 'A'. This will be a great international experience not far from home for your child to experience if they have not experienced an international event before. If you wish to enter this event which is in memory of Dave who was a great friend of Edgbarrow's please follow the instructions which will be sent to all National competitors via email next week. NB the entries must be placed and paid for by August 30<sup>th</sup> to be accepted.

**LEOTARDS FOR NEXT SEASON** The male leotard will be held for the next season and the 2013 Nationals. The female leotard will be held all season but they will have new club leotard for the 2013 Nationals. The Senior ladies will be responsible for the design, colour etc. In addition the females will have a sleeveless training leotard available from this month which they may wear throughout the season if they wish. This leotard will be available online from Elite International (you will be advised when). Every female competitor must have bought the training leotard at the latest to wear at Friday night training of the next Nationals. Those who wish to buy it to compete in at Loule please order as soon as the info becomes available.

**NEW RULES AND TIMES** We are on a mission to tighten up our necessary rules. Our first concern is safety and injury prevention. Efforts to persuade your children to floor warm up using dynamic stretches prior to training have unfortunately failed in the majority of cases. From now on the session start time is 15 minutes earlier ie 3.45pm, 5.15pm and 6.45pm on week days, 8.25am, 9.45am and 11.15am on a Saturday and 9.55am on a Sunday. (The earliest we can get in at the start of Saturday and Sunday is 5 mins early). The session will be led and people registered from these times. However if you really cannot get in to do the warm up then you must do it before getting on the trampoline. A second rule that will be enforced is 'no phones to be accessed during training'. Once training has concluded please use your phone in reception only. We will ask your children to finish training if they are found using phones, reading books or playing electronic games during training. If it is urgent that your child needs to contact you during training please ask them to explain to their coach and seek permission. We look forward to your support on this.

**HAPPY SAD NEWS!** Katie H has retired after nearly 20 years at Edgbarrow. Katie came as a little girl and amazed us all with her fortitude as she was suffering from leukaemia and trained and competed with pride during treatment whilst she had no hair. She won our hearts and worked so hard to become a GB youth international. Katie got her all clear not long before her Mum, who was a great friend of Edgbarrow contracted cancer and sadly passed away when Katie was just 18. Katie persevered with training and university gaining a first class honours and has just completed a law conversion degree for which she received a distinction. Katie has had to retire to focus on a law career which will leave no time for training. Katie, you have been a great trampolinist, a wonderful role model for Edgbarrow and we will all miss you. Don't be a stranger!

**USE OF THE WEIGHTS EQUIPMENT** National competitors you will shortly receive an email regarding inductions for use of the weights equipment at club.

**OLYMPIC TASTER DAY** We are holding an Olympic taster day on Friday August 10<sup>th</sup> to help identify children to join us as future Olympians. Amanda will spearhead the new development group so welcome to Amanda who will be joining us as part of the regular club coaching team. If any of you know any children who are gymnastically built, small for age and aged between 6 and 12 please persuade them to come on Friday and try trampolining. They will need to book through Jess (on 07814758736). Thanks to those who are helping on Friday.

*Sue and the Coaches*