

## EDGBARROW TRAMPOLINE CLUB NEWSLETTER MARCH 2012

Dear Club Member,

Please take careful note of the following dates:-

<b>Friday March 2<sup>nd</sup></b>	- Easter Holiday signed training lists on the board
<b>Sunday March 4<sup>th</sup></b>	- Regional Squad, Brakenhale
<b>Saturday/Sunday March 3<sup>rd</sup>/4<sup>th</sup></b>	- European team trials, Bath
<b>Sunday March 11<sup>th</sup></b>	- 'First 100' Competition, Brakenhale
<b>Sat/Sun March 17<sup>th</sup>/18<sup>th</sup></b>	- Northern Gala, Hull
<b>Friday March 23<sup>rd</sup></b>	- Last day to sign for Easter training
<b>Saturday March 31<sup>st</sup></b>	- Signed training commences
<b>Sunday April 1<sup>st</sup></b>	- Regional Assessment day - Alton
<b>Tues-Thurs April 3<sup>rd</sup>-5<sup>th</sup></b>	- Edgbarrow Easter Coaching Clinic
<b>Tues-Thurs April 10<sup>th</sup>-12<sup>th</sup></b>	- Edgbarrow Easter Training Camp for Regional level competitors
<b>Monday April 16<sup>th</sup></b>	- Club training returns to normal
<b>Sat/Sun April 21<sup>st</sup>/22<sup>nd</sup></b>	- Welsh National gala, Cardiff

**CONGRATULATIONS** to everyone who took part in the SW gala in Bath last month and to new qualifiers - Lizzie H, Gemma, Izzy, National 'C'. Ella Mae, Jess, Kips, Elliott, Ben, Rachel, Michael **FIG 'B'**. Philip - **FIG 'A'**. Jamie, Tom H, Liam P **DMT**. We now have 48 national qualifiers after two events which is brilliant.

**MEGA CONGRATULATIONS** to everyone who finalised and medalled in Bath. FIG A - Sophie 5<sup>th</sup>, Amanda 8<sup>th</sup>, Philip 6<sup>th</sup>, 19+ Pete 6<sup>th</sup>, Amy 1<sup>st</sup>, Katie 4<sup>th</sup>, Rachel 5<sup>th</sup>. U19 Ross 2<sup>nd</sup>, Michael 5<sup>th</sup>, Charlotte 2<sup>nd</sup>, Rhianna 3<sup>rd</sup>, Georgie 5<sup>th</sup>. U17 Kips 3<sup>rd</sup>, Elliot 4<sup>th</sup>, Ryan 6<sup>th</sup>, Ben 7<sup>th</sup>, Megan 1<sup>st</sup>, Georgia 7<sup>th</sup>. U15 Jess 2<sup>nd</sup>, Ella Mae 3<sup>rd</sup>. National 'C' - U17 Sophie B 4<sup>th</sup>, Ellen 8<sup>th</sup>. U15 Liam P 2<sup>nd</sup>, Tom 3<sup>rd</sup>, Kate S 6<sup>th</sup>. Synchro - SENIOR Amanda/Kat 1<sup>st</sup>, Katie/Hannah 4<sup>th</sup>, Rachel/Kirsty 5<sup>th</sup>. U19 Ellen/Sophie B 5<sup>th</sup>, Alice/Lizzy 7<sup>th</sup>, Ross/Tom 1<sup>st</sup>, Kips/Elliott 3<sup>rd</sup>. U15 Ella Mae/Ellie 2<sup>nd</sup>, Liam/Tom 2<sup>nd</sup>. **DMT** - National 'C' U15 Tom H 2<sup>nd</sup>, Liam P 6<sup>th</sup>, 15+ Jamie 7<sup>th</sup>. I hope I got you all!

**CONGRATULATIONS** to Amanda on being preselected for Senior European synchro and to Sophie and Megan who secured U21 and Junior European team places respectively for themselves through their superb performances in Bath last month. All of our triallists competed brilliantly with Sophie in 1st, Megan 2nd, Ross and Charlotte taking 3rd places, Rhianna 5th and Georgia 7th in their respective groups.

**GOOD LUCK** to Amanda who is trialling for a GB senior European team place on Sunday 4<sup>th</sup> and Rhianna, Megan, Georgia, Ross, Charlotte, Kips and Elliot who are trialling on Saturday 3<sup>rd</sup> March for Junior and Under 21 European individual and synchronised team places.

**GOOD LUCK** to Emily, Georgia and Rhianna who are trialling also for the Euro Youth team for **DMT** on the 4<sup>th</sup>.

**GOOD LUCK** to Fiona and Michael who are competing in the National School's final in Bristol on March 11<sup>th</sup>. A very late **CONGRATULATIONS** to Chloe G, Michael, Fiona, Hollie and Lucy C who all competed well on the Zonal Schools event in late January.

**'FIRST 100' COMPETITION** the timetable is now available and has been sent to all club members. Any National competitor wishing to practice synchro at the 'First 100' may do so. There is no cost but only the first seven pairs applying will be given the opportunity.

**COMMUNICATION** If any club member has not received an email from me in the last week please let me know and I will add you to the Club email ring. Email me at [haystak@btopenworld.com](mailto:haystak@btopenworld.com). Apologies to those who have let me know, I have added you to lists and you should have received email information recently.

**SIGNED TRAINING** the lists for Easter signed training will be on the board this week. Please sign by Friday 23<sup>rd</sup> March for your sessions. You must check the definitive list that will be posted the week after for changes.

**EASTER COACHING CLINIC** 3<sup>rd</sup> to 5<sup>th</sup> April - this is a subsidised clinic for Edgbarrow members aspiring to be coaches and will be a fabulous training ground for cutting edge competitive debate, technique, coaching practice etc. Please ask me for an application form.

**EASTER TRAINING CAMP** 10<sup>th</sup> to 12<sup>th</sup> April. This camp is open to all Regional competitors and those about to start at Regional 'G' assessment level. See the form attached. The training camp is 'first come, first served'. This is a great opportunity to do concentrated work on new moves, drills, pit work, routine work and technique with like minded regional level competitors. The Camp is filling up fast so get your application in asap.

**FUNDRAISING - Sainsbury's vouchers** Carol is collecting the vouchers again so please put them into her postbox in the centre. **THANKS** to Jackie who raised £455.00 through the 'Phil the Bag' initiative. Thanks to everyone who donated so generously. **NEW TRAMPOLINE** - as most of you have seen, we now have a new trampoline at the centre. We are raising money to pay for it and so far have the money from 'Phil the Bag' and have sold a trampoline to raise funds but are still a long way off the £6,000.00 required. Some people have offered to make gift aid donations for which we are very grateful and other parents have come forward with suggestions for raising further funds about which you will be shortly informed. Thanks to everyone for your innovative ideas, generosity and time. I'm sure we will easily raise the required amount.

**GOOD LUCK** to everyone competing in the Hull gala this month.

**SAD NEWS** Alisha M and Jess H have both recently sustained injuries which have prevented them trialling for European team places and Liam contracted pneumonia, which has put him out of action all month. The good news is that Aoife is on the mend after three weeks in hospital following her appendectomy and Graham's shoulder and Elise's feet are recovering!

**WELCOME BACK** to training Ella.

*Sue and the Coaches*

