

EDGBARROW TRAMPOLINE CLUB NEWSLETTER MAY 2012

Dear Club Member,

Please take careful note of the following dates:-

Sunday May 6th	- Super Regional Squad - Gillingham
Saturday May 12th	- Scottish National Gala
Sunday May 20th	- 'First 100' Competition – Brakenhale
Sat/Sun May 26th/27th	- National Coach Education/Squad - Weekend 3 - Bracknell
Sat/Sun June 2nd/3rd	- Liverpool National Gala
Sunday June 10th	- Regional Assessments
Sat/Sun June 16th/17th	- World Cup – Albecete. Super Regional Squad – OLGA

MEGA- CONGRATS to all of the Edgbarrow competitors who were selected to compete for GB in the **European Championships** last month in Russia. Everyone took either a finals place or a medal. Amanda took 4th place individually, 2nd in synchro and secured a European Senior Ladies team gold for GB with unprecedented performances which gave her personal best scores repeatedly. Sophie took 8th place in the Under 21 group and Megan and Rhianna took 13th and 18th places respectively helping GB to a Junior Team bronze and 4th place in synchro. Georgia took 8th place in Junior DMT and a silver team medal and Pete 8th place too in the Senior DMT event. To be selected to compete as one of the top 4 in your age group in GB is great, to medal or final against the best in Europe is fantastic! **We are so proud of you all!**

OLYMPIC TRIAL Last November when the Olympic process started Amanda was in 5th place. Now as a result of her recent successes she has raised her ranking to number 2, which is an incredible achievement. The final Olympic trial is in Liverpool at the last gala, and I know you all wish Amanda the best of luck in the trial. Regardless of the outcome, Amanda could not have worked harder, improved more or been a better ambassador for Edgbarrow and GB.

'FIRST 100' COMPETITION the next 'First 100' event is on Sunday May 20th at Brakenhale. Entries are due now. See form attached. Your Regional entry form is on the same form so please enter both at the same time if you intend participating in the June Regional Assessments. National competitors can use this event to try out a final routine before Nationals as you need at least two events before Nationals to 'bed' in a new routine either in synchro or ind.

EASTER TRAINING CAMP last month. This was a resounding success. **Thanks** to Pip and the coaching team for running the Camp.

FUNDRAISING – THE 'EDGBARROW 200 LOTTERY'. *We are in need of essential funds to pay for equipment. Please find attached an 'Edgbarrow 200 Lottery' form for you to register your interest. £2.00 per month can win you great cash prizes. Please help us to fundraise by participating in this venture. Thanks to Alex for organizing this for Edgbarrow.*

CONGRATULATIONS to everyone who competed in the Welsh Gala last month. **Mega-Congrats** to our most recent qualifiers for National Finals taking our tally to an incredible 63! FIG B Gary, Maeve, Liam, Katie A. National 'C' – Elisha, Naomi, Christine, Elizabeth O, Nadia and Kameron. **Congratulations** to Katie H and Charlotte on qualifying for Senior Ladies FIG 'A' Finals and to all of our medal winners - FIG 'B' - Jess H 1st, Ella Mae 3rd, Liam P 3rd, Megan 1st, Georgia 2nd, Georgie 1st, Michael 3rd, Grace 2nd, Amanda 2nd, Liam 2nd. National 'C' – Darryl 3rd, Kameron 1st, Tom H 1st, Sophie B 3rd, Christine 1st. **SYNCHRO** – Liam/Philip 2nd, Hannah/Katie 2nd, Megan/Rhianna 1st, Katie/Jess 2nd, Ross/Tom 1st, Elliot/Kips 2nd, Kameron/Elliot 3rd, Ella Mae/Ellie 2nd. **DMT** – FIG 'B' Georgia 2nd, Liam 3rd, Ella Mae 3rd. **Well done to all of you and thanks to everyone who made it possible for so many Edgbarrow competitors to compete.**

LIVERPOOL GALA You must make any changes to your Liverpool entries by the coming weekend. Even if you have discussed changes with your coach, it is your responsibility to contact Sue W and make the changes.

GOOD LUCK to the few club members we have making the long trek north to Dundee to compete in the Scottish Gala next weekend. We are so pleased to see Jess P return to competition at this event too after a long time rehabilitating following her knee injury a year ago.

GOOD LUCK & CONGRATULATIONS to Jess H, Katie A, Ella Mae, Tom L, Elliot, Ben and Alisha, all of whom have been selected to train at the Super Regional Squad on Sunday 6th May although Ben and Alisha are unable to take part due to injury.

GET FIT SOON Ben. Ben has a stress fracture in his leg but should return to training soon.

FIRST AID Please note that there is **always** a first aid trained coach at the centre, and should parents require assistance for their child please ask their coach for the senior coach in charge. This follows a misunderstanding over Easter when a parent was informed incorrectly by another parent that no one was first aid trained at the centre, when their child required first aid treatment on that particular evening. We want to allay any fears you may have on this count.

2012 SUMMER CAMP FORMS will be distributed next week. Open to all abilities, 'first come, first served'.

THANK YOU to Philip and Jess for creating a 'mini gym' at the end of the pit. NB only those sanctioned may use the weights equipment. See Jess and Kylie for training and permission.

FINALLY, THANK YOU to everyone who has covered my groups, contacted me, sent flowers and cards whilst I've been ill. You have all been so kind and understanding. I'm hoping to be back next week though only part time for a couple of weeks.

Sue and the Coaches