

## EDGBARROW TRAMPOLINE CLUB OCTOBER NEWSLETTER 2012

Dear Club Member,

**Sunday September 30<sup>th</sup>**

**Thurs-Sun October 4<sup>th</sup>-7<sup>th</sup>**

**Sunday October 14<sup>th</sup>**

**Thursday October 18<sup>th</sup>**

**Sunday October 21<sup>st</sup>**

**Saturday/Sunday Oct 27<sup>th</sup> – 28<sup>th</sup>**

**Fri-Sun 26<sup>th</sup> Oct to Sun Nov 3<sup>rd</sup>**

**Saturday/Sunday November 3<sup>rd</sup>/4<sup>th</sup>**

**Thursday – Monday Nov 8<sup>th</sup> to 12<sup>th</sup>**

- Regional DMT assessment – Southampton/club bar b que
- Sofia Cup and World Cup - Bulgaria
- Regional trampolining assessments – Isle of Wight
- Last date to sign for half term training
- Coaches and Judges meeting – tbc
- English Championships and Home Nations International
- Half term signed training
- David Ward Hunt International - Gillingham
- Flanders Cup International - Belgium

**CONGRATULATIONS** to everyone who competed in the Regional DMT assessment on Sunday 30<sup>th</sup> Sept.

**ETC LOTTERY WINNERS AUGUST & SEPTEMBER** - Congratulations to August's winners, number 15, Ross (£30.00) and number 47, Martin D (£20.00). September's winners were number 19, Su Oliver (£30.00) and Ross again with £20.00. Lucky Ross!

**FEMALE LEOTARD FOR NEXT SEASON** The new sleeveless female leotard will be shortly available. You will be informed when, where and how you can view and buy the leotard. The leotard may be bought by any club member and used as a training leotard, and must be purchased by all National competitors before the next National Championships at the latest.

**CONGRATULATIONS** to Megan, Rhianna and Jess H who have all been selected to compete for GB in the Sofia Cup in Bulgaria this week. The top two competitors per age group from the 2012 season were selected for this event so well done girls, this is a great selection.

**CONGRATULATIONS** too to Amanda also on her selection to the GB team for the Bulgarian World Cup which will run alongside the Sofia Cup.

**PILATES CLASSES** The Pilates/stretching classes have begun on Tuesday evenings at 7.30pm. There are a couple of spaces left so please contact Jess asap for registration at [j\\_e\\_p86@hotmail.com](mailto:j_e_p86@hotmail.com).

**CONGRATULATIONS** to everyone who competed in the 'First 100' competition last month. (Results on the website). Thanks to everyone who helped to make the competition a success.

**LOULE CUP** congratulations to everyone who competed in the Loule Cup last month. Congratulations to our finalists – ladies - Emily 6<sup>th</sup>, Junior - Rhianna 5<sup>th</sup>, U15- Liam and Tom H respectively 6<sup>th</sup> and 8<sup>th</sup> and Sarah 5<sup>th</sup>. U13 Taylor 7<sup>th</sup>. Well done too to Elizabeth O, 7<sup>th</sup> and Liam 8<sup>th</sup> in the DMT finals. Our men's team of Pete, Kameron and Ben took a bronze medal as did our Junior boys with James, Liam and Tom. We had a great trip, everyone competed well in a very high quality event. Thanks to Sally for organising the accommodation. Your hard work is very much appreciated Sally. Thanks too to the coaches and officials and the coaches that covered club whilst we were away. It was a great team effort!

**LOULE WORLD CUP** congratulations to Liam who competed in his first senior event for GB in Portugal last month and took a great 19<sup>th</sup> place in a top international field of 56 men. Amanda did a great compulsory but unfortunately couldn't complete her voluntary due to a shoulder injury.

**GOOD LUCK** to everyone competing in the Regional Assessments on the Isle of Wight on October 14th. Details will shortly be on the website.

**CONGRATULATIONS** to everyone selected to represent England and Wales in the forthcoming Home Nations event in South Shields in November. There is nothing better than being selected to represent your country so **well done** to Megan, Kips, Ben, Grace, Liam, Philip and Ross + DMT Emily, Georgia and Elliot (England). Rhianna, Sophie, Emily, Rachel and Zara (Wales). The England group will also be competing in the Flanders Cup and the Welsh representation in the Dave Ward Hunt International in November.

**CONGRATULATIONS** to our coaches – Nick will be representing GB at Flanders Cup and Home Nations, Kylie, Wales for DMT in Home Nations and DWH and Pip and Nick as Regional Squad coaches at the English Championships.

**CONGRATULATIONS** to the following selected to represent the Southern Region this month in the English Championships – Liam A, Philip, Ross, Tom L, Rhianna, Sophie, Charlotte, Amy, Grace, Kips, Ryan, Elliot, Ben, Ella Mae, Jess H, Megan, Georgia, Katie A. DMT Jamie, Emily, Elizabeth O, Liam P. The entire Regional team selected on merit (except one competitor) are Edgbarrow! Great work!

**ALGARVE TRAINING CAMP** Portugal next July. We are compiling names for the camp now and everyone should have received the info recently. Please see attached for the criteria to attend this great training week. Please contact me immediately if you wish to register.

**NEW INITIATIVES** thank you to everyone for making so much effort to arrive for the 15 minute pre session warm up. Already many trampolinists are showing great improvements in posture and flexibility. Your child will also be measured and scored in a 'pike sit' position by Hannah L. They have until Christmas to score a perfect score of zero. Please encourage your child to work on the floor exercises plus the 'pike sit' exercise at home along with the 'splits' exercises they do. Full flexibility aids performance and helps in injury prevention.

**THANK YOU** to Jackie and the Abrahams for hosting the 2012 club bar b que. Everyone had a great time.

**SIGNED TRAINING FOR HALF TERM** the lists are now on the board. Everyone must sign by Thursday Oct 18<sup>th</sup> if you wish to train during half term. If you are new and confused about the system please ask your coach for help. The lists will be typed up and sent to you the week before half term. Please check the printed list carefully as some session times may change according to take up.

**NEW COACH** Liam will be joining our coaching team shortly and will head up a new group. Liam will also be predominantly the cover coach for Hannah B when she goes off on maternity leave in December. Welcome to the team Liam.

**PRE SEASON BOOT CAMP** open to all national competitors from 28<sup>th</sup> to 30<sup>th</sup> December. There will be 20 trampoline places and 10 DMT (DMT may be regional level to attend). The purpose of the camp is to steal a march on our rivals and get a head start in fitness for the season. The emphasis will be on technical perfection and conditioning. Application forms will be available from November 1<sup>st</sup>.

**CLUB CHAMPIONSHIPS AND RACE NIGHT** the Club Championships will be on Saturday December 15th and our fund raiser for the evening will be a 'Race Night' this year. More details will follow in the November newsletter.

**WELCOME** to Zara who has joined us whilst attending Surrey University. Zara is a senior Welsh international.

**URGENT** 50 club members have not yet paid BG membership. As of midnight last night you are no longer insured. Unless you pay this week you will have to cease training. **BRONZE** (Regional level except Regional 'D') - £16.00. **SILVER** (Regional 'D'), National gala level plus some coach/judge levels) - £40.00. Please transfer into the club's BG account Nationwide 20118248 – Sort code 07 02 46. Reference with the name of the club member, or place a cheque in Carol Hardman's postbox payable to 'Carol Hardman'. If you are transferring from a Nationwide account please contact Carol as you can't reference your transfer. (The person who paid a cheque directly into the bank account on Sept 20<sup>th</sup> gave no details. Please contact Carol at [carolh2004@yahoo.com](mailto:carolh2004@yahoo.com) immediately to give her your details). Thanks for your co-operation.

**PARKING** You are not permitted to park this evening (Monday 1<sup>st</sup> Oct) in the school car park after 6.15pm due to a School Parents evening. Please park carefully in the adjacent side roads and respect the local residents. Thank you for your co-operation.

Yours,

*Sue and the Coaches*

