

EDGBARROW TRAMPOLINE CLUB NEWSLETTER SEPTEMBER 2012

Dear Club Member,

Please take careful note of the following dates:-

Monday September 3rd

Wed-Sat September 5th to 8th

Sunday September 23rd

Sunday September 30th

Thurs-Sun October 4th-7th

Sunday October 14th

Sunday October 21st

- Club training returns to normal

- Loule Cup International, Portugal - **changes to training**

- 'First 100' Competition – Brakenhale

- Regional DMT assessment – Southampton/club bar b que

- Sofia Cup and World Cup - Bulgaria

- Regional trampolining assessments – Isle of Wight

- Coaches and Judges meeting – tbc

WELCOME back to everyone after the long summer break and welcome to all new club members.

RETURN TO CLUB from Monday September 3rd club returns to normal although due to the Loule Cup International and World Cup many members will not have their normal coaches until next week. Things will settle down then and we should have normal service resumed!

2012/2013 CLUB UPDATE DETAILS FORMS & OTHER INFO You should have returned your contract update sheets by now.

CONGRATULATIONS and GOOD LUCK to Liam and Amanda who have both been selected to compete for GB in the Loule World Cup event this week and **GOOD LUCK** to everyone competing in the Loule Cup Invitational International this week. Have a great time.

THE DAVID WARD-HUNT CUP The David Ward Hunt entry has now been placed. All those entered must pay their entry money immediately into the club account. Please reference with your name and DWH.

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.

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.

SAD NEWS Ella and Kate O have decided to retire from competitive trampolining. Ella wants to concentrate on her coaching and new job in a physio practice and Kate took time out to consider her trampolining future after her momentous medal winning performance at the 2011 WAGC when she and Megan took bronze in the U17 girls synchro. Kate has now decided to retire from trampolining but will continue coaching. Kate was a great youth international for both GB and England and competed for many years for the club. Thank you both for being great role models and we will all miss you representing club.

SUMMER CAMPS The two Summer Camps this year were very successful. Thanks to all of the coaches who worked so hard to make the camps a success and to Pip for leading the first camp.

OLYMPIC TASTER DAY Thanks to Jess and everyone who helped make the Olympic Taster Day such a success. We identified a few talented children for club and had a great day.

CLUB BAR B QUE The annual Club bar b que will be held on Sunday 30th September at the home of the Abrahams. We are sorry that this clashes with the DMT assessments in Southampton but hope those in the assessments can return in time to attend the bar b que which will be from mid afternoon. Exact details can be found on the board. The bar b que is free and open to all club members. All you have to do is to sign the notice on the board to say how many of you are coming. You have to bring your own food to bar b que and drink. Jackie will contact you regarding a contribution of a communal dish to bring. This is a great way to meet other club members so please come.

CONGRATULATIONS to Megan, Rhianna and Jess H who have all been selected to compete for GB in the Sofia Cup in Bulgaria in October. 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** to Amanda also on her selection to the GB team for the Bulgarian World Cup which will run alongside the Sofia Cup.

PILATES CLASSES We are starting Pilates and stretching classes from Tuesday 11th September at 7.30pm. Any club member may apply to attend but priority will be given to the highest ranked competitors downwards. We will take the first 15 applications in priority order that apply. Please contact Jess asap for registration at j_e_p86@hotmail.com. We have researched the value of this activity in enhancing body preparation, flexibility & posture. Rosie McClellan the 2012 Olympic Champion does pilates!

'FIRST 100' COMPETITION & REGIONAL ASSESSMENTS please find attached the entry forms. NB the entries must be emailed to Sue Williams at etccomps@hotmail.co.uk by Saturday 8th September. You must enter the Regional event on the same form at the same time. Money for entry must be transferred into the club bank account. See entry form for information.

MEMBERSHIP FEES All membership fees must be paid this month as instructed on your update forms.

Sue and the Coaches

