

EDGBARROW TRAMPOLINE CLUB NOVEMBER NEWSLETTER 2013

Dear Club Member,
Mon-Sun Nov 4th-10th - World Championships, Bulgaria
Mon-Sun Nov 11th-17th - World Age Group Championships, Bulgaria
Sunday November 24th - U15 Squad -10.00-1.15pm
Sunday December 8th - U15 Squad -10.00-1.15pm
Sunday December 8th - Welsh Championships, Wales
Saturday December 14th - **Club Championships**
Saturday December 14th - **CLUB QUIZ NIGHT**

CONGRATULATIONS to everyone who competed in the Welsh Cup in Cardiff last month. You were great!

Mega-congratulations to all finalists – U13 - Holly T 6th, U15 – Sarah D 2nd, Paige 6th, Kate P 7th, Charlie K 6th -Teams 2nd & 3rd. 15+ - Toni 2nd, Aoife 3rd, Tayla 8th. Team Wales 1st, ETC 2nd. Michael 5th, James 8th. Elite U13 – Georgie H 2nd. U15 Ella Mae 1st, Gemma 6th, Kate S 8th. Team 1st. Tom H 2nd, Freddie 5th. U17 – Jess 2nd, Victoria 5th, Katie A 6th. Team 1st. U19 Tom L 6th. Rhianna 1st, Jess H 3rd, Fiona 5th, Victoria 6th, Sally 8th. Team Wales 1st, ETC 2nd. Senior – Sophie 1st, Rachel 2nd, Zara 3rd, Emily 8th. Team – Wales 1st. SYNCHRO Junior Ella Mae/Jess 2nd, Aoife/Morgan 8th. Senior – Rachel/Emma 1st, Sophie/Rhianna 2nd. DMT U15 – Freddie 1st. Senior – Alisha 4th.

GOOD LUCK to Amanda and Pete who are both competing for GB in the Senior World Championships in Bulgaria this week in TRS and DMT respectively, and also to Emily D who is competing the week after in DMT at the World Age Groups Competition also in Bulgaria. We are very proud of your selections.

CONGRATULATIONS to our Edgbarrow members who competed for Wales in the Friendship Cup in Prague last month. Everyone competed superbly. In the Junior event Rhianna was 2nd and Aoife 10th. Seniors – Sophie 2nd, Emily 4th, Zara 6th and Rachel 8th. In synchro Aoife/Kayla 8th. Senior – Sophie/Rhianna 1st, Rachel/Emma 2nd. This was Rachel's last event before retiring. Well done Rachel, you've had a great GB domestic and Welsh career.

WELSH REPRESENTATION If anyone has a Welsh parent or grandparent or was born in Wales you may be eligible to be a member of the Welsh Squad. Please let me know if you are interested.

GOOD LUCK to everyone competing in the Welsh Champs on Dec 8th and in the first round of the National Schools competition.

JUDGE REVALIDATION – Please see Tony if you need to revalidate but have not received a form.

COMPETITION STRUCTURE - This week you will receive additional competition information which gives everything you now need to know re 2014. Please take careful note of this information. Your individual pathway will then be explained to you by your coach and everyone should now get set up with their goals and training plan in their diary. Please ask if you need any clarification once the information has been disseminated.

2013 CLUB CHAMPIONSHIPS SATURDAY DECEMBER 14th – Your entry form for the 2013 Club Championships has been sent with this newsletter and may be accessed on the website. Everyone is expected to enter the Championships.

CLUB QUIZ NIGHT Saturday December 14th. Details and tickets will be available shortly. Please support Club and buy a ticket to take part as this is our major fundraiser of the year.

EXERCISES BETWEEN SESSIONS – We resumed the activity of doing exercises between turns on the trampoline in order to increase physical activity. Please ask your coach for assistance if you don't understand the requirement. We want you to be motivated to undertake the exercises without constant reminders from the coach so please remember to do them!

EDGBARROW LOTTERY – Message from Alex - I run the Edgbarrow Trampoline Club Lottery and am writing to you to ask you to support the club by buying a lottery ticket. As well as helping to raise money for club funds you are given a chance to win some great cash prizes. Here are some interesting facts about the lottery so far:-

- it has run for two six month cycles, the first between July and December 2012 and the second from March to August 2013 - cash prizes totalling **£800** have been paid out - a fantastic **£516** has been raised for club funds - during the last six months most people who entered with the name Su(e) were particularly lucky as Sue Milroy, Sue Bolton, Sue Williams and Su Oliver all won the monthly first prize of £50. Sue Lawton however has never won. Sorry Sue! - numbers 8, 11, 15 and 34 have been the most lucky as they have all won twice. The next cycle for the lottery will run from November 2013 to April 2014. A maximum of 90 tickets will be sold to give everyone a great chance of winning a prize. Each number costs only £2 per month (£12 for the whole six months) and if all 90 tickets are sold there will be three cash prizes each month, one of £50 and two of £25. The last date to enter will be Monday 18th November. So far 46 numbers have been sold, so we still have a further 44 numbers available. You can simply send an e-mail to etc200club@hotmail.co.uk with the details requested on the attached Lottery Entry Form. Please buy a ticket and support your trampoline club. Thanks for reading, Alex

LLOYDS PUBLIC VOTE – Thank you to everyone who voted for us. We think we may have won the £3000.00 grant but won't know for a few days. This money will be spent on upgrading the 'push in' mats plus other essential equipment.

ATP MESSAGE– Bookings have been slow so please book asap. You can now book online using the following link <http://www.bookedin.net/mind-and-bodyworx> or you can ring 01276 300064 / 07715 600205. The two venues are at Winnersh (en route for M4) and Frimley (en route for M3). Both venues are close to Bracknell. Tracy advises that you book a couple of weeks in advance to be sure to get your massage.

UNDER 15 'A' SQUAD - The new U15 'A' squad will start early morning training on Tuesday November 12th. There will be a Sunday session too on Sunday 24th November from 10am to 1.15pm. Cost £7.50. Please sign the list on the board in reception and bring cash on the day. Thanks to all for a great response to the new initiative and thanks to Hannah for her hard work on this. Coaches involved on the early sessions will be Hannah, Jess and me.

TRAINING CAMP 28th, 29th, 30th December – We are currently finalising details for a three day training camp over the Xmas holiday. You will shortly receive information.

Yours,

Sue and the Coaches

