

EDGBARROW TRAMPOLINE CLUB OCTOBER NEWSLETTER 2013

Dear Club Member,

Fri-Sun October 4th-6th

- Welsh Cup International - Cardiff

Fri-Sun October 18th-20th

- Friendship Cup International – Prague

Saturday October 19th

- Last day to sign for Half Term training

Saturday October 26th

- Half term training commences

Sunday October 27th

- Regional Assessments - CANCELLED

CONGRATULATIONS to everyone who competed in the Loule Cup in September. **Mega congratulations** to our medal winners and finalists – U15 Kate S 4th, Junior Sally 8th, Seniors Charlotte 2nd, Rhianna 3rd, Zara 5th, Amy 8th, Liam 1st, Ross 2nd, Kameron 7th, Tom L 8th. In addition both of the Senior Edgbarrow teams took gold in a very strong international field.

CONGRATULATIONS to Ella Mae, Jess H, Amanda for trampoline and Emily D and Alisha for DMT - all of whom competed really well at the recent WAGC and Worlds trials. The teams will shortly be announced.

CONGRATULATIONS to Emily M, Zara, Sophie, Rhianna, Rachel and Aoife, all of whom took part in the Welsh National Squad last weekend and will be representing Wales in the Welsh Cup international this weekend and the Friendship Cup international in Prague later in October. We are very proud of your selections.

CONGRATULATIONS to Pete who got married to Nicola last month.

WELL DONE to everyone who took part in the Under 15 Development session on September 29th. You will shortly be given further information and your coaches will be appraised of your assessment.

GOOD LUCK to everyone competing in the Welsh Cup this coming weekend. Please submit your tariff sheets by 5.30pm on Thursday in the usual place. Tariff sheets can be downloaded from the website. Please use FIG notation. Ask for help if you don't know how to do this. Enjoy your competition.

COMPETITION STRUCTURE - This week you will receive information to explain the pathway Edgbarrow will be taking next year competitively due to the changes. 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 & QUIZ NIGHT Please put Saturday December 14th into your diary. This is the date of the Club Championships and we will be running a club quiz for all of the family in the evening.

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!

SUPER CONDITIONING – We have now run this for three weeks and it is going well. Thanks to the S.C. team.

EDGBARROW LOTTERY – Thank you to those who have bought tickets and supported the Edgbarrow lottery over the last six months. In doing so you have helped raised some much needed money for club funds whilst at the same time you have been given the chance to win some great cash prizes. You will shortly receive an email from Alex on how to enter the next lottery cycle from October 2013 to March 2014. Please help support your club for an investment of as little as £2.00 per month.

UNIVERSITY STUDENTS You are all entitled to train during the daytime sessions from September. Please let me know as soon as you get your timetable so I can allocate your sessions. **GOOD LUCK** to everyone starting university this month.

PLEASE VOTE FOR US! We have been shortlisted to the final few for a £3000.00 grant from Lloyds Bank. This money will go directly to replace the 'push in' mats, which have become very floppy, plus other equipment. We need you all to vote as the grant will be awarded to the highest public vote. You have until the end of the month to register your vote. Please ask all of your friends and family to vote for us and put on face book etc. It will really help us to win this vote so please, please, please vote asap and spread the word. You will receive a separate email explaining how to register your vote which can be online, by text or by visiting a local Lloyds bank. Thank you for your support.

HALF TERM SIGNED TRAINING - The list to sign will go up this week on the white board in reception. You will need to sign by Saturday 19th October. Please note that from Monday to Wednesday 28th to 30th October there will be no power in the centre during the day due to essential building works. It will be put back on for the 4.00pm and later sessions So all daytime trampolinists should sign for a session of their choice in the evenings for these three days.

ATP MESSAGE– Tracy is now well on the mend following her broken arm and has a physiotherapist called Stephanie currently covering some of her work. The monthly massages will resume immediately with either Tracy working one handed or Stephanie with Tracy in attendance. Due to there being no space now in the store cupboard we are moving to an alternative system. This system benefits you greatly however as you now have a choice of day/time and two different venues to receive your massage. You will 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. Please note that these 20 minute massages would cost £20.00 if you were a member of the public. Under ATP you get it for £5.00. This is a great deal. You will be charged £5.00 for missed appointments. Please contact Tracy if you can't make an appointment as soon as you know by ringing the numbers listed above. Anyone training hard needs body maintenance and this service will help prevent you suffering repetitive strain injury as well as indicate possible problem areas before they become a problem! We know this is an excellent opportunity and hope more of you will take it up. If anyone wants to join ATP and access massages under the new system plus additional conditioning and sports science sessions please contact me for an application form.

FAREWELL to Philip who has made the difficult decision to retire due to heavy work commitments. Philip has represented club and England for many years. Farewell too to Rachel who will be retiring after the Friendship Cup. Rachel has represented Wales for many years. We will miss you both!

Yours,

Sue and the Coaches