

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER OCTOBER 2015

Dear Club Member,

Sunday October 11th	- Welsh Squad - Proof of Fitness Day for Alpen Cup
Sunday October 11th	- Under 15 Squad training – 10.00-2.00pm
Sunday October 18th	- Regional Team event – Isle of Wight
Sat to Sun October 24th-Nov 1st	- Half term – signed training, see below
Sat/Sun October 24th/25th	- League event – South Shields/Alpen Cup – Austria
Sat-Sun November 21st/22nd	- League Finals – Copper Box – London
Wed to Sun November 25th-29th	- World Championships - Denmark

APOLOGIES for the lateness of the newsletter this month.

CONGRATULATIONS to Amanda who was placed 4th in the Senior Ladies British Championships last month and secured a place to compete for GB in the World Championships in November. Amanda also competed with a personal best difficulty of 14.8.

Congratulations too to Kate S and Caitlin T who took 8th and 9th places respectively in the 15/16 elite group. Caitlin also took 8th place in the 15/16 elite DMT group and **mega-congratulations** too to Charlotte V the 9/10 DMT elite **British Champion**.

CONGRATULATIONS to Kate S who became Scottish 15/16 Elite Champion last month.

GOOD LUCK to Amanda who is competing this weekend for GB in a World Cup event in France.

THANK YOU to Neil Minter who has donated cover fronts for our end decks and has helped to smarten the centre up considerably. Neil also sponsors Amanda as an elite athlete working to gain an Olympic place in Rio. So if you need any physio work we know you will be in great hands if you contact Neil using the contact details shown on the end deck covers in the centre.

EDGBARROW LOTTERY – THANKS to Kim who has kindly offered to help Alison keep the lottery running.

HALF TERM HOLIDAY TRAINING – Saturday October 24th to Sunday November 1st inclusive – You have until midnight on the 18th October to sign. Please use the link www.edgbarrow.co.uk/sign-up. Please make sure that you sign by the time specified or you will be unable to train over half term.

ALGARVE CAMP – Please find attached the Algarve Camp information for 2016. Please note the price of the camp has been confirmed now as £300 plus flight. You have only a few days left to register if interested in attending.

CONGRATULATIONS to everyone who competed in Cardiff in the largest domestic trampoline and DMT event ever. Edgbarrow had some terrific results. Check the League website (www.trampolineleague.co.uk) for results and League ranking points.

CHANGES TO TRAINING – There will be changes to training over the weekend of the 21st/22nd November due to the League Finals. There will only be one session available for all those not attending the finals on Saturday 21st. You will need to sign online for this session from October 19th. You will be sent a reminder. You will have until midnight Sunday November 14th to sign. The Sunday session will run as normal. There will be disruption also to training the weekend of the 24th/25th October due to the South Shields League event and the Alpen Cup event taking many of the coaches away that weekend. Sessions will run as normal but please be prepared to not necessarily have your normal coach take your session. Apologies for any inconvenience caused.

‘PHIL THE BAG’ – ‘Phil the Bag’ will conclude on October 23rd. Please bring in your donations to reception from September (clothes, pillow cases, duvet covers, bags, belts, handbags, curtains and towels). Please bag them up in strong black sacks and tie. The company do not provide the bags now. They won’t accept blankets, bric-a-brac, duvets, pillows, rugs, carpet, canvas, wet items or stained/ripped clothes.

MILK BOTTLE LIDS – Thank you for bringing these in and please continue to do so but please only bring in milk lids and not those from other drinks as we have to sort them out. Thank you.

CLUB BAR-B-QUE – Thanks to the Abrahams family for hosting a great club bar b que last month. 50 club members attended and the weather was kind to us.

CONGRATULATIONS to everyone who competed in the ‘First 100’ competition last month. The results will shortly be on the website.

UNDER 15 SQUAD – NEW CRITERIA – We realise that the criteria for this squad is very challenging but for the vast majority it is achievable. Under 15’s will be tested in January for inclusion. Please ask your coach to help you fulfil the criteria and ask for extra help if it is required.

ATP – We will shortly disseminate the dates for the nutrition and psychology sessions for 2015/2016.

REGIONAL TEAM EVENT – GOOD LUCK to everyone who has been selected to compete in the Regional Team event on the Isle of Wight this month.

UNDER 15 SQUAD – Sunday October 11th – Have fun all those invited to attend the squad session on Sunday.

GOOD LUCK to everyone competing in the final qualification League event for 2015 in South Shields on the 24th/25th October.

GOOD LUCK to Zara, Emily M, Rhianna and Lucy all of whom are representing Wales in the Alpen Cup in Austria this month.

PHOTOGRAPHS – Please read the message below carefully – Edgbarrow now has a photographs website. On this website you will find photographs from the League events and the ‘First 100’ events that are yours to download. The website is

www.whizzbangweb.com/edgbarrow. You will need to log into the site before you can see any photos. Please email Heather for access details. Please let Alan know if you need any help with the site or have any questions. Alan’s email is at the bottom of the ‘home page’.

Thanks to Alan for his hard work in setting this up on our behalf.

Sue and the Coaches