

EDGBARROW TRAMPOLINE CLUB AUGUST NEWSLETTER 2013

Dear Club Member,

Monday September 2nd - Club returns to normal training – new days and times commence
Tues-Sat September 3rd to 8th - Loule Cup International
Sat & Sun September 14th/15th - World Championship & WAGC trials - Lilleshall
Sat & Sun September 21st/22nd - World Championship & WAGC trials – Lilleshall
Sunday September 22nd - Provisional Regional Squad
Sunday September 29th - Edgbarrow Junior Under 15 training day
Fri-Sun October 4th-6th - Welsh Cup International - Cardiff

WELCOME to all of our new members starting at Edgbarrow in September. Please make sure that you check the newsletter for any up to date news and training changes.

CHANGES - There are many changes happening at club and nationally as we accommodate the new competition structure, so it is important that everyone keeps up to speed with new initiatives that will affect all.

'FIRST 100' COMPETITION – Sunday October 6th – Due to the changes underfoot Edgbarrow will not be entering the Regional event in October so the 'First 100' event in October is cancelled. We are currently devising a new pathway for our Regional competitors and until we know what action our region will take regarding competition, all competition at this level will be held 'in house'.

LEOTARDS – I will be making representation to both Milano and Elite regarding leotard errors during the week of September 15th. Anyone who has an error in their leotard please make sure it is clean, named and placed in a named plastic bag and returned to me by September 13th so it can be returned to the manufacturer.

ATP (Additional Trampoline Programme) – Last month you all received information regarding ATP. I have reattached this information. Please read carefully and return your form in hard copy to Heather's post box by 15th September. We advise this additional programme for any member aspiring to be an elite trampolinist.

WELSH CUP – Entries are now closed. Full information of entries and groups entered will be distributed next week. Anyone wishing to know on which days they will be competing and the format, please access the Welsh Gymnastics website.

NATIONAL FINAL CERTIFICATES – There are many Nationals participation certificates and finalists certificates under the end deck by trampoline 8 (bell bed) waiting to be collected by competitors. If these are not collected by 15th September (plus other certificates) they will be disposed of.

TRAINING DIARIES – You were recently sent a document explaining the importance of keeping a training diary. I have reattached this information. Please consult with your coach on how to set up your training diary. Any folders/diaries still at the centre on the floor by the gym equipment at the far end not collected by September 9th will be disposed of. Diaries may be stored in the blue bags attached to the end decks.

SUPER CONDITIONING – Our trampoline coaching team are the most qualified team in GB so all club members receive technical coaching excellence but unless members are prepared to condition we cannot help you to fulfil potential. We need to 'up our game'. So we are running a Super Conditioning class on a Saturday commencing on Saturday 14th September from 1.00 till 2.15pm. Those invited have had information sent to them. Please respond to this invite immediately.

SUMMER TRAINING 2013 – Thanks to Emily, Liam and their team for running a new summer programme which concluded last week.

EXERCISES BETWEEN SESSIONS – From next week we will be resuming the activity of doing exercises between turns on the trampoline in order to increase physical activity. The exercises which have been simplified have been attached for those who would like to get started this week. Please ask your coach for assistance if you don't understand the requirement.

ALGARVE CAMP 2014 – You have received an application form separately from this newsletter regarding Algarve Camp 2014. Please get your application to attend in asap. The camp is a great training experience combined with a lot of sunshine, swimming and fun.

SEPTEMBER 2013 to AUGUST 2014 - You should have received your club packs for September by email from Heather by now. Please let Heather know if you haven't. We have had to make changes to many session times and even days due to staff changes and ask you to be tolerant of how these changes may have impacted on you. Thanks.

LOULE CUP 3rd to 8th September – Portugal There will be a lot of changes to coaching staff during the first week of the term as some coaches are in Portugal for the Loule Cup. Apologies for any disruption caused.

GOOD LUCK to everyone competing at Loule Cup.

NEW COMPETITION STRUCTURE – You will receive a full explanation document on the measures Edgbarrow are taking to preserve National level competition for our members who do not easily fit into the new structure. We will also outline our regional provision. This document and your projected new levels and competition pathways will be sent to you the week of 9th September. We will be able to answer any questions once you have read the document.

EDGBARROW LOTTERY – The winners were Su Oliver (£50.00) and Pete Cracknell (£25.00). Congratulations to both of you. This was the final draw in this six month cycle. The next cycle will run from October and we hope that you all continue to support our lottery. Thanks to everyone who has taken part so far and thanks to Alex (Kate's Dad) for running the lottery for us.

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.

FAREWELL to Grace who has recently departed for her university year abroad in France. Have a great year Grace.

WORLD CHAMPIONSHIP & WORLD AGE TRIALS Good luck to Amanda, Jess H and Ella Mae all of whom are trialling for the trampolining World Championships and to Pete, Alisha and Emily D who are trialling for DMT World Championships mid September.

Yours, *Sue and the Coaches*