

EDGBARROW TRAMPOLINE CLUB SEPTEMBER NEWSLETTER 2014

Dear Club Member,

Saturday September 6th	- Club bar-b-que
Sunday September 7th	- Welsh Squad
Sunday September 21st	- Under 15 'A' Squad Session (Date Change)
Sat/Sun September 20th/21st	- Elite British Championships
Sat/Sun September 27th/28th	- Friendship Cup International – Prague
Monday September 29th	- School Open Day – restricted parking
Sat/Sun October 4th/5th	- Home Nations International/National League event – Perth, Scotland

CONGRATULATIONS to Jess and Dave who got married in style last month in Somerset.

EDGBARROW LOTTERY- Our lucky winners in August were number 18 – Jessica Smith who wins £50, number 46 – Nick who wins £25 and Grant Gillard, number 26 who also wins £25. Congratulations to all three.

CONGRATULATIONS to everyone who competed at the end of last month in the first ever National League event. Thank you to everyone who helped marshal, record, judge and coach at the event. Our results as a club were brilliant. For full results please see the link below.

<http://www.trampolineleague.co.uk/wp-content/uploads/2014/08/NL-Wale-2014.xls> **MEGA-CONGRATULATIONS** to medal winners – League 3 – Katelyn 2nd, Branner 1st, Josie 2nd. League 2 – Charlie 2nd, Harry 1st. League 1 – Emily M 1st, Jess H 1st, Freddie 1st, Tom 1st, Kameron 2nd, Georgia 1st, Victoria 2nd, Katie 3rd, Ben 2nd. OPEN TRI Liam 1st, Tom L 2nd, Kameron 3rd, Jess H 1st, Emily M 2nd, Georgia 3rd. DMT – Freddie 1st. TRS – Katie/Jess 1st, Erin/Tayla 3rd. OPEN – Ben/Kameron 1st, Liam/Pete 2nd.

THE 2014 EDGBARROW SUMMER CAMP - This year the camp was fully attended and was one of the best we've ever run. Activities included diving sessions, trampoline, synchro, a two move competition, DMT plus presentations by our world champions Kylie and Amanda. Our coaching team were excellent - thanks to Tony, Kylie, Amanda, Hannah L, Tamzin, Emily & Liam for all of your hard work at the camp.

CHANGES FOR SEPTEMBER - Your new training times, days and costs have all been sent out now. Your contract is binding but if you have any changes to details (email address, phone number etc) please inform us on your Membership Update form which must be returned by all immediately.

TRAINING FEE COSTS – Please note that all fees will rise by £2.00 per month from September.

CONDITIONING – From September conditioning will be voluntary for everyone except *all NDP8 and Elite trampolinists, all Under 15 squad members* and anyone whose coach requires them to take part. This is an attempt to rationalise the service as we have many children attending conditioning who are not fully engaging and are making the sessions hard for the coach and the group. We want only those really wanting to take part to do so and hope this new ruling may help improve enjoyment and productivity in the sessions. If your child is not in the groups listed above please ask them if they wish to take part in the conditioning sessions and advise Heather accordingly.

SUMMER SESSIONS – Training Camps – Thanks to Emily and her coaching team for running six great days of summer sessions during the holidays.

ALGARVE CAMP 2015 – We will shortly be putting out information for next year's camp. The camp is a great mix of training and holiday in one of Europe's most lovely holiday resorts. Anyone aged 10 and over in 2015 may apply and must be a minimum of Regional E or League 3 level. We have provisionally booked 30 places for 2015.

EDGBARROW CLUB BAR-B-QUE – The annual Club Bar-b-que will be at the Abrahams home on Saturday September 6th from 3.00pm. The bar-b-que is free to all club members and their families. You still have time to put your name on the list on the blue board in reception if you wish to attend or email Jackie at jaabrahams@outlook.com, we'd love to see you all there. Thanks to our hosts Richard and Jackie Abrahams.

ETC MEMBERS ATTENDING UNIVERSITY - Please confirm your new training days and times as soon as you get your timetables.

ATP MEMBERS & UNDER 15 A SQUAD MEMBERS We will shortly be disseminating a series of dates for sports psychology sessions over the next few months. For non ATP members the cost will be £3.00 per session, for ATP members there is no cost.

WELSH SQUAD – Rhianna, Emily M, Zara and Aoife enjoy Welsh Squad on Sunday 7th! **Congratulations** to Zara and Emily on your selections to compete for Wales in the Friendship Cup International in Prague later this month.

CONGRATULATIONS to Kate S who has been selected to compete for Scotland in the Home Nations International next month in Perth.

This will be Kate's debut event for Scotland and she will be joined by Emily and Zara competing for Wales. Sadly both Aoife and Rhianna are injured and unable to represent Wales this autumn in Prague and the Home Nations International.

GOOD LUCK to Victoria and Amanda (TRI) and Gemma, Emily D, Freddie and Caitlin (DMT) all competing in the Elite British Nationals in Liverpool this month and **welcome back** to training to Amanda who has had many months off due to a back injury. It's great to have you back Amanda!

UNDER 15 'A' SQUAD SESSION – There will be an Under 15 A Squad session on **Sunday 21st September** at the centre from 10.00am to 12.15pm. Cost £5.00 cash on the day please. Please confirm attendance with Hannah L.

MONDAY SEPTEMBER 29th – Brakenhale Open Day. Please do not park on the school premises if you train from 5.30pm. Please park in adjacent roads.

REGIONAL TEAM EVENT – There will be a Regional Team event on Sunday October 19th in Haslemere, We are permitted an entry of two teams of 8 to represent Edgbarrow at the event, and if selected you will shortly receive an invitation to compete.

MEMBERSHIP FEE As explained by Heather, the membership fee this year includes your entry to the Club Championships on December 13th. Please put this date in your diary. On the evening of December 13th we will be holding a Barn Dance back at our old training venue Edgbarrow Sports Centre to celebrate our 30 year anniversary as one of Britain's top clubs. There will be further details regarding both events disseminated in November.

WELCOME to all new members who have joined us in September. We hope you enjoy the Edgbarrow experience.

Yours,

Sue and the Coaches

