

EDGBARROW TRAMPOLINE CLUB – NEWSLETTER SEPTEMBER 2015

Dear Club Member,

Sat/Sun September 5th/6th	- League Event – Cardiff (changes to training 12.45pm – see below)
Fri-Sun Sept 11th-13th	- British Championships – Liverpool – World Age and Senior World Championship trials
Saturday September 19th	- Second World Age Games trial - Lilleshall
Saturday September 19th	- Club bar-b-que and coaches meeting
Sunday September 27th	- 'First 100' competition – 9.30-2.30pm
Sunday October 11th	- Welsh Squad - Proof of Fitness Day for Alpen Cup
Sunday October 11th	- Under 15 Squad – 10.00am
Sunday October 18th	- Regional Team event
Sat/Sun October 24th/25th	- League event – South Shields/Alpen Cup - Austria

WELCOME BACK – Welcome back after the long summer break. We hope you all had a lovely summer.

CONGRATULATIONS to Amanda who competed for GB in the Canada Cup international last month and took a great 4th place.

EDGBARROW LOTTERY – HELP REQUIRED – We would like to continue this fund raising venture but so far have had no offers of help so if you think you can spare the time to help run the lottery please contact me asap and we can get the wheel rolling.

HOLIDAY TRAINING SCHEDULE – The holiday training schedule concludes on Monday 31st August. Please check your Summer Schedule for the training times for Monday 31st as they are all in the morning due to it being a bank holiday.

ALGARVE CAMP – Well done to everyone who attended the Algarve Training camp last month. The group had a great time. Next year's info will shortly be disseminated. We advise you to apply early as we only have 15 spaces booked. Thanks to Kylie, Tony and Hannah L for doing such a great job on camp.

SUMMER CAMP & ADDITIONAL SUMMER TRAINING OPPORTUNITIES – Thanks to Emily and Liam for running our additional summer sessions and to Hannah L for running this year's Summer Camp plus all of the coaches who assisted with both ventures. You all did a wonderful job and inspired many young trampolinists.

STUDENTS – Please contact me by Wednesday 2nd to arrange your daytime training for September. We know this may change once you have your university timetable but it will enable us to set up sessions for you for September.

CARDIFF LEAGUE EVENT Saturday/Sunday September 5th/6th – Everyone attending must do a pre competition in full kit by Wednesday 2nd at the latest and have submitted tariff sheets by Wednesday too. N.B. League 3 and 2 competitors may only get 3 warm ups. So please prepare in this last week for only 3 warm ups and a one touch. Please contact Sue W if you haven't had the Cardiff timetable etc sent to you.

CHANGES TO TRAINING – Darryl's Saturday group – 5th September. Please note - As so many from club will be competing in the League event, including Darryl, his 12.45pm group is cancelled and all those in the group may attend a session of choice either 8.15am, 9.45am or 11.15am. Apologies for any inconvenience caused.

'PHIL THE BAG' – The long awaited 'Phil the Bag' will be 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 will *not* accept blankets, bric-a-brac, duvets, pillows, rugs, carpet, canvas, wet items or stained or 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 AGM – The club AGM is on Tuesday September 8th at 8.00pm. If you wish to attend please let me know and I'll give you the venue address.

CLUB BAR-B-QUE – The annual club bar-b-que will be on Saturday September 19th hosted by the Abrahams. More information will be posted in August and a list will be placed on the board in reception for you to sign if you wish to attend. The bar-b-que is free, you just need to bring the food you wish to cook and an appointed communal contribution eg bread, salad etc. It is a great way to meet other club members so we hope many of you will come.

'FIRST 100' COMPETITION – Sunday September 27th – Please find attached the information for the next 'First 100' Competition. All beginners and regional competitors should enter. Other higher level competitors may enter in order to practice new routines or moves in a routine. For those wishing to do the DMT competition, Kylie will give you details. This will run in one of your training sessions close to September 27th.

CHANGES TO TRAINING TIME – From September 5th the Saturday 8.30am trampoline group will floor warm up at 8.15am.

SEPTEMBER – Please make sure all standing orders are altered for September 1st if necessary and all club memberships fees (which includes your BG membership/insurance) is paid into the bank account during the first week in September. Please make sure all 'information update' forms have been returned to Heather's blue post box either before or during the next week.

GOOD LUCK to everyone competing in the British Championships the weekend of 11th to 13th September. This is also a World Age Games and Senior World Championship team trial TRI and DMT so **good luck** for this too and also to those trialling a second time at Lilleshall the following weekend for the WAGC team. We will shortly advise you regarding the orientation time on Friday evening but it is likely to be the 6.00pm slot for Edgbarrow.

7am EARLY MORNING TRAINING SESSIONS – Wednesday's and Thursday's – Due to many either not being back at school next week or starting new schools we have delayed the start of the early sessions to the week after so the first 7am sessions will commence on Wed September 9th and Thurs 10th.

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 – Please note that from September 1st the concessionary massage rate written in the ATP information will not be available. We are currently sourcing an alternative and will shortly advise you on this service.

REGIONAL TEAM EVENT – Edgbarrow is permitted to put in two teams of eight to this event. Representation will be by invitation only. As soon as the coaches have selected the teams we will contact those to be invited. Just in case you are invited to compete for Edgbarrow please see the attached information.

UNDER 15 SQUAD – Hannah will contact Squad members in the next couple of weeks regarding attendance at the Squad session on Sunday October 11th.

PARKING – From next week the green gates at the entrance to the 'triangle' car park will be moved to the far end and locked. This means those using the football facilities will no longer be able to access the astro turf from this car park and will need to park in the other car park at the front of the school. The containers in the 'triangle' car park will also be going within the next few weeks hence parking should be a lot easier for all. We are very grateful to the School for facilitating the improved parking situation.

Sue and the Coaches