

## EDGBARROW TRAMPOLINE CLUB NEWSLETTER AUGUST 2016

Dear Club Member,

**Tues-Tues July 26<sup>th</sup> - Aug 2<sup>nd</sup>**

**Friday August 12<sup>th</sup>**

**Saturday August 13<sup>th</sup>**

**Tues-Friday August 16<sup>th</sup> to 19<sup>th</sup>**

**Monday August 29<sup>th</sup>**

**Monday September 5<sup>th</sup>**

**Saturday September 10<sup>th</sup>**

**Saturday September 10<sup>th</sup>**

**Sunday September 11<sup>th</sup>**

**Saturday/Sunday September 17/18<sup>th</sup>**

**Thurs-Saturday October 6<sup>th</sup>-8<sup>th</sup>**

**Sunday October 9<sup>th</sup>**

**Wed-Sunday October 19<sup>th</sup>-23<sup>rd</sup>**

**Saturday/Sunday October 29/30<sup>th</sup>**

**Friday-Sunday November 4-6<sup>th</sup>**

**Saturday/Sunday November 19<sup>th</sup>/20<sup>th</sup>**

**Saturday November 19<sup>th</sup>**

**Saturday/Sunday November 26/27<sup>th</sup>**

- Algarve Camp - Loule – Portugal
- The 24 hour Bounce-a-thon
- Last date to enter South Shields League Event
- Edgbarrow Summer Camp
- Changes to training – morning training only
- Training returns to normal
- Psychology lecture/nutrition 2-4pm – postponed due to club bar-b-que
- **CLUB BAR-B-QUE & AGM**
- Under 15 Squad – 9-2pm – BTC
- League Event/proof of fitness Welsh, South Shields
- Friendship Cup - Prague (Edgbarrow Team attending)
- Regional Team Competition, TBC
- Alpen Cup, Salzburg (Welsh Squad)
- League Event, Wigan
- Dave Ward Hunt International, Gillingham
- English Championships – Coventry
- Pre-League Finals preparation
- League Finals – Velodrome – Olympic Park, London

**24 HOUR BOUNCE-A-THON** – today the centre is very busy hosting our first ever sponsored Bounce-a-Thon. All money raised will be donated to the BTC Extension and Reception Renovation fund. Thanks to everyone who has taken part. If you wish to contribute after the event please just put some cash in an envelope marked ‘bounce-a-thon’ and post into Heather’s blue post box within the next couple of weeks. Thanks to Kieran, Alan, Pernille and their team of helpers for organising such a great community and club event. We will keep you all posted on the amount of money raised for the project.

**CONGRATULATIONS** to Sally on becoming NDP8 19+ British champion at the NDP finals last month in Telford and to Charlotte M 3<sup>rd</sup>, Katie A 7<sup>th</sup>, 15/16 – Georgie 2<sup>nd</sup>, 13/14 Leah 8<sup>th</sup>, 11/12 Charlotte V 2<sup>nd</sup>, Rachel T 5<sup>th</sup> and Toby 6<sup>th</sup>.

**EDGBARROW LOTTERY** – The lucky July winners were Charlie Corfield - £50.00, Nick Deacon - £25.00 and Charlotte Thomas - £15.00. Congratulations to all.

**SOUTH SHIELDS LEAGUE ENTRY** – Please confirm or enter by Saturday August 13<sup>th</sup>. Please check with your coach or me asap whether you need to enter South Shields in order to have an opportunity to compete at the League Finals now the correct up to date League points have been published.

**ALGARVE CAMP** – Well done to everyone who attended the Algarve Camp recently, everyone had a great time. Thanks to Tony, Hannah and Kylie for coaching on the camp and looking after our club members for the week.

**ALGARVE CAMP 2017** – Please see attached the information for the Algarve Camp 2017. NB we have booked 15 spaces which will be allocated according to the criteria in the information and on a first come, first served basis. We are sorry to announce that the cost of the camp has risen significantly by approximately £50. This is due to an excessive rise in the accommodation costs that the organisers have had to pass on to campers.

**BRITISH GYMNASTICS VETERANS COMPETITION** – Congratulations to Kim W who won the 50+ age category and Abigail who was 2<sup>nd</sup> in 30+ novice group also to Martin 3<sup>rd</sup>, Charlie 5<sup>th</sup> & Emily 4<sup>th</sup> in 30+ pro, Steve 5<sup>th</sup> in 20+ pro and Bev 7<sup>th</sup> & Amy 9<sup>th</sup> in 20+ novice. **Well done to all, great results.**

**SEPTEMBER** – Your training forms for September may be collected now from me at club. Some of you have been given additional sessions where we feel you will benefit from extra training, NB this is not an error. Please make every attempt to take up extra sessions. There have been some coach and session changes where coaches have been replaced or requests have come in for session changes where the current coach is not available.

**ADDITIONAL SUMMER SESSIONS** – Mon 22<sup>nd</sup> to Wednesday 24<sup>th</sup> August. Please contact Emily M at [emilymulcahy@hotmail.com](mailto:emilymulcahy@hotmail.com) for details. Great camps for beginner and intermediate trampolinists!

**AUGUST BANK HOLIDAY – MONDAY 29<sup>th</sup>** – for changes to training please see Summer Training Schedule.

**CLUB BAR-B-QUE & AGM** – The annual club bar-b-que will be on Saturday September 11<sup>th</sup> at our usual venue at the Abrahams home from 4pm. Those attending the AGM should arrive at 3.00pm. Thanks to Jackie and Richard for hosting it. The system is simple – please sign the list in reception to say you wish to attend and write how many will be coming with you. You need to bring what food you wish to put on the bar-b-que and your own drink. Nearer the time you will be asked to bring a communal dish by Jackie, maybe a pudding or salad. There is no cost incurred in attending the bar-b-que and it’s a great way of socialising with other club members.

**ENGLISH CHAMPIONSHIPS** – The English Championships is being held in Coventry on November 19<sup>th</sup>/20<sup>th</sup>. Entry is by invite only and we are submitting many club members to be considered for inclusion that have achieved the required standards on 19<sup>th</sup> August. This list will be issued shortly to those eligible and you will have approximately three days once it’s issued to say if you want your name to be put forward for selection or not. If successful you will then be issued with an invite to compete in the championships.

**DAVID WARD-HUNT INVITATIONAL INTERNATIONAL** – Those eligible for selection received an email on July 22<sup>nd</sup> containing the entry details and costs and explaining that I will confirm with you at the beginning of September your intention to compete. If you know that entry for you is a definite either way, please let me know asap. Thank you.

**SAD NEWS** – This month we say goodbye to Pip. Pip started at the club as a little boy and has been with us for over 25 years as a competitor and for many, many years as a coach. Good luck with your future Pip and thanks for everything you have done for Edgbarrow. You will be missed. Good luck too to Alice who has been coaching all year for us. Alice is off to university but you will see her in the holidays. Good luck Alice.

Yours,

*Sue and the Coaches*