

EDGBARROW TRAMPOLINE CLUB NEWSLETTER AUGUST 2016

Dear Club Member,

Monday September 5th	- Training returns to normal
Saturday September 10th	- Psychology lecture/nutrition 2-4pm – postponed due to club bar-b-que
Saturday September 10th	- CLUB BAR-B-QUE & AGM
Sunday September 11th	- Under 15 Squad – 9-2pm – BTC
Saturday/Sunday September 17/18th	- League Event/proof of fitness Welsh, South Shields
Thurs-Saturday October 6th-8th	- Friendship Cup - Prague (Edgbarrow Team attending)
Sunday October 9th	- Regional Team Competition, Haslemere, Surrey
Wed-Sunday October 19th-23rd	- Alpen Cup, Salzburg (Welsh Squad)
Saturday/Sunday October 29/30th	- League Event, Wigan
Friday-Sunday November 4-6th	- Dave Ward Hunt International, Gillingham
Saturday/Sunday November 19th/20th	- English Championships – Coventry
Saturday November 19th	- Pre-League Finals preparation
Saturday/Sunday November 26/27th	- League Finals – Velodrome – Olympic Park, London

WELCOME BACK to everyone after the long summer break. Attendance has been very low over the summer and we would ask that with the start of the new term everyone makes every effort to attend all of their training sessions. **NEW MEMBERS** – Welcome to the many new members who will be starting in club from September 5th. Please ask your coach or me for any information you may need.

EDGBARROW SUMMER CAMP – We had a full camp this year and everyone had a great time trampolining, diving and taking part in DMT thanks to our ETC coaching team of Emily, Liam, Tony, Hannah L and Pernille. Challenged to jump off the 5 metre diving board every Edgbarrow club member on camp did so. Well done to all.

24 HOUR BOUNCE-A-THON – We had an amazing response to the 24 hour Bounce-a-thon last month. We believe we may have raised £2000 to put towards the initial extension and reception renovation fees. Thank you so much for your amazing response and help with the event. Not only did it raise money but the atmosphere was wonderful, lots of families and friends really enjoyed their time in the centre and on the Friday evening we all enjoyed watching the Ladies Olympic trampolining and Bryony winning her amazing and well earned silver medal. Please bring in your sponsored money and sheets asap. Thanks again to Kieran (our bounce a thon brainchild), Alan, Pernille and the Brakenhale adult groups for organising such a great community and club event.

EDGBARROW LOTTERY – The lucky August winners were Dan Parsley - £50.00, Grant Gillard - £25.00 and Hannah Batt - £15.00. Congratulations to all.

SOUTH SHIELDS LEAGUE ENTRY – Good luck to everyone competing in South Shields on the 17th/18th of this month. Please make sure you carry out a 'pre-competition' in full kit on or before Wednesday September 14th and put your completed tariff sheet by the 'bell' trampoline.

WIGAN LEAGUE EVENT ENTRY – We will be attending the Wigan League event but would ask that only competitors needing to attend to gain enough points to compete in the League finals enter. If after South Shields your finals place is not looking a certainty then please enter. The last date to enter is Tuesday 4th October. Please speak to your coach re entering.

ALGARVE CAMP 2017 – Please see attached the information for the Algarve Camp 2017. NB we have now upped our booking to 20 spaces as we have already had 21 applications. In order to give a last chance to register we will keep the registration open until September 10th after which time the first 20 will be offered places according to the criteria in the information and on a first come, first served basis.

CLUB BAR-B-QUE – The annual club bar-b- que will be on Saturday September 10th at our usual venue at the Abrahams home from 4pm. 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. **EDGBARROW AGM** – Due to several key members not being able to attend the AGM on September 10th we are postponing the AGM and will issue a new date.

UNDER 15 SQUAD – Sunday September 11th – Hannah L will contact all of those invited early next week.

ENGLISH CHAMPIONSHIPS – We are waiting to see which of our members will be invited to compete in the English Championships. We will inform you as soon as we receive the invites.

DAVID WARD-HUNT INVITATIONAL INTERNATIONAL – Please confirm to me by **SEPTEMBER 10th** if you wish to compete in the DWH international. All of our new Senior Elite and our current Junior Elite NDP5+/League levels should enter. Others that may enter are all of those who competed in NDP5-8 this year. Please see me or your coach for clarification.

REGIONAL TEAM CHAMPIONSHIPS – October 9th – The selection to represent the region in this team event will be made within the next week and competitors invited to compete for Edgbarrow.

NEW EDGBARROW ELITE SYSTEM – From September we are creating a new training group called Edgbarrow Elite. The club members selected for this new group are deemed able to achieve BG Elite status within two years. They have been identified for their attitude to hard work, potential and commitment. Assessment will be continuous and entry will be fluid and open to other club members.

DISRUPTIONS TO TRAINING – As we have so many events looming over the next two to three months mainly at weekends, that there will be a revised coaching schedule drawn up, so your session will run but may be taken by another coach. Apologies for these changes.

CONDITIONING SESSIONS – Some sessions will be self taken where trampolinists are old enough to work together. Please see attached the list of conditioning coaches for September.

7.00AM SESSIONS – These will commence from Wednesday September 14th in order to allow your children to settle back at school next week.

FINALLY MEGA-THANKS to Neil Minter (chartered physiotherapist) for your wonderful support of Amanda during the last 2.5 years of her career. When Amanda lost her UK Sport sports science support and funding due to injury Neil sponsored Amanda until her retirement giving her weekly physio. We have no doubts that this wonderful gift helped significantly in sustaining Amanda's amazing career. Thanks Neil.

Yours,

Sue and the Coaches