

EDGBARROW TRAMPOLINE CLUB NEWSLETTER JUNE 2017

Saturday/Sunday	June 3rd/4th	- BG Spring Series 2 - Sheffield
Saturday/Sunday	June 10th/11th	- League Event 1 - NIAC, Cardiff (changes to training, see below)
Saturday/Sunday	June 24th/25th	- League Event 2 - South Shields
Saturday/Sunday	July 8th/9th	- NDP Finals - Telford
Sunday	July 16th	- Elite Squad 10am-2pm - Trampoline Centre
Sunday	July 23rd	- Regional Team Comp for the Regional Cup Team - Trampoline Centre

COMPETITION CLOSING DATES – Please note the following June online closing dates for competitions. All entries are now placed online and permission must be sought from your coach to enter –
For the NDP Final on 7th-9th July the closing date June 15th.

For information for the Regional Cup trial entry please see below (England Regional Cup) – all England Championship competitors.

URGENT CHANGES TO TRAINING - Due to the League event on 10th June there will be the following changes to training – There will be three training sessions only throughout the morning – **8.15 to 10.00am, 9.45 to 11.30am and 11.15 to 1.00pm**. The lists of changes will be put in an email to you. Anyone competing on the Sunday of the League please ask your coach whether you should train on the Saturday or have a rest day. Please take careful note of the changes. Apologies for any inconvenience caused.

COMPETITION PATHWAY – Alan has designed a self explanatory competition pathway chart for everyone (see attached). This is to help you understand the various systems we use and how they relate and so you can chart your progress as a trampolinist. The chart will be placed on the board in reception and in the hall. Please ask your coach to explain anything that may not be clear to you. Thanks to Alan for designing and producing such a useful and important document for club.

CONGRATULATIONS to everyone who competed at the Regional Novice, Synchro and Graded event last month at Fleming Park. Our Novices did exceptionally well with the following receiving silver medals, Oscar and Romy with bronze medals for Riley, Bethany and Bea. Other medallists and qualifiers were - in G Grade – Melanie 2nd, Danielle 1st, Mitya 3rd, (all Q). F Grade - Lucy 1st, Frank 3rd, and Clarissa (all Q). E Grade - Millie C 2nd (Q), Hayley 3rd. D Grade – Bailee 1st. In synchro – Amy/Amelie 1st, Callum/Hannah D 1st, Isabelle/Lucy T 3rd.

EDGBARROW LOTTERY – The lucky May winners will be sent in a news update.

SUMMER HOLIDAY TRAINING SCHEDULE – Training sessions over the summer holiday will mainly remain as normal and you do not have to sign for training. The summer training schedule will be distributed in early July. You can also supplement your training by attending our **EDGBARROW SUMMER SESSIONS** – information attached. The sessions are open to all. The dates for the camps are - **Camp 1** - Monday to Wednesday 7th - 9th August, **Camp 2** - Wednesday to Friday 16th – 18th August and **Camp 3** -Tuesday to Thursday 22nd – 24th August. The camps will run from **9am to 3pm** and will include trampoline technical sessions, games, bouncy castle, synchronised trampolining and trampoline wall training.

EDGBARROW SUMMER CAMP – The Summer Camp is now full.

CENTRE CLOSURE – Due to essential work on the centre's heating system, the centre will be closed from Monday July 31st to Friday 4th August. Anyone who would have trained during this week (i.e. not those on holiday or at the Algarve Camp) may pick up their lost sessions by accessing any sessions of choice over the holidays. Apologies for any inconvenience caused.

COACHING COURSES FOR 16+ MEMBERS – Darryl has accessed info for four potential Level 1 UKCC courses locally coming up shortly in Gillingham, Northampton, Brentwood and Bromley. Though the courses are expensive they are the first level of a vocational pathway and worth taking as a vocational and recognised qualification you will have for life. Once the course is passed the coaches can earn money through having the qualification. See attached and if you want to book go to the BG website for booking details. Thanks Darryl for researching this for us.

LEAGUE COMPETITORS - Everyone competing must carry out a pre-competition by Wednesday 7th June and give in their tariff sheets by the same date. Late or incomplete tariff sheets will not be checked or handed in for you at the event. Please download your tariff sheets from the League website, you do not need to put a coach name and details on it but must fill in your name, club, panel, flight, age group and number and all routines/passes including the final (where appropriate).

GOOD LUCK to everyone competing in the BG Spring Series in Sheffield this weekend and to those competing in the first League events in Cardiff on 10th/11th June and in South Shields on 24th/25th June.

WELL DONE to everyone who took part in the U15 Squad session last month. The next squad session is on Sunday July 16th. Hannah L will contact those selected to attend shortly.

ENGLAND REGIONAL CUP – Urgent information – In order to compete in the English Regional Cup for the Southern Region you are required to trial (unless a BG Elite qualifier, who are automatically invited to the team). We would like as many of our competitors as possible to be part of this event on Sunday 15th October in Sheffield (the day after the English finals). In order to be part of the Southern Region team you must trial on Sunday 23rd July at the trampoline centre. Please see the attached information. NB this is for information only and you need not do anything other than place your entry through club. We will select those from club expected to compete in the trial and invites will be distributed next week. This event is not listed on line and those selected should email their coach, me and Sue W by June 20th and pay the £12 entry into the club account.

GERMAN INTERNATIONAL EVENT – Apologies to all for the late notice to those who applied to attend the German international event in July – for various reasons we will not be able to attend. Thanks to Emily for researching the event for us.

GET FIT SOON – to Ella Mae and Rachel, who are sadly both injured.

SAD NEWS – This month we say goodbye to Sally. Sadly for us, Sally has been long term injured and combined with finishing university and taking up full time work has decided to hang up her leotard. Sally retires as the reigning Super League Champion & the BG NDP8 champion. We will miss you Sally. Thanks for your great contribution to club.

Yours,

Sue and the Coaches