

EDGBARROW TRAMPOLINE CLUB NEWSLETTER JULY 2017

Saturday/Sunday	July 8th/9th	- NDP Finals - Telford
Sunday	July 16th	- Elite Squad 10am-2pm - Trampoline Centre
Saturday	July 22nd	- Start of the Summer Holiday training schedule
Sunday	July 23rd	- Regional Team Comp for the Regional Cup Team - Trampoline Centre
Monday-Friday	July 31st - August 4th	- Centre closed for essential heating and lighting repairs
Saturday/Sunday	September 2nd/3rd	- League Event 3 - Birmingham
Monday	September 4th	- Training returns to normal

COMPETITION CLOSING DATES – Please note the following July online closing dates for competitions. All entries are now placed online and permission must be sought from your coach to enter –

League Event 3 on 2nd/3rd September at Birmingham University – entry closing date July 30th

LEAGUE ENTRY FOR BIRMINGHAM – We expect all those able to attend the League event in Birmingham, but please note the following provisos – You must have trained for a minimum of two weeks in August including the week before the event. Please ask your coach for advice before entering.

WELCOME – This month and last month has seen 18 new club members start. We would like to welcome you all to club and hope you enjoy your training with us.

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.

COMPETITION PATHWAY – For our new members we have attached a self explanatory competition pathway chart. 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 is also on the board in reception and in the hall. Please ask your coach to explain anything that may not be clear to you.

CONGRATULATIONS to everyone who competed at the Spring Series at Sheffield last month. Great performances were given in NDP8 by Lucy 4th, Tahlia 2nd, Eleanor E 3rd, Lucas 5th and Leah 7th. In the Elite category Tom was 2nd in the Senior Mens group, Caitlin 3rd, Kate 8th, Asha 8th and Ben W 2nd.

CONGRATULATIONS to everyone who competed in the first two League qualification events of the 2017 series last month. Cardiff saw our club out in force and the following medalled and/or finalised – League 1 – Sophie D 1st, Lucy 2nd, Caitlin M 4th, Georgie 4th, Caitlin T 1st, Ben W 1st, Georgia 2nd, Sophie B 6th, Tom 1st, Ben S 4th, Graham 7th. League 2 – Lucas 1st, Abby 2nd, Amelia 3rd, Grace 8th, Freddie 3rd, Jamie 5th, Leah 2nd, Kai 4th, Paige 3rd. League 3 – Eleanor 2nd, Tahlia 3rd, Natasha 4th, Emma 6th, Phoenix 8th, Callum P 1st. DMT – Natasha 1st, Charlotte B 1st, Lara 1st, Caitlin M 5th, Phoenix 8th, Kai 1st, Caitlin T 1st, Branner 1st. TRS – Caitlin M/Sophie D 1st, Amelia/Abby 3rd, Lucas/Jamie 1st, Lucy/Leah 1st, Sophie B/Tayla 2nd. In South Shields we only had 6 competitors – in League 3 James D was 4th and Bailee 7th. In League 2 Abby was 4th and Josie 7th. In League 1 Sophie D was 1st. **Well done to all.**

CONGRATULATIONS to Lucas, Megan, Tahlia, Lucy and Vicky all of whom qualified to compete in the NDP Finals this weekend in Telford. Only the top 8 competitors in Britain at this level are invited to compete, so this is a magnificent achievement. **GOOD LUCK** to you all.

EDGBARROW LOTTERY – The lucky June winners were Jackie Shearer £40.00, Me £20.00 and Mandi Titheridge £12.00. Congratulations to us all!

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 is attached for your convenience. You may experience different coaches during the summer holiday period due to coaches taking holiday and reduced club attendance. You will however always have relevantly qualified coaches for your level in attendance. 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.

CENTRE IMPROVEMENTS – We are embarking on some trampoline centre improvements and the 'pit socks', designed to make the pit more hygienic and colourful, will be with us early September. If any new member would like to sponsor a pit sock/log of foam, please write your name and the name you want embroidered on the sock on the board in reception. Sponsorship is £7.50 per log. See attached poster. We have six new 'push in' mats on order and the track converters are almost with us so we can set up the air track. We would like club members to play and experience gymnastic moves on the air track and use this facility whilst waiting for turns on the trampoline. We hope you approve of the improvements we are making. Any other suggestions would be welcomed.

ELITE SQUAD – SUNDAY 16th JULY – There will be an Elite Squad on Sunday July 16th. Hannah will contact those invited shortly.

ENGLAND REGIONAL CUP – Urgent information – We are waiting to hear which of you will be invited to the trial on Sunday July 23rd for selection to the English Regional Cup Team to represent the Southern Region. We should have the names of those invited this week and will let you know as soon as we have them.

GET FIT SOON – to Megan G who recently had a small operation on her knee. Megan is hoping to return to training soon.

FINALLY A GREAT SUCCESS STORY! Recently after seven years of trying every single method to learn a full twisting back somersault, Paige *succeeded*. Not only has Paige succeeded in doing the move, but has now even competed it. Paige we are so impressed with your perseverance! This is a brilliant example of working hard to achieve. Well done also to Hannah B and all of the club's coaches who helped Paige to this momentous outcome!

Yours,

Sue and the Coaches