



FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

As March draws to a close I am reflecting on what a busy but highly successful month this has been for the club. The Club Championships saw more than 70 trampoline competitors across a range of ages and standards from 5 bounce routines to National level whilst more than 20 competitors battled it out for medals in the DMT competition. In early March a sizeable group of coaches, competitors and parents made the journey to Hull where many were successful and Emma Britton achieved the qualifying scores for the European Youth Championships in her first competition after a year out through injury.



This past weekend we journeyed to Belfast, Northern Ireland where all six competitors achieved qualifying scores for

National Finals in their respective grade and event. Between these two National Gala weekends was the Regional Grading where 5 of the competitors qualified to move up through the grades and a good many more came home having achieved 1st - 3rd either individually or as part of a team.

I am proud of all the competitors and their coaches for what they have and continue to achieve and my thanks to all parents and helpers who have enabled us to achieve such a lot in this very busy month of March.

Have a very Happy Easter and I look forward to seeing you all again after Easter ready to work hard once more!

Sarah Silvester
(Head Coach)

EUROPEAN SQUAD SELECTION

Congratulations to Emma Britton who has been selected as non-travelling reserve for the European Championships in Varna, Bulgaria later this month. She will be training with the squad at the Bath Sports Training Village on Friday and Saturday of the Easter weekend.



KTA Club Championships were a resounding success - read more on page 3 of the newsletter.

Photographs can be ordered from www.lumbco.org.uk or contact John Lumb on jlumb@blueyonder.co.uk

Issue 5 April 2010

IMPORTANT DATES AND INFORMATION

Regional Events:

5th/6th June - Spring Cup Gala, London Region – all grades Synchro and DMT

5th – Synchro and DMT (NO DMT at club as we would expect all to be competing)

6th Regional Graded alongside National Level

10th October - Harlington Novice up to Regional D

7th November - London Synchro and DMT Championships

National Galas - FIG A/FIG B/National C Competitors

May 1st/2nd - Cardiff

(PLEASE NOTE CHANGE OF DATE FROM APRIL)

May 22nd/23rd - Birmingham

June 12th/13th - Manchester

July 24/25th 2010 British Championships National Indoor Arena

USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester sarahkta@googlemail.com

Head Coach DMT: Melissa Day melissaday@hotmail.com

Parent's Rep: Tracey Gibbins tracey.gibbins@sky.com

Newsletter Co-ordinator: Jane Britton jebritton@yahoo.co.uk

Photography: John Lumb www.lumbco.org.uk or contact jlumb@blueyonder.co.uk

Kit Co-ordinator: Clare Grant recent.claregrant@blueyonder.co.uk

Please try to email any questions you may have to the correct person!



KINGSTON TRAMPOLINE ACADEMY

SALE OF KIT

Huge thanks to Clare Grant who has responded to our pleas for a parent to come forward to handle kit sales for the club as Kit Co-ordinator. This is an important role for parents as it means you will have specific dates on which to buy club kit and on which you can buy and sell second hand kit.

There will be two or three sale days per year. The first two are scheduled for 15th May and 2nd October. On these days Clare will be in the training hall from 8.30am until 2.30pm. The following items will be on sale:

- 2010 T shirts (only a few left)
- A limited number of KTA leotards, sweatshirts, black T shirts and tracksuits
- Second hand leotards and other 'quality' kit

If you have any second hand leotards or other kit you wish to sell they must be: (a) Clean (b) Labelled with your name, email address and price you would like to achieve (c) Good quality

KTA reserves the right to reject any items for sale that it is felt are either not reasonably priced or are deemed to be in poor condition. £1 from the sale of all second hand items will be donated to the club. This will be deducted by the kit co-ordinator before any monies are passed to the vendor.

Please note that new Kingston Trampoline items are only available in block orders. Therefore if your size is not currently in stock you will need to wait until the next order is submitted or purchase a second hand item if available to tide your child over for competitions.

For any kit queries or to place an order please email Clare Grant direct (not via Sarah or any other coaches) on: recent.claregrant@blueyonder.co.uk
Please note we hope to be able to set up a page on the new website which is under construction for members to see what items are currently in stock.

HULL GALA SUCCESS

A combination of good results and useful experience at the National level competition in Hull made the long journey worthwhile for competitors, coaches and parents alike. In the U13 National C boys' trampolining Sam Preston placed 2nd and partnering Spike Williams from Liverpool in the U15 boys' synchro, having never competed together; they achieved a very creditable 4th position. In the Over 19 Ladies Fig B Sophie Clift, already qualified for National Finals at DMT, qualified on the trampoline; in U17 National C girls trampoline Nicola Britton narrowly missed qualification for National Finals for the second time whilst Emma Britton, in her first



Sophie Clift displays her high quality certificate. Trophies are no longer awarded at Gala Weekends

National Competition since injury almost a year ago, achieved the qualifying score for European Trials, the qualifying score for FIG B National Finals and

the qualifying score to compete at FIG A Ladies - the highest level that you can compete at in the country.

On the DMT there were similar successes: Ross Harding won the O15 Boys National C competition, Becki de Garston Webb was 2nd in the O15 Girls National C and they and Zoe Preston in the U15 girls all achieved the qualifying score to go to the National Finals in Birmingham in July.

LOOK AFTER YOUR CHILDREN!

London Gymnastics have asked us to remind parents that all children brought to competitions as spectators (local and national events), must be controlled by their parents/guardians and not be allowed to encroach on the competition floor nor use the audience area as a play zone. Scooting, running, catching and throwing any objects and flipping are all dangerous for both spectators and competitors and unfair to competitors who have spent many months perfecting their routines.

SAINSBURY'S AND TESCO VOUCHERS

Please can we remind you to collect as many of these vouchers as you can as these help to provide valuable equipment for the club. Vouchers can be handed in to any of the coaches who will pass them through to the collection for the club as a whole.

NATIONAL SCHOOLS FINALS

Sam Preston, Lewis Donovan and Mckenzie Roberts finished their journey to the National Schools Trampoline Finals having come through the Regional and Zonal rounds with Sam placing 3rd in the Under 13 boys, Lewis 7th in the Under 13 boys and Mckenzie as part of the Tolworth Girls Team which took 4th position



KINGSTON TRAMPOLINE ACADEMY

REGIONAL COMPETITORS MAKE THE GRADE

Congratulations to all competitors on their achievements at the recent London Grading Championships at Harlington. There were some very near misses for going up a grade whilst the following competitors secured a top three place and score to move up to the next grade

NAME	Age Band	Current Grade	Position	Qualification for next grade	Team Positions
Joe Edgar	Over 15 Boys	G	1st	Qualified to F	
Lucy Stone	Over 15 Girls	G	3rd		Over 15 'G' Girls Team 1st
Tom Holman	Under 15 Boys	G	1st	Qualified to F	
Rebecca Frankland	Under 15 Girls	G	3rd		Under 15 Girls Team 2nd
Abbie Spence	Over 15 Girls	F	2nd	Qualified to E	Over 15 'F' Team 2nd
					Under 15 'E' Girls Team 1st
Lewis Donovan	Under 15 Boys	D	1st	Qualified to C	
					Under 15 Girls 'F' Team 3rd
Anisha Mangatani	Over 15 Girls	E	1st	Qualified to D	



Left: Joe Edgar has qualified for Regional F in the O15 boys
Above: Lewis Donovan moves from Regional D to National C

FIRST AID COURSE - OPEN TO ALL

A First Aid Course will be held on Saturday 29th May from 9am - 3pm at Kingston Arena (working lunch, please bring your own) Cost: £35 including certification.

This is a fantastic opportunity to obtain a recognised qualification -for more information please contact: sarahkta@googlemail.com

CONGRATULATIONS TO:

Matthew Dries, who was awarded the London Trampoline Gymnast of the Year trophy 2009 following his return to training after over a year off concentrating on his studies and coaching and who went on to win the National C British Championships Over 19 title.

Congratulations are also due to Matt for passing the Level 4 practical and Vikki Manning in passing Level 4 trampoline coach course.

CONGRATULATIONS

To Our Gymnasts of the Month (for March) Trampoline



Beth and Nicola

Non-competitive: Alfie Ashburner
Competitive: Nicola Britton
Jack Petchey Award: Beth Anne Lumb

COMPETITION ATTIRE FOR TRAINING

Please remember that every Tuesday all trampolinists who compete nationally are required to train in full competition attire. For girls this means leotards (no shorts) with hair tied back. For boys this means leotards and whites (i.e. competition trousers not shorts or tracksuits). The aim is to replicate competitions so that competitors become accustomed to the 'feel' of the kit required for competitions.

LONDON YOUTH GAMES

If you wish to take part in the London Youth Games please get in touch with your local council in the region where you either go to school or live. The Councils will then tell you when trials are for your area and give you dates and details of the competition.



KINGSTON TRAMPOLINE ACADEMY

CLUB CHAMPIONSHIPS 2010

Early March and our annual Club Championships - what great day for the children who have worked hard at whatever their level and age to achieve their best and enjoy themselves. There were many winners on the day (see results below) and with a host of parents and friends to see their triumphs it was a success all round. We must take this opportunity to register a huge thank you to the coaches, parents, older gymnasts, judges and friends who worked tirelessly from around 7.30am until 2.30pm to set up the hall, ensure the day ran smoothly with drinks, presentations, kit sales and the raffle before then taking down all the equipment. The raffle raised a total of £96 of which £50 went to our named Charity for the year - The Shooting Star Hospice and the other £46 was put towards the new small twisting belt for the club which has already been purchased.



'Club Champs' was a day for everyone

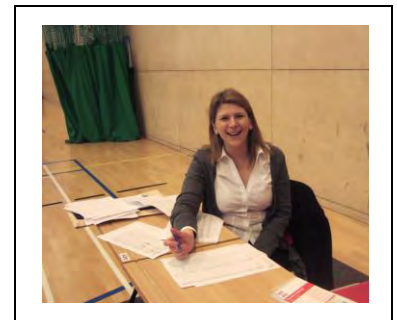


Morgan warms up

Anastasia Marine won the 5 Bounce Competition



Qualified Judge Tracey Gibbins, mother of FIG B trampolinist Elise chaired the trampoline panel



Ashleigh Raybould placed 3rd in the DMT Regional Grade section



Trampoline event	1st	2nd	3rd
5 Bounce	Anastasia Marine	Ellen Hawley	Caitlin Lumb
U11 10 Bounce	Charlotte Ramsdale	Rollo Kennedy Dyson	Elysia Harrison
O11 10 Bounce	Rebecca Ridpath	Bridie O'Toole	Sophia Rowles
U15 Grade G	Kemsley Burden	Rebecca Frankland	Stephanie Archibald
O15 Grade G	Joe Edgar	Lucy Stone	Lauren Hobbs
Grade F	Abbie Spence	Harriet Cronin	Emma Leaning
Grade D and E	Anisha Mangtani	Vikki Manning	Lewis Donovan

Event	1st	2nd	3rd
Regional DMT	Courtney SLD	Harriet Cronin	Ashleigh Raybould
U15 National DMT	McKenzie Roberts	Georgia Grant	Zoe Preston
O15 National DMT	Ross Harding	Anisha Mangtani	Beth Lumb



KINGSTON TRAMPOLINE ACADEMY

MEET THE MEMBERS



Who Are You?

I'm Emma Britton, not to be confused with my twin sister Nicola who is about a foot taller than me!

How Did You Come Into Trampolining?

I was a regional gymnast training with Vladimir Arkensov, the coach to one of our Olympic

Artistic Gymnasts and we used to use the trampoline to learn new skills. Nicola decided she preferred trampolining and wanted to do more of that so I went along too! It sort of all went from there...

Do You Do DMT as Well?

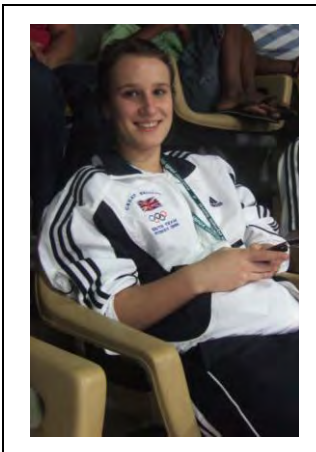
Not anymore. I represented Great Britain at the World Age Games in Eindhoven in Holland in 2005 finishing in 12th - the highest competitor in my age group for GB but then I decided to concentrate on trampolining.

Have You Also Represented GB at Trampolining?

Yes I was first selected to represent GB in 2006 at a Youth Match against Portugal and Sweden in Gillingham. Since then I have been part of the team for the World Age in Canada in 2007, the European Youth Championships in Denmark in 2008, the 4 Nations in Portugal and last year I went to Australia to the Australian Youth Olympic Festival.

Have you Won Medals at these Events?

Yes I won Silver for Synchro at the Worlds and European Youth and a Team Silver at the Europeans, then a Gold medal at the 4 Nations.



And Individually?

I have been British Champion and National Schools and National Prep Schools Champion and I came 6th in the World Age Group Competition and made the final at the Australian Youth Olympic Festival.

Do You have a High Point in Your Career So far?

Going to Australia has to be the best so far. I was called up at 36hrs notice and collected my team kit on the aeroplane so when I qualified for the U17 finals and came 7th on my 15th birthday it was an amazing feeling.

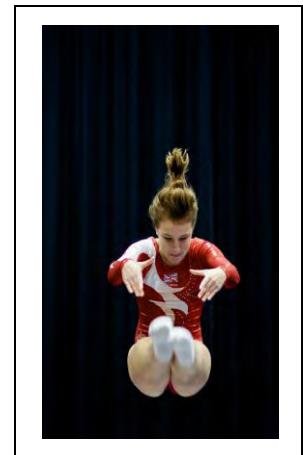
I Gather You Have Been Injured Recently?

Well like most high level competitors in any sport I've had my fair share of pulled muscles (not to mention a fractured wrist and a broken collar bone

but not from trampolining!) But I did have major surgery last year when I ruptured my ACL (anterior cruciate ligament) and had to have it reconstructed using my hamstring along with tearing my meniscus and medial cruciate too!

Has That Set You Back?

At first I thought I was never going to get back to the standard I was but seeing my twin sister go through the almost exact same thing a year earlier and getting back on and doing things as if she had never been injured made me think well if she can do it so can I! So whilst I have lost a bit of time I don't think it has really set me back a lot because I had a terrific surgeon, physio team and fitness instructor who worked with me over the last year so I think if anything I am stronger now. And to have achieved the scores to be selected for the European Youth squad at my first National event for a year has proved to me that I can still do it - although there's always more to do!



Were You Disappointed not to get a Team place?

Yes in many ways as I did everything I could and it had been my goal for the year but I've always believed that things happen for a reason. Things don't always go the way you want but the selectors will have had good reasons for not selecting me and I just need to go out and show what I can do in future events.



KINGSTON TRAMPOLINE ACADEMY

Do You Play Other Sports Too?

I don't have a lot of spare time! But I love all sports and played netball in the Surrey Schools finals, was 3rd in the West Surrey Schools Long Jump and 2nd in the 4 x 100m relay and our team were 6th in the National Schools Biathlon. Nowadays as a sports scholar at my school I still play in the A teams for my year group in hockey, netball and rounders when I can and I do quite a lot of gym work but I don't compete in gymnastics.



How Long Do You See Yourself Continuing?

I always take things in stages. Obviously an athlete's dream is to make the Olympics but there is a lot to be done in between so my current focus is on the National Finals and the World Age Games Trials this year alongside gaining some GCSE's! But I think I'll be around for quite a few years yet...after all I started quite a long while ago as well...



100% SUCCESS IN IRELAND!

What a weekend...six competitors, seven supporters and one Coach took to the early morning skies on the 06.40am plane out of Heathrow on the last Saturday of March heading for Belfast and another hectic weekend of trampolining/DMT and just a hint of socialising! After a very early start Nicola Britton and Sam Preston were the only two competitors who had to dig deep on the Saturday and dig deep they did. Despite tiredness they both achieved qualification scores for National Finals on the trampoline and Sam also qualified to go to FIG B.

On Sunday it was Emma Britton and Elise Gibbons turn on the trampoline with both achieving the qualification score for National Finals, Emma at Ladies FIG A and Elise for U19 FIG B.

Not to be outdone by the trampoline results Zoe Preston and Georgia Grant plus Sam qualified for the National C DMT Finals at U15 girls and boys respectively whilst Nicola qualified for the National C DMT Finals at Over 15.



Website www.ktacademy.co.uk

FREQUENTLY ASKED QUESTIONS

If you have anything that you would like covered in the next edition of the newsletter please email Jane Britton on jebritton@yahoo.co.uk with your questions or requests for something to be included and we will try to do this if appropriate.

What's the Difference between a Rudi and a Full?

A Rudi is a forward somersault with 1.5 twists. A Full is a backward somersault with 1 twist.

What Do You Mean When You Say someone has qualified for National Finals?

The FIG A (Men/Ladies Over 15), FIG B (FIG stands for Federation of International Gymnastics) and National C grades all have a National Finals weekend at the end of July (staged for the last few years at the National Indoor Arena in Birmingham). This is the pinnacle of the National Gala weekends which run from January to July for these three grades.

How Can I Find Out When the Next Events are?

All the dates are published in the newsletter each month. Shortly the new website will also be launched and in time dates will be available on that as well. You can also look on the websites that we have recommended before:

www.london-trampolining.co.uk (for London information)

www.bg-coaches.org (for information on Nat C/FIG B/FIG A events and other information)

www.britishgymnastics.org (the Governing Body site for British Gymnastics)

www.acrobaticsports.com covers a wide range of international events and holds some informative articles on the sport and its history

www.fig-gymnastics.com the website of the International Federation of Gymnastics