



FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.kingstontrampoline.co.uk

Issue 17 April 2011

As always at this time of year it has been a busy period with national galas and many members involved in proficiency/coaching awards.



In order to cover all these and in view of the delay in members receiving the last newsletter coupled with the various bank holidays it seemed prudent to delay the April newsletter until people were firmly back to work/school and the excitement of the Royal Wedding was well and truly over!

Our own excitement lies in the fact that already we have more gymnasts this year who have reached the trampoline British Finals than we had last year, and there are still two more National Galas

to be held. DMT qualifiers numbers are slightly down at this stage but this is in part due to one or two older members retiring or traveling overseas whilst other competitors have moved up to the challenge of FIG B or to compete in older NAT C age groups.

Congratulations to Emma Britton who has been selected to represent Great Britain in the 4 Nations Cup. This year the event will be held in the UK, in Taunton over the last May bank holiday weekend, against Denmark, Czechoslovakia and Portugal. Emma is one of 6 athletes to be selected.

Details of coaching awards and new qualifications are reported elsewhere but again my thanks to all involved in the running of the club whether behind the scenes or as coaches, marshals, judges assisting with kit etc. I continue to be delighted with the achievements of all our members whether as athletes or coaches.

Sarah Silvester
(Director & Head Coach)

IMPORTANT DATES AND INFORMATION

2011 Regional Competition Dates:

Saturday 14th May – June Cup
Sunday 15th May – Synchro/DMT

Sunday 16th October – grades
Regional Gala Synchro/DMT –
Nov

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

May 7/8 – Ireland
June 4/5 – South Shields

July 23/24 2011 British
Championships – National Indoor
Arena Birmingham

International Events:
May 27 – 29 Four Nations
International Taunton

Nov 17 – 20 Senior World
Championships (Trampoline/
Synchro/DMT) National Indoor
Arena, Birmingham (also the
Olympic Qualifying Event)

November 24 –27 World Age
Group Games National Indoor
Arena, Birmingham.

Coaching Corner

The British Gymnastics Award Scheme coaching course introduced in 2008 opened to those over the age of 14 in 2009. This is a one day (6 hour) practical course which allows candidates to help with recreational classes using the BG proficiency award schemes. Volunteers holding the award can then deliver the award scheme to groups of a maximum of eight gymnasts under the direct supervision of a level 2 coach. We are delighted that following the trampoline proficiency award scheme course at Kingston on Monday 11th April congratulations are now due to the following gymnasts who successfully achieved their Level 0 coach certificate:

Joe Edgar
Siena Hobbs
Lauren Hobbs
Zoe Meza Williams
Lucy Stone
Lizzy Lines
Abi Spence
Courtney St Lewis Davies
Jade St Lewis Davies
Jaxon King
Zoe Preston
Alice MacAulay
Siobhan Kelly
Amber Watkins
Maddy Parker



Jaxon (above) was one of the recent successful candidates on the Level 0 coach course.



AND JUST WHO WAS THIS ON THE LEFT?

Apparently this was Mel's substitute at a recent national gala when 'Coach Mel' (DMT) was unable to be there. The gymnasts apparently decided they 'needed Mel' so this giraffe came as the DMT/Mel mascot. Funny thing this DMT - wonder how the giraffe's skills in coaching are going!

LEVEL 1 COACH EXAM

Huge congratulations are also due to the following members who all passed their level 1 exam on 13th April. And a big thank you to Andrew Freeman who mentored them on the course. This is a time consuming but very worthwhile activity and Andrew's time is much appreciated.

Georgia Heaton
Beth Anne Lumb
Melissa Soden
Ashley Noble
Matt Bramall

Many thanks also to the gymnasts who volunteered to help in the exam: Anastasia Marine, Sophia Marine, Ethan Mills, Rosie Swan, Morgan Tarrant and May Curtiss.



Ashley Noble was one of the students to pass the recent Level 1 course

Don't forget for photographs from newsletter and events go to www.lumbco.org.uk

Gymnastics Movement For People With Disabilities

The following coaches all attended a 2 day GMPD coach 'add on module' to their current coach qualification. This enables them to coach competitors with a range of special needs including ADHD and dyspraxia through to Down's syndrome and cystic fibrosis, and involves the coach adapting some skills to ensure people with a disability are able to take part in gymnastics activity.

Dave Sweeney
 Zoe Martin
 John Lumb
 Beth Anne Lumb
 Emma Britton
 Nicola Britton
 Melissa Soden
 Andrew Freeman
 Michael Freeman
 Sarah Silvester



Right Coach Dave Sweeney added the GMPD coaching module to his qualification

Level 2 Coach Update Qualification

The following coaches have now completed their training and converted their British Gymnastics qualification into the UKCC qualification framework:

John Lumb
 Jane Britton
 Louise Ellis
 Fay Mitchell

Louise was one of our coaches who updated her BG award to UKCC



LEVEL 2 TUMBLING COACH EXAM

Congratulations to Michael and Andrew Freeman who have both successfully passed their level 2 tumbling qualification.



Michael Freeman added to his gymnastics coaching qualification.

USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester
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 Head Coach DMT: Melissa Day
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 Parent's Reps:
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jebritton@yahoo.co.uk
 Newsletter Co-ordinator: Jane Britton
jebritton@yahoo.co.uk
 Photography: John Lumb
www.lumbco.org.uk or contact
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 Kit Co-ordinator: Clare Grant
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A Glorious Weekend in Cardiff

The sun shone for the fourth National Gala weekend and whilst several parents from other clubs camped on the site adjacent to the National Sports Centre in Cardiff a number of KTA parents gathered together in a local Premier Inn taking the opportunity to catch up on news from the world of trampolining and beyond.

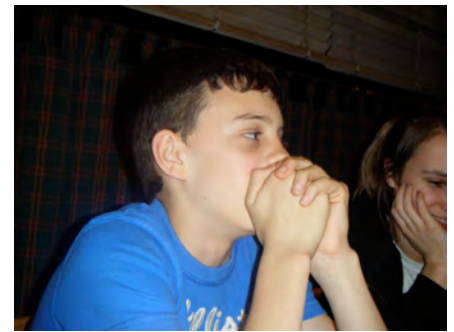


Following this 4th National Gala of the season qualifiers to date for the British Championships at the National Indoor Arena in Birmingham on July 23/24 are shown below:

Gymnast	Discipline	Age Group	Level
Emma Britton	Trampoline	Ladies	FIG A
	Trampoline	U19 Girls	FIG B
Sophie Clift	Trampoline	19+ Ladies	FIG B
Beth Anne Lumb	Trampoline	U19 Girls	FIG B
Emma Wallace	Trampoline	U19 Girls	FIG B
Sam Preston	Trampoline	U15 Boys	FIG B
Nicola Britton	Trampoline	U19 Girls	Nat C
Caitlin Tarrant	Trampoline	U13 Girls	Nat C
Sophie Clift	DMT	015 Girls	FIG B
Beth Anne Lumb	DMT	015 Girls	FIG B
Zoe Preston	DMT	015 Girls	Nat C
Katie O'Connor	DMT	015 Girls	Nat C
Georgia Grant	DMT	015 Girls	Nat C
Courtney St-Lewis-Davies	DMT	015 Girls	Nat C
Anisha Mangtani	DMT	015 Girls	Nat C
Caitlin Tarrant	DMT	U15 Girls	Nat C



Enormous thanks to Caitlin Tarrant for all the Cardiff photos. Caitlin, pictured above, is our youngest gymnast to qualify for the British Finals in both Trampoline and DMT.





Kingston College Trampoline Academy – British Colleges Champions:



Congratulations to the KTA team of Emma Britton, Melissa Soden, Beth Anne Lumb and Janice Huxtable Perrin who together took the British Championships gold medal. In addition Emma, despite a bout of fairly severe sickness, also managed to keep going well enough to take the title of British Colleges Champion with Beth Anne taking silver.

DON'T FORGET

The Parent Portal is the area on the recently launched website www.kingstontrampoline.co.uk where all bookings should be made and all changes to addresses, absences, medical details should be logged. To contact the club by telephone please call: 01932 213052

To follow our competitors in various competitions locally, nationally and abroad and to keep up to date with news please follow us on twitter:

Username: KingstonTRA.

Good Luck

To Michael Freeman, Emma Britton and Sam Preston who will be competing in Ireland this weekend. The last Gala weekend is in South Shields on 4/5 June.

Support Your Club Members

Tickets will shortly be available for the British Trampoline Championships 2011 to be held at the National Indoor Arena, Birmingham. Check the KTA and British Gymnastic websites regularly.

STOP PRESS: STOP PRESS: STOP PRESS: Some T shirts for 2011 still available contact: claregrant@blueyonder.co.uk for details.

MEET THE MEMBERS

This month's member is a very key person for those KTA members who compete around the country on the national circuit. Those of you who have read previous newsletters will have seen Sarah's comments and various articles about the need for judges.



KTA is very fortunate to have two National level judges, one, Viv Bramall (Chair of Judging panel above at Club Championships), was featured in the January 2010 newsletter which can be seen on our website in Meet the Members. But our other National level judge is Sarah Silvester who as Head Coach is rarely available to judge as she needs to be with KTA competitors on the floor.

All of our other judges in the club, which includes Kate Preston, Matt Bramall, Nick Donovan, Joanne Lumb, Clare Grant, Celia Harding, Tara Tarrant and Cathy Wallace as well as many of our coaches like Michael and Andrew Freeman, are club or county level judges.

The time that these dedicated people devote to our competitors is absolutely invaluable but as the club grows and more competitors are

competing in National Galas both at FIG B or NAT C in Trampoline, Synchro and DMT, so we need to put forward more judges.



Nicky Edgar is one of our computer operators, another invaluable role.

We are therefore delighted that Andrew Jones, an independent National Judge, unattached to any club has been able and prepared to be available to judge as KTA's national level representative at all national galas this season.

This month our editor took time out to meet with Andrew and find out why he does judging for a club where he is not regularly in touch with the competitors.

Andrew, Where Are You Actually From?

I was born in Ipswich, Suffolk and still work there. I now live in Felixstowe which is on the East coast. I went to uni in Manchester where I met Sophie Clift and have also lived in Lyon, France for a year.

Independent National Judge Andrew Jones (below) now judges for KTA



And Were You a Trampolinist?

Many moons ago, I used to bounce myself. I competed at what was then called Grade 1, which is now Fig B. I started competing for Ipswich Four TC but I later moved to City of Salford when I was at uni where I quickly moved up the grades.

So Was That How You Became Involved?

I joined the sport at the age of 15 after a friend convinced me to give it a go at a local sports centre. I had one go and never looked back; I was hooked.

How Do You See The Role Of The Judge In Trampolining?

I enjoy the precision involved in a sport such as trampolining. And I like to feel that if we focus



hard in the UK and ensure accurate high level judging then competitors will know that when they appear on the world stage they will be matched evenly against overseas competitors.

In the time I have judged I have seen our gymnasts once more becoming more and more competitive internationally and the judging in the UK must have a part to play alongside the coaches work.

Isn't It Hard Not To Have Preconceived Ideas When A Gymnast Steps On The Bed?

You can't have a preconceived idea because people change as they grow. A competitor may have been fantastic one season but may then have been injured, lost confidence or simply been out taking exams for a period of time during which someone else has been working hard and has come through. So you simply have to be open minded when a gymnast stands up to jump and mark exactly what you see. Quite often I don't even notice who is on the trampoline – my focus is more on the technical performance.

What Made It Possible for You to Judge for Kingston?

Because I wasn't attached to a club Sarah knew me from the circuit and as KTA only has a small number of national level judges and as parents or coaches they cannot always be available she asked me if I could judge for KTA on a regular basis. It doesn't stop KTA putting up other judges but because I don't have a family, nor do I coach regularly it means Sarah is usually pretty sure I can be available.

So You Must Enjoy It? But Why?

Yes I love it. As I say I enjoy the challenge and the focus and making a difference. I also enjoy the comradery that you get in any sport whether as a competitor, coach or judge.

Have You Got To Know Any Of Our KTA Gymnasts?

I don't know them very well but I have met and had dinner occasionally with the gymnasts when we are staying in the same hotels. It's good to get to know them in some ways but equally when you are an independent judge then no one can ever say you are favouring your own gymnasts!

So In An Ideal World Do You Think All Judges Should Be Independent?

I suppose in an ideal world that would be a good idea but many of the judges I know arrive at trampolining through the interest their children had and if they don't become judges they become coaches.

And Can I be Cheeky and Ask What You Think of KTA as a Club?

To be honest I have not been able to get down to KTA, but I like the people I have met and I can see from the gymnasts who represent the club and from the web site and newsletters that it is professionally run. Despite its competitive focus and the high level of national and international successes produced, KTA manages to maintain an atmosphere which is relaxed and that places the enjoyment of our sport at its heart. This is something really unique about KTA and I am sure plays no small part in its success.

I will be making my first visit to the club on Saturday 14th May, so I hope to see as many of the club members and parents there as possible!

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