

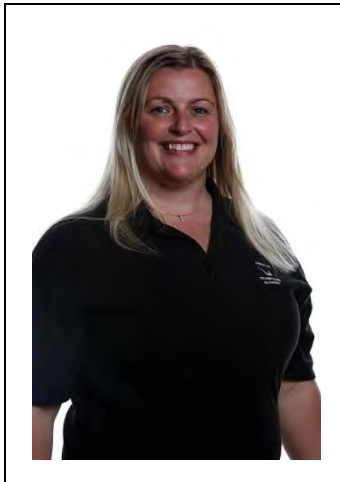


KINGSTON TRAMPOLINE ACADEMY

FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk



The end of the summer term brought with it the final preparation for our coaches and many of our gymnasts for the National Championships in Birmingham at the National Indoor Arena. The hard work paid off and huge congratulations are due to the gymnasts and their coaches with enormous thanks too, to our parents for their energy, support and encouragement over the weekend. It makes all the difference to have a strong following of support, and success across the board was the due reward both on the trampoline and DMT. You will find a full report later in the newsletter.

I wish you all a very enjoyable term, do ask your coaches if you are keen to increase your sessions, try some DMT or enter a competition. We are here to ensure you get the most out of your trampolining experience and as a result we get real feedback as coaches from seeing the gymnasts improve their skills and enjoy their achievements.

Sarah Silvester
(Head Coach)

JUDGES WELCOMED At the risk of sounding very boring - we really do need some more judges! Can we encourage you once again, whether as gymnasts or parents to support the club, your gymnasts and the coaches by qualifying as a judge. There is a coach course on 24th and 26th August with places still available so please do send in an application now if you possibly can. Details can be found at: www.london-trampolinine.co.uk

With the start of the Autumn Term just a few weeks away you will find end of term dates below as a reminder. Don't forget there are some new sessions this term and **please note that there will be no training on Tuesday 14th September but session fees for this date will be refunded in the next round of fees.**

End of term dates for this term:

Thursday December 16th

Friday December 17th

Saturday December 18th

Tuesday December 21st

Issue 9 August 2010

IMPORTANT DATES AND INFORMATION

English Championships 23rd Oct 2010
Gloucester.

2011 Regional Competition Dates:

Sunday 16th January
Sunday 6th March
Sunday 15th May
Sunday 16th October

Synchro/DMT TBC - usually Nov.
June Cup Synchro/DMT Sat 15th May
(so it may be renamed!!).

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

Feb 5/6 - Hertfordshire Sports Village
Feb 26/27 - Gillingham, Kent
March 26/27 - Manchester
April 16/17 - Cardiff
May 7/8 - Ireland
June 4/5 - South Shields

July 16/17 2011 National Finals TBC

NEXT KIT SALE: OCTOBER 2nd
Any questions contact Clare Grant – see below.

USEFUL CONTACTS:

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claregrant@blueyonder.co.uk



KINGSTON TRAMPOLINE ACADEMY

KTA Gymnasts by the Dozen!

More than a dozen KTA gymnasts/coaches will represent London at the second English Championships to be held in Gloucester in October. KTA was a relatively new club and wasn't even doing DMT when the inaugural event took place two years ago in which the North and North East battled it out for first place. We hope Kingston gymnasts will be able to help London to contest for a placing this year and all our gymnasts are to be congratulated on their achievement and this opportunity to represent our area in the English Championships in Gloucester in October. We wish all our gymnasts well.

The following KTA gymnasts have been selected to represent London:

JUNIOR GIRLS

Trampoline

Emma Britton - Kingston

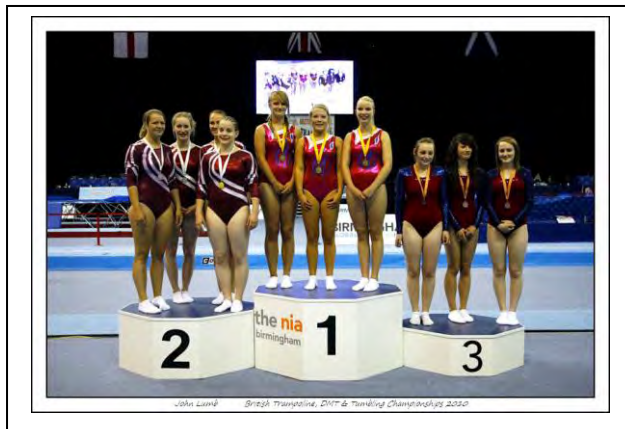
Nicola Britton - Reserve - Kingston

DMT

Caitlin Tarrant - Kingston

Georgia Grant - Kingston

Nicola Britton - Kingston



Becci, Beth, Nicola and Sophie (left) will all represent London at the English Championships

Synchro

Emma Britton & Nicola Britton

JUNIOR BOYS

DMT

Joe Edgar - Reserve - Kingston

SENIOR LADIES

Trampoline

Beth-Anne Lumb - Kingston

Sophie Clift - Reserve - Kingston

DMT

Sophie Clift - Kingston

Beth-Anne Lumb - Kingston

Becci De Garston Webb - Reserve - Kingston

Synchro

Sophie Clift and Kate Bramall

SENIOR MENS

Trampoline

Michael Freeman - Kingston

Ross Harding - Kingston

Matthew Douglas

DMT

Ross Harding - Kingston

Synchro

Michael Freeman and Ross Harding

Coach

Melissa Day - DMT - Kingston



A compulsory training session will take place for all gymnasts and coaches representing London. This is likely to be held at either Kingston or Harlington on either **Sunday 12 or 19 September** - TBC

SARAH COACHES FOR GREAT BRITAIN

Congratulations to Sarah who once again has been selected to represent Great Britain as one of the coaches for the GB V Germany Annual Youth Match which takes place at the end of September in Germany.

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



KINGSTON TRAMPOLINE ACADEMY

National Finalists 'Flying High'

Our National finalists and their coaches were well rewarded with medals of all colours after a tense weekend at the National Indoor Arena which saw success on trampoline and DMT, personal best scores and personal best tariffs competed.

The experience began when full of anticipation, a record number of KTA jumpers joined 981 other competitors from all over the country with our youngest competitors being just 11 years old. They, along with all the team were both excited but nervous about competing in the National Indoor Arena, home to famous stars and international sportsman.

The National Indoor arena is a maze of corridors and around most corners is a security guard to stop you going anywhere where access is not allowed - and in the case of Beth Anne - even from getting to the area where she was meant to be marching in to compete! ...So the orientation session on Friday evening in which each competitor gets just a few turns on the bed on which they will compete the next day, is both vital in finding your way around and useful in helping to calm the nerves.



Each year the event grows and 2010 was no exception with around 1,000 gymnasts in four different disciplines coming from all over the country. Birmingham throbs at the best of times but add to it hundreds of gymnasts and their entourages and it is hard to turn a corner without bumping into someone you know even if only vaguely!

FRIDAY EVENING... And following the orientation session and with competition passes safely in place and a team photo to record what everyone was anticipating to be a fun and exciting weekend, it was food and then off to bed.

KTA National Finalists for 2010



Trampoline:

- FIG A Michael Freeman
- FIG B under 19 Emma Britton
- FIG B Over 19 Sophie Clift
- FIG B Under 15 Sam Preston

- Senior Synchro Ladies Emma Britton (with Nicole Short City of Liverpool)

- Junior Synchro Boys Sam Preston (with Spike Williams City of Liverpool)

- Nat C U19 Beth Anne Lumb
- Nat C U17 Nicola Britton
- Nat C U17 Alice MacAulay

Double Mini Trampoline:

- FIG B Under 15 Sam Preston
- Nat C Over 15 Ross Harding
- Nat C Over 15 Matt Douglas
- Nat C Over 15 Joe Edgar
- Nat C Over 15 Sophie Clift
- Nat C O15 Becci De Garston Web
- Nat C Over 15 Nicola Britton
- Nat C Over 15 Alice MacAulay
- Nat C O15 Beth Anne Lumb
- Nat C Over 15 Anisha Mangtani

- Nat C U15 Georgia Grant
- Nat C U15 Katie O Connor
- Nat C U15 Caitlin Tarrant
- Nat C U15 Lucy Ramsdale
- Nat C U15 Zoe Preston
- Nat C U15 Courtney St Lewis Davies
- Nat C U15 McKenzie Roberts



KINGSTON TRAMPOLINE ACADEMY



SATURDAY MORNING... Saturday arrived with Kate Preston and Jo Lumb, manfully securing a block of seats, which KTA parents, sisters, aunts and grandparents occupied for more than 12 hours. Biting fingernails and giving very loud and dedicated support throughout the day, they witnessed a great and rewarding day as our gymnasts delivered the very best performances they could.

At the day's end KTA had both O15 Men's & UI5 Ladies Nat C DMT Teams with Gold, and a Silver for the O15 Ladies DMT. We saw Sam and Emma with their City of Liverpool partners compete in the Synchro finals, with Sam achieving 5th place in the Junior Boys whilst Emma and partner Nicole took Silver in the Senior Ladies final. The day was topped off with 6 KTA gymnasts qualifying in the top 8 for 8 of the next day's Finals.



John Lumb British Trampoline, DMT & Tumbling Championships 2020

Throughout Saturday though there were so many highlights: we saw Anisha, Lucy, Caitlin, Georgia, Courtney and Joe compete at Nationals for the first time and give accomplished and solid performances, showing promise for forthcoming seasons. Zoe, Nicola, Katie, Becci and Alice returned to Nationals once again showing consistency in coming this far - and how remarkable it was at the end of the day to see Alice rushing off to join the GB Ski Team for a 7am departure to summer training the very next morning.

Caitlin and Nicola flirted with top 8 places on DMT for a while which was nerve racking for all involved! A special moment was seeing Georgia (GG) in her first Nationals perform a double back somersault for the very first time as her dismount off the DMT, landing perfectly and causing a huge cheer and a place in the final 8.

And on the trampoline there were similar stories of mixed successes. Michael Freeman returning to competition following a lengthy period of rehab after injury was lying in 4th after the senior men's set but after a fantastic warm up he unfortunately found himself in good company when along with 4 others he crashed out in the vol! But not before giving the opposition notice that he has a triple and other moves, up his sleeve.

In the Under 19 Ladies Emma Britton, also back from injury moved comfortably into the final in 4th place whilst Sam reached the final of the U15 Boys in 7th place. Sophie Clift was placed 16th in the FIG B O19 Ladies whilst Nicola and Alice were 17th and 20th respectively in the NAT C U17 girls. Meanwhile Beth Anne Lumb slipped quietly into the NAT C U19 Ladies final giving her two final slots for Sunday on both DMT and trampolining.



John Lumb British Trampoline, DMT & Tumbling Championships 2020



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FINALS DAY

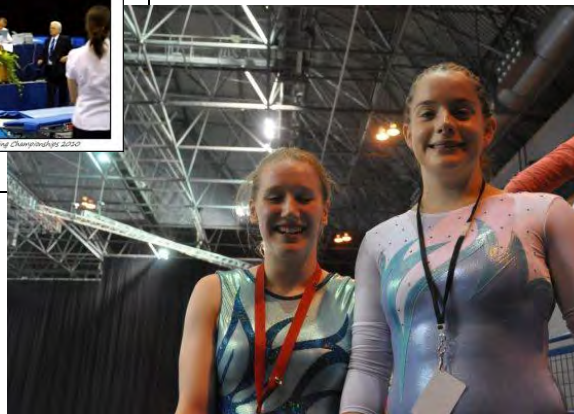
Sunday dawned and the tension built! Spectators, gymnasts and their coaches gathered again with high hopes of building on the medals of the day before. Beth was first up for KTA on the trampoline where in the Finals competitors compete just one more routine. The pressure is on - it all depends on how you compete those final 10 moves. Beth competed well and in the end missed out on 3rd place by 0.1!

Then it was on to Sam in the Fig B U15 boys DMT – with some new moves on display he secured a Bronze medal - in DMT you have to compete two more passes.

Attention then turned to Beth and Sophie competing together in the O15 NAT C DMT and Ross Harding in the O15 NAT C Men's and Sam (competing in his third final in two days!) in the U15 FIG B boys all at the same time. We were all on the edge of our seats as Beth pulled a tuck back piked half-out out of the bag and with a solid landing put herself at the top of the leaders board. Staying there with her second pass, the only person who could knock her off was our very own Sophie, who was down in 5th place. Again with a great dismount of a tuck-back pike half-out Sophie leapt into 2nd place leaving Beth to take Gold. Meanwhile Ross was giving the other competitors a very close run in the men's and eventually took Bronze in a competition that had us all clutching our seats as the scores came up.



First and second in the O15 NAT C DMT - left Beth Anne en route to the National title and below with team mate Sophie who took Silver.



The day ended with Emma in the FIG B U19 Trampoline and Georgia in the U15 Girls DMT, giving great performances and finishing 3rd & 5th respectively. It was perhaps all the more satisfying for Emma who, performing a personal best tariff and scoring a personal best on her vol, confirmed her return to the top of FIG B and that her determination to get back from a year of injury had paid off.

Andrew and Jo discuss the scores



So KTA came home with a British National Champion – well done Beth - and medals both team and individual and safe in the knowledge that we have fantastic gymnasts – and a coaching staff who's hard work and dedication continues to keep the club successful. Thank you to Sarah and Mel, Charlie, Andy and Andrew and Michael who once again gave up their weekend on top of the many hours of coaching they have put in over the past months and years.

But finally, there is one person who without her time and knowledge our finals could not happen, thank you to our Judge, Viv Bramall who gives up weekend after weekend throughout the year and was of course there again at National Finals thus enabling our gymnasts to enter. Viv you are fantastic - thank you. Thank you too to John Lumb for his long days of individualised photography and to the parents, auntie's and grandparents who really helped to create a sense of occasion through their continued



KINGSTON TRAMPOLINE ACADEMY

support on both days in Birmingham. It really makes a difference. Congratulations to all our competitors and their coaches who all gave of their best and whether they came home with medals or not can take great pride in the fact that they reached the National Finals in their sport.

Sophie summed the day up, by announcing that she 'just didn't want the day to end,'... but for some...it was just all too much!



Lucy and Caitlin carried the banner for KTA at the march through at the end of the busy first day.

FREQUENTLY ASKED QUESTIONS

How Can I Check Term Dates and Previous Newsletters?

Please check the website at: www.ktacademy.co.uk where you will find copies of previous newsletters AND Frequently Asked Questions and their answers!

Where Can I Buy Leotards?

You could try any of these or else just google gymnastic leotards

www.milano-pro-sport.com

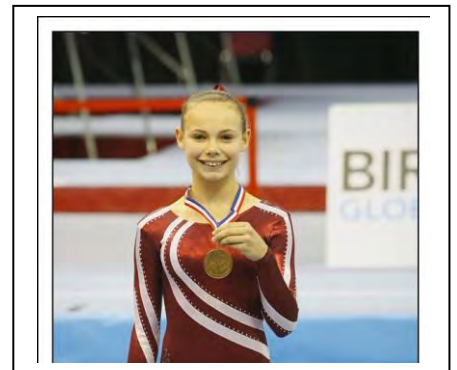
www.gk-elitesportswear.com

www.snowleotards.com

CONGRATULATIONS

To Our Trampolinists of the Month

Recreational: Caitlin Lumb
Competitive: Georgia Grant
(below)



ADVANCE WARNING OF DATE FOR BRITISH GYMNASTICS LEVEL 1 COACH COURSE: This will take place on February 6th, 20th and 21st 2011

BRITISH GYMNASTICS MEMBERSHIP

Membership of British Gymnastics is compulsory for all club members (this is common practice across virtually all Governing Bodies of sports). Due to the late release of costs for the forthcoming year of membership these costs were not included on the Autumn fee sheet.

BG membership runs 30/9/10 - 30/9/11

Bronze member £15

If you compete at National Level - Silver £40

Please can you bring a cheque in at the start of term for the correct amount please. Cheques should be made payable to KTA.



KINGSTON TRAMPOLINE ACADEMY

MEET THE MEMBERS



Our Editor caught up with Nicola Britton after the Nationals to find out how she was enjoying DMT having taken it up again after a break of several years.

Tell Me A Bit about Yourself

Well I probably shouldn't start by saying I am Emma's twin but in the world of sport that tends to be where I am seen whereas in the academic arena it tends to be the other way around!

So You Must Be One of Several

Pairs of Twins at KTA?

Yes and no... Andrew and Michael Freeman both compete and are twins, whilst Sophie Clift is a twin but her sister doesn't compete any longer and Peter Neumann is a twin but his brother did gymnastics rather than trampolining.

How Did You get into Trampolining?

Well if you saw one of our previous club newsletters you may have seen that Emma and I both did gymnastics to start with. In those early days I won several of the competitions we entered and we both did our first display at the Wembley Conference centre at the age of 3 - we did a Teddy Bear routine! But as time went on Emma overtook me and shortly after we went to Leatherhead Gym club where we used the trampoline to learn new moves I decided I wanted to do more trampolining (and Emma came too whilst continuing her gym).

So What is the Highest Level Have You Reached?

I have been to the National Finals almost every year, initially at Grade 2 (now National C) and then at National Grade 1 (now FIG B). I think my best finals position was probably 16th in FIG B.

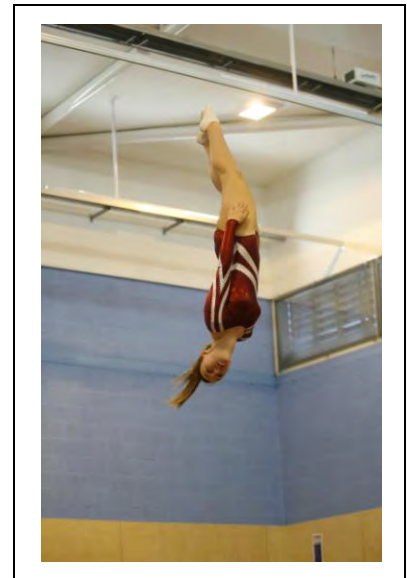
And You Are Now National C for Both Trampolining and DMT?

Yes, I ruptured my anterior cruciate ligament in Dec 2009 at about the time the change came from Grade 1 to FIG B - no one believed I was injured until after a spell walking through Paris on crutches I went to a New Year's eve party and moments after jumping on the trampoline I felt my knee collapse again and that was that. After 7 months of rehab - and it was tough believe me - I came back to trampolining but have not so far felt the desire to push myself to get back up to FIG B. I really enjoy what I am doing, I'm improving and learning new moves and this year I decided to take DMT up again so maybe next year I'll have a go at getting back to FIG B on the trampoline...

And How is the DMT? Well we achieved silver in the National C team at Nationals this year and again I really enjoy the improvements I am making. I guess I have been quite focused on my GCSE's this year so both trampolining and DMT have been something to enjoy and to give a bit of variety during long hours of revision!

How Do You See the Future With KTA?

Well it's always hard to tell isn't it - I don't see me stopping because I'm still learning and improving and I recently qualified as a level one coach as well and I think I will enjoy that aspect of the club too.



And Do You Have a Most Memorable Achievement?

Qualifying National Finals most years has been pretty special but I have also been lucky enough to train in Canada with Sarah on two occasions and to travel to Sweden with the club (although I had to withdraw from the competition when I injured my leg)! And this season I am looking forward to representing London and also going to Hungary to compete - so really I have had loads of opportunities and lots of memorable times.

Website: www.ktacademy.co.uk