

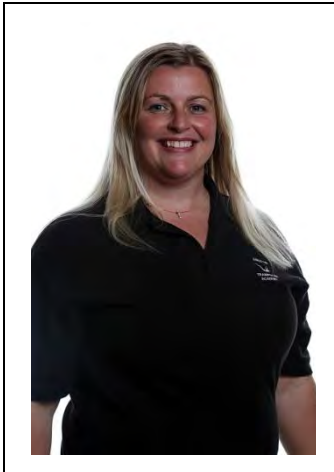


# FLYING HIGH

## KINGSTON TRAMPOLINE ACADEMY NEWS

Website: [www.ktacademy.co.uk](http://www.ktacademy.co.uk)

Issue 3 February 2010



The New Year started well with some good successes at the regional graded event in January. A full report is below but particular congratulations to Georgia Heaton who qualified for National C and will join: Andrew, Michael, Emma, Elise, Ross, Nicola, Matt, Kate, Alice, Beth and Sam travelling farther afield to events and enjoying some fun times meeting gymnasts from all over the country.

Particular congratulations are also due to Andrew, Mike and Mel who have now all heard that they have passed their level four trampoline course - theory and practical.

This month we see some of our experienced but younger bouncers taking their Level 1 coaching course and I hope that some of you will take up the opportunity of free coaching to attend and help these young coaches as they learn from the course instructors. More details of this opportunity have been sent out and places are limited but see below for more details.

### **Sarah Silvester** (Head Coach)



Under 15 Girls (L to R)  
Emma Leaning, Harriet Cronin  
and Naina Mangtani show off  
their medals from the  
Graded Competition

### **PLEASE DON'T FORGET!**

**Tariff Sheets – all National Competitors, DMT and Regional D**

**MUST** HAND TARIFF SHEETS IN ONE WEEK PRIOR TO ANY EVENT IN WHICH YOU ARE COMPETING – these are available on the website.

**Please try to email any questions you may have to the correct person! REFER to next column for contact details. Please also try to ask questions by email rather than wait until club sessions as the coaches are coaching and should not be distracted!**

## IMPORTANT DATES AND INFORMATION

### **Saturday 13<sup>th</sup> March 2010 - Club Championships KTA 9-2pm**

*(This event is open to all and includes DMT and Trampoline. There will be a kit stall and raffle)*

#### **Regional Events:**

**21<sup>st</sup> March** - Harlington

Novice up to Regional D

**5<sup>th</sup>/6<sup>th</sup> June** - Spring Cup

Gala, London Region – all grades

Synchro and DMT

**10<sup>th</sup> October** - Harlington

Novice up to Regional D

**7<sup>th</sup> November** - London

Synchro and DMT Championships

#### **National Galas - FIG A/FIG B/**

#### **National C Competitors:**

**Feb 6<sup>th</sup>/7<sup>th</sup>** - Gloucester

**March 6<sup>th</sup>/7<sup>th</sup>** - Hull

**March 27<sup>th</sup>/28<sup>th</sup>** - Ireland

**May 1<sup>st</sup>/2<sup>nd</sup>** - Cardiff

*(PLEASE NOTE CHANGE OF DATE FROM APRIL)*

**May 22<sup>nd</sup>/23<sup>rd</sup>** - Birmingham

**June 12<sup>th</sup>/13<sup>th</sup>** - Manchester

**July 24/25<sup>th</sup> 2010** **British**  
**Championships** National Indoor Arena

## USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com)

Head Coach DMT: Melissa Day [melissaday@hotmail.com](mailto:melissaday@hotmail.com)

Parent's Rep: Tracey Gibbins [tracey.gibbins@sky.com](mailto:tracey.gibbins@sky.com)

Newsletter Co-ordinator: Jane Britton [jebritton@yahoo.co.uk](mailto:jebritton@yahoo.co.uk)

Photography: John Lumb  
[www.lumbco.org.uk](http://www.lumbco.org.uk) or contact  
[jlumb@blueyonder.co.uk](mailto:jlumb@blueyonder.co.uk)



## KINGSTON TRAMPOLINE ACADEMY

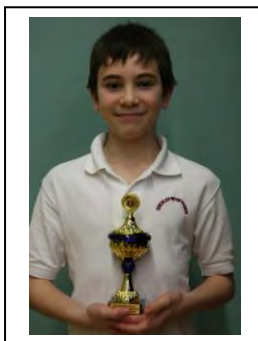
### Georgia Makes the Grade

It was success all round for many of our gymnasts competing in the graded competition at Harlington on 10<sup>th</sup> January but it was Georgia Heaton who stole the show as the first gymnast this year to qualify for National C. Congratulations to all our gymnasts and thanks to all the parents and coaches who supported all competitors throughout the day. Results were as follows:

<b>Under 15 Girls Team</b>	<b>3rd</b> <b>2nd</b>	Rebecca Frankland Rebecca Frankland Rosa Goodman Stephanie Archibald Maise Sellwood
<b>Over 15 F</b>	<b>1st</b>	Melissa Soden
<b>Over 15 E</b>	<b>2nd</b>	Anisha Mangtani
<b>Under 15 D</b>	<b>1st</b>	Lewis Donovan
<b>Under 15 E Team</b>	<b>2nd</b>	Lucy Ramsdale Caitlin Tarrant Rebekah Lumb Courtney St Lewis Davies
<b>Over 15 D</b>	<b>1st</b>	Georgia Heaton
	<i>and qualified for National C</i>	
	<b>3rd</b>	Becci De Garston Webb
<b>Under 15 F Team</b>	<b>3rd</b> <b>1st</b>	Harriet Cronin Harriet Cronin Naina Mangtani Emma Leaning

### National Schools Championships

The Southern Zonal round of the National Schools Championships was staged on January 24<sup>th</sup> in Dagenham, Essex. Unfortunately Emma Britton, a former National Schools Champion was forced to withdraw due to a minor recurrence of the injury which she sustained in April 2009. Meanwhile Sam Preston and Lewis Donovan continued their run from the Regional rounds finishing in 1<sup>st</sup> and 2<sup>nd</sup> place, both qualifying for the National Finals. Joe Edgar finished in 6<sup>th</sup> in the U15 boys' elite. In the girl's section Beth-Anne Lumb and Georgia Heaton in the Under 19's were placed 7<sup>th</sup> and 9<sup>th</sup> respectively, with Rebekah Lumb and Harriet Cronin 6<sup>th</sup> and 11<sup>th</sup> in the U11 girl's elite. McKenzie Roberts was part of the Tolworth Girls' Team who finished in 2<sup>nd</sup> place and also qualifying for the National Finals which will be held in Bristol on March 14<sup>th</sup>. We wish all our competitors in the next round the very best of luck.



Lewis Donovan KTA and Hinchley Wood School was placed 2<sup>nd</sup> in the Zonal Round of the National Schools Boys U13 Elite section.

### London Coaching Courses

A number of coaching courses are available in London. Key ones for trampoline are:

Trampoline Level 1 - Kingston College  
31<sup>st</sup> Jan/14<sup>th</sup> and 21<sup>st</sup> Feb 2010

Safeguarding and Protecting Children Awareness 20<sup>th</sup> Feb 2010

Time to Listen - 20<sup>th</sup> Feb 2010

### ...FREE TRAINING...

And we need gymnasts to be trained for **FREE** by the coaches in the following sessions:

- **14th Feb 9.15-12 and 1-4 pm**
- **21st Feb 9.15 - 12 and 1-3pm.**

If you are interested please email [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com) and she will email you a form as this is an externally organised course and not a KTA session so your emergency details will be required by the coach tutor who is running the session. Places are limited so email as soon as possible.

Please note that if you wish your children to do both sessions you will need to return to supervise them in the lunch break.

### Application Forms

All course application forms and pre-course information questionnaires are available to download on the London Gymnastics website:

[www.londongym.org.uk](http://www.londongym.org.uk).

For further information contact Elizabeth Awde, Regional Workforce Development Co-ordinator for London on 07775020868 or email:

[liz.awde@gymnasticsengland.org](mailto:liz.awde@gymnasticsengland.org)

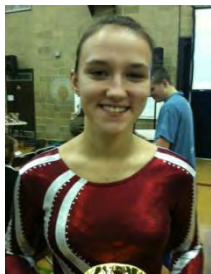


## KINGSTON TRAMPOLINE ACADEMY

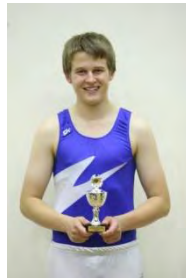
### Lead Mentors

**Ross Harding (featured in the Dec 09 newsletter) and Nicola Britton have taken on the role of Lead Mentors**

Nicola will be keeping the paperwork in order, keeping forms available, making up new folders and also keeping master files in order. Meanwhile Ross will ensure that the mentors check on their groups, and coaches are aware of their mentors. If any mentors or gymnasts have any queries you can always approach Ross or Nicola first.



Nicola



Ross

### PLEASE CAN YOU HELP?

Kingston Trampolining Club is expanding dramatically and we would be very grateful if any parents could become a little more involved by taking on some of the roles below that need to be completed but don't need to be managed by a qualified coach.

#### Kit Co-ordinator

A kit co-ordinator is needed to take responsibility for the following tasks:

- arrange kit sales 4 times a year
- take all kit orders and process these
- stock take current kit numbers
- order kit through the suppliers when necessary

#### Regional Competition Entries Co-ordinator

There are 6 competitions a year, and a co-ordinator is required to:

- complete the entry form for each competition including arranging judges and volunteers to assist at the event.

#### Club Championships

To help run the day and make it a success help is needed as follows:

- to sell raffle tickets
- to sell programmes
- to act as warm up marshals
- to record results

### Regional Competitions

More parents are needed to help with recording or as warm-up and competition marshals at these local events. If your children compete we do need you to help out as all officials at these events are volunteers. The only requirement is that you will need to obtain a yearly BG membership at £15 and you will be trained in club.

Unfortunately if we do not have more volunteers the number of entries will be restricted.

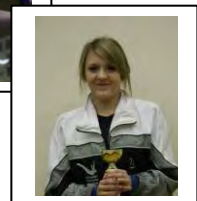
If you can help please email Tracy Gibbins: [tracey.gibbins@sky.com](mailto:tracey.gibbins@sky.com)

### Easter and Summer Holiday Booking Forms

Easter and Summer holiday booking forms have been sent out by email already. Applications will only be processed with full payment at the time of booking, and no bookings will be taken outside of the closing date. Cheques can be post-dated for the 1st holiday training session.



Melissa Soden was winner of the Over 15 Ladies event at the London Graded Championships in January.



### FREQUENTLY ASKED QUESTIONS

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](mailto: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

### Club Championships



Caitlin Lumb and Morgan Tarrant enjoying their success

This is annual event that will be taking place on 13th March and there will be no normal training sessions on that day.

The competition will be divided into ability groups from a 5 bounce routine for the very youngest gymnasts to the National group. Competitions will be taking place on both trampoline and DMT. For some groups there will be a final round as well.

The aim of the day is to enable all gymnasts to compete, for some it will be their 1st competition, for others a chance to gain more experience. It is also a chance for family and friends to come and watch and support and for parents to help support the club, by volunteering to help out on the day to ensure the competition runs smoothly and is a huge success.

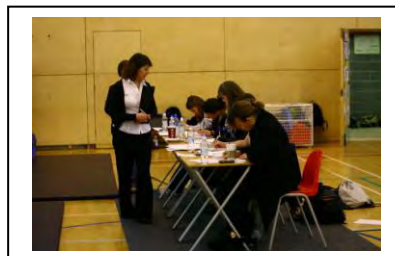
If you have not already paid to compete the entry fee is £10 per event, and needs to be paid by 14th February.

We will also be holding a kit sale, and raffle to raise funds to purchase a new twisting belt (£500) and to support our chosen charity which this year is The Shooting Star Children's Hospice which is based in Hampton and which provides care, support and advice for children and young people with life-limiting conditions and their families. These care services are offered free of charge to families, 365 days a year across the western half of London and north Surrey.

You will need to commit to the whole day (approximately 8.15/8.30am – 2.00/2.30pm depending on numbers and a timetable will be emailed out nearer the time. Presentations for all groups will take place at approximately 1.30pm.



Nick Donovan (Lewis's dad, centre) is one of our judges who will be at the Club Championships



Parent's support is vital to the success of the Club Championships and all help is very much appreciated. Tracey Gibbins (Elise's mum) led a workshop on judging at the club recently.

### CONGRATULATIONS

*To Our Gymnasts of the Month  
(for January)*

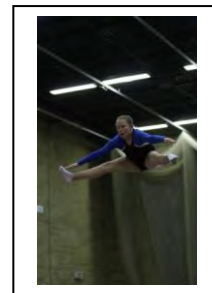
**Trampolinists of the month**

**Non-competitive:**

**Joseph Edward Reans**

**Competitive: Rebecca Frankland**

**Jack Petchey Award: Georgia Heaton**



Rebecca Frankland  
trampolinist of the month

### PROFICIENCY AWARDS

Proficiency awards: these can be worked on continually; badges and certificates are available for £3.00. Coaches will normally take gymnasts through these as part of their sessions.

### FREQUENTLY ASKED QUESTIONS

**Why do we have to have a 'no shorts' day for girls at training?**

Girls compete without shorts in competitions so it is very important that they train without shorts from time to time. This makes them less 'aware' when they are required to compete and will hopefully remind them to wear the right underwear with their leotards when competing!

**How do I Make Faster Progress if I am really enjoying my one session a week?**

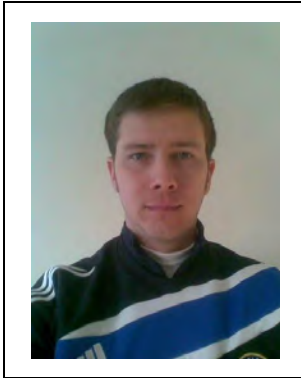
Speak to your Coach first and ask your Mum/Dad/Guardian to email Sarah [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com) and ask if she has some more sessions you could attend or if she could put you on a waiting list for other sessions that you would like to join.





## KINGSTON TRAMPOLINE ACADEMY

### MEET THE MEMBERS



#### Who Are You?

Hi, I'm Andy Scott and I run a company called ASFIT specialising in personal fitness.

#### So Why are you a Club Member and How Did You Become Involved?

I work at Kingston College with the Ladies Football Academy where we have two players in the England Colleges side and six in the Chelsea Reserves side. I also train other high

level athletes such as a fencer who is working towards 2010 and the Europeans this year and a barefoot water skier who is the European Gold and World Bronze medallist.

#### When did You Become Involved with Trampolining?

Trampolining is a very demanding sport and I first became involved with the Kingston Trampoline Academy five years ago when I started working with Andrew and Michael Freeman and subsequently with Emma Britton - all of whom have been in World Class squads and teams and competed for GB all over the world. Alongside my work with these three athletes I now have a couple of groups who will spend an hour to an hour and a half either once or twice a week with me in the gym during or after training on the trampoline.

#### And What Sort of Training Do You Do With The Gymnasts?

I focus on building strength which then allows power development. I think the term 'Core Stability' is very over used but it is very important as it aids static and dynamic posture. All of this helps gain and maintain height. Aerobic and anaerobic fitness ensures quality training and ensures recovery between routines and competitions

#### Do You Travel Around the Country with These Higher Level Gymnasts?

Sometimes I go to events, for example you will almost always see me at the National Finals and sometimes I will attend the local events. All of these give me an insight into what each performer needs and keeps me in touch with other coaches, trainers and their performers because there are always new ideas developing and different approaches which sometimes we will want to embrace as a club.

#### You Mentioned Local Events: I think I have seen you on the trampoline as a competitor?

Well let's say it has been known! But I am really not a trampolinist... however, the small amount of training/competing I have done has helped me to understand the sport from a personal perspective, not only the fitness requirements but also the pressure of competing in front of people too.

*We also talked to Georgia Heaton the most recent club member to move from Reg. D to Nat C and this month's winner of the Jack Petchey Award.*

#### How Long Have You Been Trampolining?

Well I used to do gymnastics and when I gave that up I decided to do trampolining, I suppose that was just over two and a half years ago - it's so much more fun!

#### And Do You Also Do DMT ?

Yes I started DMT last year under Mel's guidance and progressed through to the National C Finals at the Indoor Arena, Birmingham in the summer so the challenge is to get to 'nationals' in both Trampolining and DMT, and if I'm really lucky at Synchro as well with Alice!

#### So How Do You Feel About Your First National Gala?

I think because I have done DMT at that level that will help, and to be honest I'm really excited! I was a guinea pig for Andrew Freeman on his coaching course a few months ago and I did a lot of training with Andrew over several days whilst he was taking his course and it really helped me to get some of the moves I hadn't quite mastered so I suppose I'm a bit more confident than I might have been; I've



been able to increase my tariff by a lot.

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