



KINGSTON TRAMPOLINE ACADEMY

FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

Issue 15 February 2011

www.ktacademy.co.uk

One month into the new season and we already have stories of success for the club with qualifications for the British Championships, the opening of our second location in Weybridge and an ever increasing waiting list.



But this month, on behalf of all our gymnasts I want first and foremost to thank the unsung heroes of the club – firstly the coaches, who whilst getting paid for actual coaching, give up their weekends to support our competitive gymnasts at events with no remuneration. But equally I want to thank those parents who volunteer their time to support the club, the coaches

and the gymnasts in a variety of roles and without whom the club simply could not function.

Our parent judges include: Viv Bramall (Kate & Matt), Kate Preston (Zoe & Sam), Charlie Dries (Matt), Nick Donovan (Luke & Lewis who no longer compete but a huge thanks to Nick who still judges for us when he can), Joanne Lumb (Beth Anne, Rebekah & Caitlin), Clare Grant (Georgia), Celia Harding (Ross, who is on his Gap year but Celia still officiates when needed), and Tara Tarrant (Caitlin & Morgan).

Our parent computer operators: Celia Harding (Ross), Nicky Edgar (Joe), Helen Davies (Jade & Courtney).

Other parental support: Carol Freeman, Chairperson (Andrew & Michael), Viv Bramall, judge coordinator (Kate & Matt), Joanne Lumb, website maintenance (Beth, Rebekah, Caitlin) Tara Tarrant, fundraising (Caitlin & Morgan) Jane Britton, newsletter (Emma and Nicola), Clare Grant, kit coordinator (Georgia). Thank you to you all.

I cannot emphasise enough the need for more judges so that we

STOP PRESS

No training Tues 1st March as Sports Hall not available. Fees will be credited to next term. Sincere apologies for any inconvenience.

IMPORTANT DATES AND INFORMATION

2011 Regional Competition

Dates:

Sunday 6th March

Saturday 15th May – June Cup

Synchro/DMT

Sunday 15th May

Sunday 16th October

Regional Gala Synchro/DMT

Nov.

National Schools Finals

Sunday March 13th – Birmingham

British Colleges Finals

9th/10th April – Bath

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 National Indoor Arena
Birmingham



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can continue to enter competitions at both regional and national level so that we are not dependent on the same few people every time. Ultimately if parents won't judge costs either go up as I have to search around and employ an external judge, alternatively a coach has to fulfill this role and we lose a coach for the children on the floor or some children will simply not be able to compete.

There are 2 judging courses coming up in Shepperton this year, and I would like you to consider attending the training to become qualified.

12th and 19th March 10 – 4.30pm
and
22nd and 29th October 10 – 4.30pm

The closing date for the March course is 4th March, so please email me back directly if you can attend this course.

Next weekend we have the second National Gala weekend in Gillingham and at the start of March the Regional Graded competition followed by the Club Championships. On the same weekend several competitors will be in Birmingham on the Sunday for the National School Finals and Michael and Emma will be competing in Belgium in the Flowers Cup a week later. On the last weekend in March many of our competitors on both trampoline and DMT will be in Hull for the 3rd National Gala.

My thanks again to all those parents (including Mo Houlden whose daughter Lucy now trains at OLGA following a family move in the summer), but who still regularly supplies photographs for the newsletter and is a great supporter of the club), who give up their time to support our club and my best wishes to all our gymnasts competing in the Club Championships and other competitions locally, nationally or internationally this coming month. We are very proud of you all.

Sarah Silvester
(Head Coach)



Our apologies for the length of this newsletter but the back 3 pages cover key information regarding competitions including the Club Championships. You should already have received this competition information by email but in case not we hope having all information in one place will make it easier for you to locate and respond to appropriately.



Judge Coordinator, Parent Viv Bramall



Parents Tara Tarrant and John Lumb (below) received an award from London Gymnastics for their work in trampolining.



Nick Donovan (below centre) continues to judge for KTA despite his children's retirement from the sport.





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KTA In The Community in Tolworth

Emma Britton and Beth Anne Lumb, both BTEC students from Kingston Trampoline Academy at Kingston College attended a trampoline session at Tolworth Girls school at the beginning of February. Coaching and answering questions from the school pupils,



Emma and Beth also performed a short demonstration of their skills. The school pupils thoroughly enjoyed the session, and were inspired by our Academy students.

And then to Teddington:

Just one week later our Community Coach John Lumb was invited along with Beth Anne and Emma to visit and lead a Year 10 PE lesson at Teddington School

providing the opportunity for the school to make the most out of their new trampoline equipment.

Our three club representatives put the students through their paces on the trampoline with all the students enjoying themselves. By the end of the session all the students had attempted and succeeded in performing either a front, back (or both), somersaults with the new rig being used for the very first time.

Several of the students had previously been very disruptive or suspended from school but they, like the other students, really enjoyed the lesson with positive remarks like, "Thanks Miss, that's the best lesson we have had" and, "awesome" and, "can we do it again next week please". John and the KTA students have been invited back

to the school to run some more sessions with the rig and writing on the school website the school said, "at the end of the session, both Emma and Beth wowed the students with a synchronised trampolining display which included too many somersaults to count!"

International Events: Good Luck to Michael and Emma in the Flowers International Cup in Belgium this month. And following on from a successful trip to Hungary in October last year the club is looking at taking up this opportunity again in Oct.

Well Done to... John Lumb, Jane Britton and Fay Mitchell who successfully completed their UKCC coach update course last weekend. Beth Anne Lumb, Georgia Heaton, Matt Bramall, Ashley Noble and Melissa Soden are currently undertaking their UKCC level 1 course.

SAINSBURY'S VOUCHERS ARE BEING COLLECTED AGAIN AND WE WOULD LIKE TO GET MORE EQUIPMENT FOR OUR GYMNASTS WITH THESE SO PLEASE HELP US IF YOU CAN AND BRING IN YOUR VOUCHERS TO YOUR COACHES

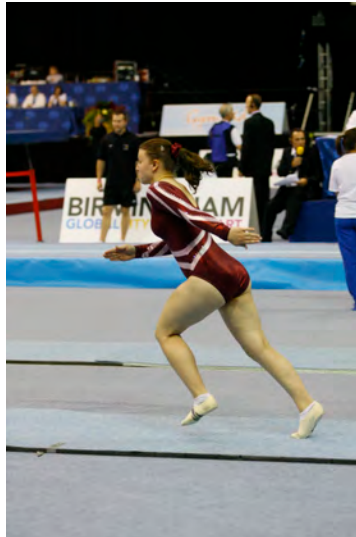
Don't forget for photographs from newsletter and events go to www.lumbco.org.uk



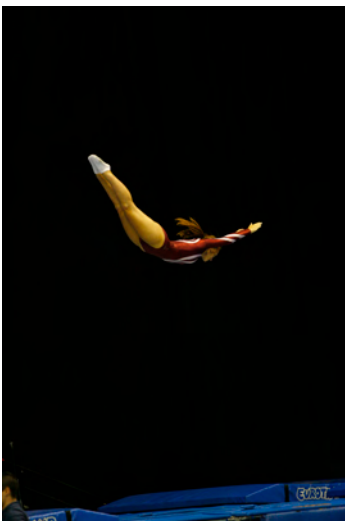
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KATIE AND NICOLA MAKE THEIR MARK

Katie O'Conner got the season off to a flying start on the DMT (NAT C O15) in the first National Gala of the season in Hatfield moving comfortably into the finals in 4th position. Unfortunately the excitement took its toll in the final where Katie's next two passes were not quite as sound as her first but she finished the day smiling happily in the knowledge that Birmingham beckons as her first round scores secured her a place in the British Championships in July. Our only trampoline representative on the Saturday was Nicola Britton who secured herself a place in the British



Championships for NAT C trampoline before joining Katie on Sunday in the DMT O15 competition and also achieving qualification for the British Championships in this discipline. Emma Wallace competing in her first FIG B trampoline competition at U19 put in a steady performance to take the middle ground gaining neither a qualifying score nor a relegation score. Meanwhile Emma Britton slid quietly into first position in the qualifying rounds of the same group and then did well to hold first place in the final round and take gold from some high quality opposition.



In the FIG B 19+ trampoline Sophie Clift surprised herself finishing just outside the top 8 so narrowly missing the final but still achieving the scores to make her our 4th national qualifier of the weekend. Not to be outdone Caitlin Tarrant put in a great performance on the DMT to join Katie and Nicola in the DMT British Championships in July (U15F). Well done to all our competitors in the opening gala of the new season.

Top right Katie O'Conner, bottom left Nicola Britton

CONGRATULATIONS To Our Trampolinists of the Month:

January

Competitive: Emma Britton
Recreational: Jaxson King

February

Competitive: Mary Jean Riley
Recreational: Jasmine Nell

EASTER TRAINING DATES DONT FORGET TO BOOK Closing date 26th March

Training dates are as follows:

Tues 12th April

Weds 13th April

Thurs 14th April

Tuesday 19th April

Wednesday 20th April

Thursday 21st April

USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester

sarahkta@googlemail.com

Head Coach DMT: Melissa Day

melissaday@hotmail.com

Parent's Reps:

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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

claregrant@blueyonder.co.uk

www.ktacademy.co.uk



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WEYBRIDGE LAUNCH A SUCCESS

Our second location in Weybridge opened in January attracting almost 100 children from the local community. Many youngsters have now signed up with one class full and the others reaching capacity. The sessions have now run for a month and the gymnasts are progressing fast with many learning front somersaults and some starting to learn back somersaults.

The Weybridge location is based in the new £2 million sports hall at Cleves School. KTA have installed two brand new Olympic standard trampolines, one Eurotramp 4x4 and one Gymnova Trampolair 5x4 (the trampoline to be used at London 2012 and the World Championships 2011), plus safety platforms, safety mats, and floor carpeting.

Tramp 'n' Tumble Classes run on a Monday and Wednesday from 3:30pm onwards. If anyone at the Kingston location would like to try-out the Weybridge location or is thinking of transferring their sessions you can do this – simply book a free trial via the parent portal and take a look. The coaches at Weybridge are Andrew and Michael Freeman, Fay Mitchell and Dave Sweeney.



ADULT CLASSES LAUNCH AT WEYBRIDGE

At Weybridge we have also launched our first ever 'Adult' trampoline class! The 'Adult' class is one hour long split into 30 minutes of skills and 30 minutes of on the trampoline conditioning and floor exercises. The trial attracted 12 adults who all enjoyed themselves with many coming back! The class is held on Wednesdays 7:30pm.

If any parents would like a try the 'Adult' trampoline class please book a free trial class via the parent portal.



CLUB CHAMPIONSHIPS

LONDON YOUTH
GAMES TRIALS

LONDON
REPRESENTATION
OPPORTUNITIES FOR
ALL

For detailed information
see last two pages of
this month's newsletter



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MEET THE MEMBERS

This month we asked one of our coaches, John Lumb, to meet up with Jane Britton, who produces the monthly newsletter, to find out what goes on behind the scenes.



Jane, you're one of the mums at the club. How did you get involved with the newsletter?

Well, Emma and Nicola have been trampolining for a few years now and as a parent I felt fairly well placed to know what information I had often wanted to know and hadn't always been able to find out. I didn't want to judge but I wanted to put something back into the club so when it was mentioned I volunteered.

But looking around, KTA now has one of the most sophisticated newsletters of the various trampoline clubs. How did you know where to start?

Well I started my working life as a PE Teacher and am qualified as a trampoline and gymnastic coach so I have a reasonable understanding of the sport. But for the last 25 years I have worked in sports sponsorship, event management and marketing and latterly schools' marketing. Consequently I have been involved with the media, marketing and communications for a long time and newsletters are part of that whether planning, briefing designers, sourcing information/photos or writing articles. The big 'difference' now is I have to do everything from sourcing to production. I wish I had secretary again!

What is the objective with the newsletters?

Essentially it's a communication vehicle for Sarah and the coaches but it also serves as a record of what has gone on in the club. It's also intended to be a motivational tool for the gymnasts. After all we all enjoy seeing our name in print and feeling we have achieved something.

That's interesting, I have sometimes heard people say it's always the same people mentioned. How do you

decide what to put in?

Well it's a difficult balance. I remember in one of my early school posts when I had asked for news stories a new young teacher told me the 'A' basketball team had beaten the 'B' basket ball team. He was so proud and it wasn't easy to explain to him that wasn't a newspaper story. But if you think about the papers – what are the headlines that catch your eye? It will invariably be a human interest story such as a footballer leaving his wife or a disabled person overcoming adversity and climbing Mount Everest or it may be a story based on major constitutional changes or spending cuts that basically effects everyone. So I have to look for what I think our readers overall may be interested in reading about.

So how do you work out what to cover for the Club?

I apply the same criteria as the papers. If Sarah is changing something like the leotard colours it needs to go in, if a gymnast achieves something like an award it needs to go in and if people succeed where before they have been struggling then it needs to go in. The problem is when a child achieves e.g. their first 10 bounce routine that's not really news unless they maybe have a major disability that they have overcome. Sure



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it's excellent for them but not everyone really needs to know, and the audience who read about it would say why is that news as my child does that too. Or if someone comes 10th I can't necessarily put it in because I don't want to upset the child even if they have done amazingly well for them unless there is a measure I can set their achievement against, e.g. they achieved a score to move up a grade irrespective of numbers of competitors.

And how do you gather the information?

That's the challenge because I do this in my free time and because both our girls are older now and compete at national galas I am rarely at local events. Consequently I have to rely on either a parent or coach or for example the London website for local results and information, and they don't always get it right!



Above: Relaxing at a national gala with daughter Emma

Do You Get Many Complaints?

Not really but we do get some and we try to resolve the problems next time around or explain the reasoning but the great joy in doing the newsletter is when I get an email thanking me or I go to a national competition and people from other clubs ask who does the KTA newsletter 'cause they wish they had something similar at their club, then I feel it's all worthwhile.

And I know you ask me for lots of photos but I'm always amazed at how many other photos you have.

Who helps on that front?

Well I take some of the more casual ones and I get the girls to take some. Then Lucy Ramsdale (who is now at OLG), she and her mum take some and mail them to me. It's really the pictures that make it.

But all this must take a lot of time, collecting information, sourcing photos, putting it all together?

Yes it does but as you know I work for myself; we have a couple of businesses we run from home for which I do all the admin so I can work around that in between driving the girls around and running 3 tennis teams in the Surrey league! But I guess in answer to the time question – all in all it takes me around the equivalent of two/three days a month to get the newsletter all together, writing articles, gathering background information, dates, pictures etc, interviewing or ghost writing about someone for Meet The Members then getting everything into the template (which I have created to save some time) then editing and proofing.

And One Last Question, as editor does anyone check up on you?

Oh Yes! The newsletter goes in draft form to Sarah so that she can make sure I have covered the right topics and not missed anything or said anything completely wrong about the Club! It also goes to Michael because he does a lot of the club administration. But all of us are doing it in between other things so I guess people just have to forgive us if we do occasionally get things wrong. We're only human after all!

EVENT INFORMATION

www.ktacademy.co.uk

London Representation Available for All Abilities

KTA is currently considering entering the following inter-region squad match as part of a London team. The team will be made up of gymnasts at national and regional level. In order to be considered you will need to be available for the following events:

19 June Trial competition

4 September Training Session

2 October – The Match

These sessions will be at Harlington Sports Centre (see details below)

14/15 May You will also need to enter this regional synchro and DMT, trampoline event in May.

Development gymnasts need to enter the March regional competition.

If you do not have the London Gymnastics Team kit and are selected you will need to purchase this for the match. There will also be some costs involved for the trial and training session.

Please let me know by email if you would like to be considered by the end of February, but the sooner the better.

SQUAD MATCH SUNDAY 2nd OCTOBER 2011

Date Sunday 2nd October 2011

Venue Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB

Time It is anticipated that the start time will be 10am.

Regions London v West Midlands

Disciplines TRA (individual trampoline) , TRS (synchro) & DMT

Groups Elite Squad (FIG A, FIG B & National C)
Development Squad (Regional D, Assessments E & F)
Mixed genders allowed in all groups.
Lower age limit is 9 years for Elite and 6 years for Development (in the year of competition)

Teams **TRA** 8 per team, each region can submit 1 team made up as follows:
Elite – 2 x FIG A, 3 x FIG B, 3 x National C
Development – 3 x Regional D, 3 x Assessment E, 2 x Assessment F

TRS 4 pairs per team, each region can submit 1 team made up as follows:

Elite – 8 people made up from 2 x FIG A, 3 x FIG B, 3 x National C

Development – 8 people made up from 3 x Regional D, 3 x Assessment E, 2 x Assessment F

For both groups, competitors can be paired with any level performer within that group.

DMT 8 per team, each region can submit 1 team made up as follows:
Elite – 2 x FIG A, 3 x FIG B, 3 x National C

LONDON YOUTH GAMES TRIALS – April 12th @ 10am

Trials for the London Youth Games have been arranged with, Richmond, Kingston, Merton and Wandsworth. Development Officer's in each borough are aware of the date and times i.e 12/04/11 at 10am, this has or is being published on the appropriate websites and all those that have registered will be emailed by the appropriate borough. **All those from the club who are interested should log onto their local borough website to register interest with the LYG contact and COMPLETE all relevant forms direct with them.**

Section J – Rules Main

Gymnastics – Trampoline

Competition Schedule						Sport Specific Rules	
April	May	June	July				
	13 th – closing date 27 th – publish draw	18 th – finals					
Venue	www.londonyouthgames.org/crystalpalace						
Registration	TBC						
Competition starts	TBC						
End time	TBC						
Squads							
Nominated squad	3-8 (Competitors may be Male or Female)						
Team on the day	4 (including 1 or more Year 9 or younger – born on or after 01/09/96)						
Alternates	0						
Events	Oldest	Youngest	Licence/ NGB Reg	Min Standard	Max Standard		
Trampoline	01/09/93		Competitors & Coaches must hold a minimum of Associate membership of BG	-	-		
Competition Formats							
Draw format	-						
Seeding	None						
Match Format/ Scoring	Individual = Set Score + Voluntary Score						
Final Positions	Team = 3 highest Set Scores + 3 highest Voluntary Scores						
Medals awarded	Individual = top 3 Male and top 3 Female Team = top 3 Borough teams						
Dress Code							
Normal rules will apply for each team member and coach							
Team Manager/ Coaches							
1. Coaches are not permitted to wear Jewellery in the competition arena. Outdoor shoes/ fashion and non-sporting clothing are NOT permitted in the competition arena. Coaches will be asked to leave the arena if worn							
Girls							
2. Leotards and white socks (or non-slip foot covering). Girls are NOT permitted to wear shorts- this rule is in accordance with British Gymnastics rulings							
Boys							
3. Leotards, white socks (or non-slip foot covering) and white shorts or long gymnastics trousers.							
General							
4. The whole team must wear leotards that are as close to identical as possible. Loose trousers, t-shirts and shorts are not permitted. Competitors must not wear Jewellery or glitter. Long hair should be tied back.							
						Officials	
						1. Each team must provide ONE BG qualified judge. Judges may be used in any capacity and must be available all day.	
						Team Managers/ Coaches	
						2. Each team must be accompanied throughout by a minimum of one coach and must hold a minimum of Associate membership of British Gymnastics	
						3. Coaches must wear a Borough top or other identifiable clothing and must be qualified to the level of skills that a team member is performing (the skill should be in the syllabus of the coach's qualification)	
						Rules	
						4. The Trampoline Technical Committee of London Gymnastics will run the competition	
						5. For more detailed competition rules please visit www.london-trampoline.co.uk and click on the competitions button	
						6. Teams that arrive after the competition starts will be deducted two points per team unless previous notification has been given to the Competition Director	
						7. The decision of the Competition Director is final	
						Apparatus	
						8. Trampolines with 6x6mm or 6x4mm webbed beds will be provided	
						9. A choice of trampolines within the allocated zone will be permitted if possible	
						Marks	
						10. All competitors will compete a SET routine for which 5 form marks will be recorded. The highest and lowest marks will be deleted and the other three added up to obtain the set mark for each competitor.	
						11. All competitors will compete a VOLUNTARY routine for which 5 form marks and 1 difficulty mark will be recorded. The highest and lowest form marks will be deleted and the other three added up with the difficulty mark to obtain the Voluntary mark for each competitor.	
						Routines	
						12. All routines must start with an arm set	
						13. Please note the voluntary routine will be subject to a tariff limit of 5.0	
						14. Compulsory set routine is:	
						<ul style="list-style-type: none"> • Full twist • Straddle jump • Seat drop • Half twist to feet • Pike jump • Back drop • Half twist to feet • Half twist jump • Tuck jump • Front Somersault tucked 	

CLUB CHAMPIONSHIPS

Details for the Club Championships Club Championships 2011 will be emailed out shortly. We are just finalising the timetable of events. Gymnasts competing at G and above should wear normal competition attire. Those gymnasts in the 5 or 10 bounce competition should wear leotards, or shorts and T shirts (plain designs please). No tracksuit trousers are allowed.

On the day there will be a kit sale when we are launching the new KTA 2011 T shirt – so don't forget to get one before your size runs out – numbers are limited. We shall also be holding a raffle – donations as prizes are very welcome, no alcohol is allowed. Proceeds will go towards a new push in mat.

Please do bring supporters along – friends and family are very much encouraged so they can watch you perform as well as enjoy the different age and abilities within the club. A good audience also helps to make the day special for our gymnasts with a good atmosphere helping to promote a real feeling of being part of a club competition.