

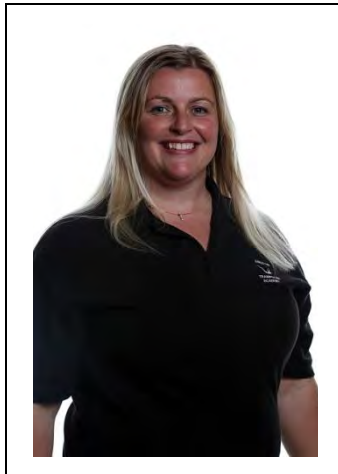


FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

Issue 2 January 2010

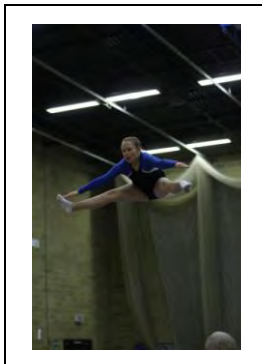


Welcome back to the start of a new year and a new term at Kingston Trampoline Academy. This is the start of the main trampoline season with regional and national level events, the latter of which will culminate for those who qualify, in a place at the British Championships at the National Indoor Arena, Birmingham on 24/25 July 2010. Some gymnasts will also be doing trials for the European Championships in April and some for the World Championships and World Age Games so overall coaches will be very busy looking after both recreational and competitive gymnasts.

Sarah Silvester
(Head Coach)

Good Luck for January Grades

Many of our gymnasts will be competing in the January graded competition at Harlington on 10th January. Competitors have worked very hard, along with their coaches and we wish them all luck and look forward to reporting on their successes in future editions of 'Flying High'. For some it will be their first competition whilst others will be trying to move up a grade (for information on the requirements for moving between the grades please see Newsletter Issue 1 December 2009). Whatever level we wish all competitors the best of luck and enjoy the day.



Rebecca Frankland in flight!

GROUPS – WHICH GROUP AM I IN?

Some gymnasts may be in new groups from January so please check if you are unsure, please find a group list on the store door.

Tariff Sheets – ATTENTION ALL NATIONAL COMPETITORS DMT AND REGIONAL D

DON'T FORGET TO 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 13th 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:

10 th January	-	Harlington
Novice up to Regional D		
21 st March	-	Harlington
Novice up to Regional D		
5 th /6 th June	-	Spring Cup
Gala, London Region – all grades		
Synchro and DMT		
10 th October	-	Harlington
Novice up to Regional D		
7 th November	-	London
Synchro and DMT Championships		

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

Feb 6 th /7 th	-	Gloucester
March 6 th /7 th	-	Hull
March 27 th /28 th	-	Ireland
May 1 st /2 nd	-	Cardiff
(PLEASE NOTE CHANGE OF DATE FROM APRIL)		
May 22 nd /23 rd	-	Birmingham
June 12 th /13 th	-	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@hotcakemarketing.com
Newsletter Co-ordinator: Jane Britton jebritton@yahoo.co.uk
Photography: John Lumb www.lumbco.org.uk or contact jlumb@blueyonder.co.uk



KINGSTON TRAMPOLINE ACADEMY

National Schools Championships

Congratulations to all our competitors who took part in The National Schools Championships Regional rounds on Sunday 6th December. This event must be entered by the teacher at your child's school and each school is required to provide a marshal or judge for the day. Many of our members take part each year in different regions depending on where they go to school.

London Region: This year saw Beth Anne Lumb win the London Region at Under 19 girls' with Georgia Heaton placed 3rd. In the Under 11 girls Rebekah Lumb took 1st place with Harriet Cronin 3rd. In the under 15 boys Joe Edgar was 3rd whilst Sam Preston took 1st place in the U13 boys and Lewis Donovan placed 2nd.



Sam Preston (centre) and Lewis Donovan (right) were placed 1st and 2nd respectively in the London Region of the National Schools Boys U13 Elite section

South East Region: competing for the first time since a knee reconstruction in May of this year Emma Britton came a very creditable 2nd in the U19 section of the South East Region narrowly losing out to another FIG B competitor whilst Nicola Britton moved up a place on her last year's position finishing in 5th.

All competitors finishing in the top 3 individually or as part of a team finishing in 1st or 2nd place go through to the Zonal Round which is to be held in North London/Essex on Sunday 24th January 2010.

Thanks are due to a number of KTA coaches and parents who gave up their time to judge/coach/marshal at the two regions: Sarah Silvester, Dave Sweeney, Nick Donovan, Tara Tarrant, Chyna Vincent, Kate Preston, Jane Britton, John Lumb.

London Coaching Courses

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

Trampoline Level 1 - Kingston College 31st Jan/14th and 21st Feb 2010
Safeguarding and Protecting Children Awareness 20th Feb 2010
Time to Listen - 20th Feb 2010

FURTHER INFORMATION AND CONTACT DETAILS IN NEXT COLUMN

February Half Term Training

Bookings for February half term have been slow to come in. Please note that if you are likely to qualify for National Finals at FIG A/FIG B/NAT C it is expected that you will want/need to train during February half term and applications should be given to Sarah now.

Mentors and Volunteers

The club benefits from the help of not only parents as judges, scorers and marshals but also behind the scenes there are others who are involved in helping the club to run as smoothly as it does. One such person is Ruthie Zsangi who is a mentor and volunteer for KTA having been at Kingston University as a student. Ruthie was originally at the tennis academy at Kingston and is now studying at London South Bank University but she still comes back to KTA to help. With an exceptional memory and a skill for lists and admin Ruthie is often to be seen logging people in or helping some of the younger members with their conditioning programmes.



Ruthie enters into the Christmas spirit!

London Coaching Courses

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

www.londongym.org.uk.

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

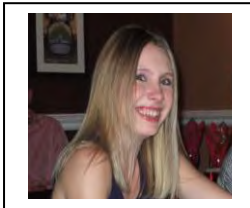
liz.awde@gymnasticsengland.org



KINGSTON TRAMPOLINE ACADEMY

Double Mini Trampolining

A BRIEF HISTORY/BACKGROUND TO DMT

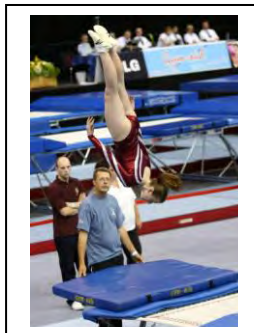


Head Coach DMT- Melissa Day

Double mini trampoline was a new and exciting addition to Kingston Trampoline Academy at the end of 2008. Some of our gymnasts were already well practiced in this sport, with Andrew Freeman, Michael Freeman, Emma Britton, Elise Gibbins and Kate Bramall already having competed internationally.

For others however, last year was the first time that they had tried this new sport. Despite this, many of our gymnasts competed at National level in their first ever DMT competitions last season. Competing against others who were more experienced was challenging, but Kingston was able to make a real impact with 9 gymnasts qualifying for British National Finals.

For those who have not yet seen the double mini trampoline (DMT) in action this is much smaller than a regular trampoline, with a sloped end and a flat bed. The gymnast must run up and complete a move, either as they land on the slope (this is called a mount) or after a straight jump (this is called the spotter). They must then link this with a move that travels off the end of the DMT onto the mats (the dismount). So when watching the DMT you should see two skills, one on top of the DMT and one that travels off. The two skills linked together are called a pass. At a DMT competition the gymnast will compete two passes in the first round and another different two if they make the final.



Georgia Heaton was one of the KTA gymnasts who reached the British National Finals in 2009.

A successful DMT pass will also include a landing that 'sticks'. This means that the gymnast does not wobble or move their feet. Each time that they step or move their feet then marks will be deducted from their score from each judge. Gymnasts must also try and land in the landing zone. This is a small area marked out on the DMT landing area. If they do not land in this area then there will be more penalties taken off from their score.

This year we have a number of gymnasts ready to compete at National level and hopefully these will all qualify for National Finals in July. For those new to the sport there are also regional DMT competitions during the year. We also now have 6 DMT coaches at the club: Mel (Head Coach DMT) Charlie, Dave, Matt, Andrew and Michael. If your son/daughter would like to start DMT then please talk to Mel.

You will be able to find out more about DMT from:

www.london-trampolining.co.uk

DMT SHOES

All existing DMT gymnasts should have brought or have ordered DMT shoes. These shoes will allow more grip on the DMT, making it safer and easier to gain height. These are available from Milano (if you are unsure then please ask Mel).

All National level DMT gymnasts will be asked to take part in DMT master classes. These are themed to concentrate on various aspects of performance including fitness, sprinting and sport psychology. These master classes must be attended by all National level gymnasts as they allow us to track progress, improve specific skills and prepare for competition. New master class dates for spring will be sent out shortly.

CONGRATULATIONS

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

Recreational: Abbie Spence DMT

Competitive: Sam Preston DMT

CONGRATULATIONS also to the following Coaches who have all passed their Level 3 DMT Coaching Course:

Melissa Day
Matt Dries
Andrew Freeman
Michael Freeman
Dave Sweeney

AND FURTHER CONGRATULATIONS to:

Mel, Andrew and Mike who all passed their level 4 practical Trampolining exam and are awaiting theory results.

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.



KINGSTON TRAMPOLINE ACADEMY

GYMNASTICS MOVEMENT for PEOPLE WITH DISABILITIES (GMPD) - A BACKGROUND

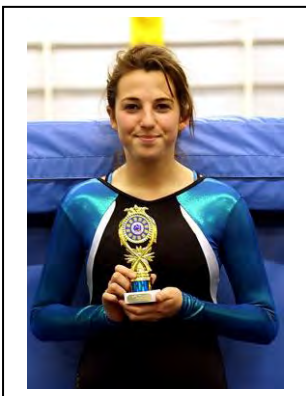
In the last edition of *'Flying High'* we reported on Eloise Benjamin's success at the Trampolining National Qualifiers Event at Gillingham in November where she came 3rd in the strongest of the groups, Female category 2 (Physical/Sensory). In her next qualifying event in December she came 2nd after a count back on tariff and she has one more qualifying event following which she hopes, as a result of her achievements, to be invited to the British Finals and National Squad Training throughout 2010. Our thanks to Joanne Lumb who gave up her Sunday to judge at the Gillingham competition.

Congratulations are also due to Rachel Tullet who will be training with the GB squad in Gloucestershire in January accompanied by her coach John Lumb.

GMPD stands for Gymnastics Movement for People with Disabilities and it involves the coach adapting some skills to ensure that people with a disability are able to take part in gymnastic activities. Historically those with learning disabilities had to access gymnastics through the Special Olympics Movement and there was no similar provision for those with physical or sensory disabilities.

Consequently GMPD was set up to develop and provide training and competitive opportunities for people with any disability. Having started using the Special Olympics Routines things changed quickly so that GMPD is now in line with the mainstream disciplines within British Gymnastics.

The natural progression from National Competition is onto the International stage and British Gymnastics is one of the world leaders in the development of GMPD with national squads in Rhythmic, Men's Artistic and Trampolining Gymnastics. For more information contact John Lumb (KTA GMPD Co-ordinator) on jlumb@blueyonder.co.uk



Eloise Benjamin shows off her trophy at the Trampolining National Qualifiers Event at Gillingham in November where she came 3rd in the strongest of the groups, Female category 2 (Physical/Sensory).

FREQUENTLY ASKED QUESTIONS

Can I wear shorts to compete in?

No the club policy is for girls to wear leotards and boys to wear leotards and stirrups (the competition trousers that pull down straight and give a good line to the competitor).

Why can't I just put tape over my ear rings?

Safety is the main concern here. Gymnasts do fall from time to time and earrings can catch and tear ear lobes even when they are taped. Just like we ask spotters to take off any watches or jewellery for a gymnast's safety so all gymnasts are asked to remove jewellery for their own safety. *You will also not be covered by insurance for any injuries incurred whilst you are wearing any jewellery.*

Where Can I find out more about the Sport of Trampolining?

The following websites are all useful:

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

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.



KINGSTON TRAMPOLINE ACADEMY

MEET THE MEMBERS



Who Are You?

My name is Vivienne Bramall and I'm a judge for both Trampolining and DMT.

So Why are you a Club Member and How did You Get Involved?

I started judging when my daughter Kate was 10 years old and the club we belonged to at that time needed judges. You may or may not be aware that to be a judge you need to attend and pass an official course.

The first level is Club judge for which courses are run locally over the course of 2-3 days this enables you to judge at the regional competitions. Once you gain experience if you wish to you can then move on to do the next levels up which will qualify you to judge at the National Gala week-ends.

So Do You Just Judge When Kate is Competing?

No not nowadays! I used to judge when Kate competed and then she moved up to FIG B and I went on judging the regional events but I too have moved up! So these days I may be at a competition with Kate or I may be there just for me - well... and for the club too of course!

Does that Mean You Travel All Over The Country?

Yes, I really enjoy judging and like anything you get to know people from all over the country who judge and it's a community like anything else. Also I know the gymnasts really well and it's great to be able to help them by telling them why they scored higher or lower.

Oh - So the Gymnasts Will Actually Ask You?

Well often it's the parents and the coaches who ask - because the coaches may have been dashing from one trampoline to another and didn't fully see a routine from the right angle to be sure why a mark was given. Similarly parents may not be sitting in direct line or simply they don't know the finer points of why a judge will take marks off for certain errors.

And How Long Have You Been Involved?

I have been involved now for 10 years and still enjoy judging. I hope to move up from being a Regional Judge which means I can judge up to National Fig A competitions to Zonal Judge and beyond which may mean I get selected to judge for England one day.

Do You Have Most Memorable Achievements or Moments like a competitor?

Oh yes. Like anything else it's a personal challenge and I have really enjoyed judging at National Championships and hope one day to judge at International competitions.

Website: www.ktacademy.co.uk

How Did You Feel at the Nationals? Is it just as nerve wracking judging as it is to compete?

It is pretty nerve wracking the first time because you are sitting alongside people who have a lot more experience than you but as you gain more experience it becomes less stressful and more enjoyable. It is great to represent the club and I always hope that my presence helps our competitors to know that all the judges are just trying to be fair for all performers.

How Long Will You Go on Judging?

Well Kate is competing less now because she is at Cambridge University but I know people like Andrew, Michael, Emma, Nicola, Elise, Ross, Matt, really well - and their parents so it's still fun to go away with everyone and see people doing well. It's also lovely seeing new gymnasts coming to competitions and watching their development and improvement with each competition. My son Matt has also started to compete again. So I suppose the answer is like Ross said in his piece last month - I shall continue as long as I am getting better and enjoying it and maybe a bit beyond that!



Left Viv with daughter Kate at the 2007 World Age Group Championships where Kate competed in the DMT for Great Britain.