



KINGSTON TRAMPOLINE ACADEMY

FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

Issue 14 January 2011

Welcome to the start of a new year and a new season which is already showing signs of being as busy as the past but in which I hope your children will enjoy and achieve their own personal goals in our sport.



There are plenty of opportunities for youngsters to compete if they would like to, (please just speak to or email your child's coach) and for parents to support their children and the club too, through marshaling, coaching or judging (please email me direct if you are able to become involved in this way).

January sees the launch of the KTA satellite centre at Cleves School in

Weybridge and we shall also be moving much of our administration to an on line system in the coming few months – so please bear with us if you encounter any difficulties.

This month's newsletter is packed full of important, useful and interesting information so please take a moment to read and enjoy.

Sarah Silvester
(Head Coach)

Late Entries for Competitions: Fees for regional competitions and the club championships were due in December when fees were paid. However if you/your child now wishes to enter the March regional competition on Saturday 5th March, please bring in a cheque/cash for £16 (made payable to KTA) by 5th Feb. Club Championships take place on Saturday 12th March. The closing date for entry fees has been extended to 19th February. The entry fee is £11 for trampoline/£11 for DMT. There will be trampoline and DMT competitions taking place for all ages and abilities.

IMPORTANT DATES AND INFORMATION 2011 Regional Competition Dates:

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

Saturday 15th May – June Cup
Synchro/DMT

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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REGIONAL EVENT

As always the first Regional Event in January provides a good opportunity for gymnasts to dust off the cobwebs after the Christmas holiday and get back into action with new moves and routines. Congratulations to the following gymnasts:

Morgan Tarrant (right) who placed 3rd in the U9 Novice, Joe Edgar 1st in Over 15 E, Caitlin Tarrant 1st in Under 15 D and Courtney St Lewis Davies 1st Over 15 D.

A particular mention also to those who qualified for their next grade:



Stephanie Archibald U15 G qualified for F, Abbie Spence Over 15 E (left) 2nd and qualified for D, Naina Mangtani Under 15 F and qualified for E.

SATELLITE CENTRE FOR KTA OPENS

We are delighted to announce the opening of our satellite centre at Cleeves School in Weybridge where we are excited to be able to extend the club. Free trials were available 24th / 26th January 2011 but please do pass this information onto any schools/friends/relatives who may be interested in joining KTA at this venue.

Please follow this [link](#) to our 'Parent Portal' where you will be able to view classes.

Please e-mail:

info@kingstontrampoline.co.uk

if you have any further queries or difficulties accessing the portal. Some helpful hints to registering and enrolling to ensure there is no delay in processing your request can be found by going to the current KTA website www.ktacademy.co.uk

MOBILE PHONES

Mobile phones are not permitted around the trampolines for safety reasons. When not on the trampoline gymnasts should either be spotting for others or following their conditioning programme. Parents are asked to ensure that their children are aware that **phones must remain in kit bags at the side of the hall and are for emergency use only not for playing games during the session.** Thank you for your cooperation.

WHAT TO WEAR AND WHAT NOT TO WEAR

Zips/buttons/jewelry/untied long hair etc are not allowed for safety reasons when trampolining. They can catch in the springs, catch you or someone spotting on your head in the eye or impede your vision making the activity unsafe for you and those around you. So it is for your safety and those coaching and helping you that we ask that the correct clothing is worn at all times – no bands/rings/necklaces etc and that hair is properly tied back. (Please note the club does not keep hair ties or slides). Socks must also be worn on trampoline or DMT shoes. These are available from www.milano-pro-sport.com



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CLUB CHAMPIONSHIPS – MARCH 12th

What's It All About? Can I Take Part?

For many of our youngsters the first competition they will take part in will be the Club Championships for Trampoline and DMT. Youngsters are divided by age and ability so that they gain experience in a friendly environment where their objective is taking part and having fun and hopefully doing well as they show off their routines to friends and family. The day is a busy one with the club requiring all the help they can get from parents to help with groups of excited gymnasts, selling raffle tickets, manning the clothing stand and so on. Even if you are not involved in helping we do ask that for safety reasons all parents stay to supervise their own children and also to support. Coaches will be involved in running the day and/or judging and all competitors receive a certificate of participation. The top 3 competitors in each category also receive medals.



The level of competition goes from the tiniest of boys and girls doing a 5 bounce routine through to our national and international competitors and all those in between. A professional photographer

will be on site all day and photos are available on line post event. Kit will also be on sale throughout the competition.



Trampolining Beyond London!

Many of our young gymnasts compete regionally with excellent results as they progress through from Regional Grade G, through F, E and on to D.



After D comes the National grades National C (commonly



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known as NAT C), then the Federation of International Gymnasts (FIG) B and then for seniors over the age of 15 who make the qualifying scores and for international gymnasts FIG A.



Above, warming up in Ireland. Right, British Championships National Indoor Arena



Getting to the National Grades is an outstanding achievement for any youngster and winning a National title at any level is a fabulous reward for all the hard work the gymnasts and their coaches put in. Competing at National Grades also means traveling to some events around the country, Cardiff is the mid season event, often a group go to Ireland (but expensive flights this year mean KTA will miss that event). We try to stay in one hotel (usually a Premier Inn) share dinner on the Friday evening and then support all the youngsters over the weekend. It can be a fun weekend for all concerned.

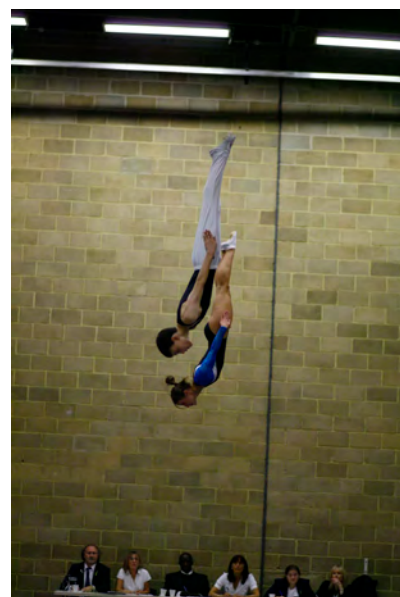
And What's Next?

Super Regional Development Squads

This is the next stage once you reach FIG B. Sam Preston from KTA is in the Southern Region Squad – one of just 8 boys aged up to 17. To be selected gymnasts have to be FIG B although occasionally some NAT C competitors are selected if showing the right potential. The selectors look for individuals who are meeting technical expectations, showing competitive scores, consistent in completing routines as well as mentally and physically robust. They look then for movement vocabulary, coping strategies, killer instinct, behaviour and responses to pressure, authority and peers, body management, age, body composition, aesthetics, training environment, coach, work ethic, support systems etc.

National Development Squad

After the Super Regional squads comes the National Development Squad.



Sam (left above!) is in the Super Regional Development Squad whilst Emma (above right!) is in the National Development Squad.

National Development Squads are held in the north and south of the UK. Competitors must be 14 and above up to senior. Emma Britton is in this squad which is designed to be the foundation for future British success at senior international level, helping to prepare members for possible inclusion onto World Class programmes. Selection is based on scores achieved plus similar criteria to the super regional development squads and includes a proven



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upward pathway in development assessed on 2009 and 2010 results to produce a graph to show movement of development in terms of technical excellence, tariff and ranking and taking into account age group changes and looking at analysis of form vs tariff at points where tariff has increased. It's all quite complicated!

And Finally

The highest level is inclusion on the World Class Programme. Andrew, Michael and Emma have all been on this squad in the past but this is a fully funded squad and under new arrangements has just 8 competitors (male and female) included at present.

For all squad training camps the athlete concerned must be accompanied by a coach of the right level to coach the moves competed by the athlete. This is a huge commitment, at present done solely by Sarah who gives/has given up her sundays to accompany each of Andrew/Michael/Emma or Sam wherever they need to go in the country.

CONGRATULATIONS

Congratulations to Emma Britton who was recently awarded 3rd place in the Elmbridge Youth Sports Personality of the Year Award (the borough where she was previously at school) and was also named Young Sporting Hero. Presented by Councillor Jan Fuller, Emma was commended for not giving up or sitting around 'moping' when she was injured but instead for taking the opportunity to take her coaching award, mentoring other gymnasts and taking her first aid and child protection awards whilst working to get herself back to international level.



Emma with Councillor Jan Fuller

AA Points!

No, this is not a new way to gain points shopping, get your car serviced or join Alcoholics Anonymous! This time AA means :

Administrative Activities:

All Payments will be going online soon. We anticipate this will be before Easter so that you will be able to pay monthly for sessions enter competitions etc.

ALL PARENTS NOW NEED TO REGISTER ON THE PARENT PORTAL

Judges

We do still need more judges please and also volunteers to warm up Marshall, record etc. All parents of competitive gymnasts really do need to get involved!!! Please email Sarah and KTA will run a training session so that everyone knows what they are doing.

FREQUENTLY ASKED QUESTIONS

What is the Website Address?

www.ktacademy.co.uk

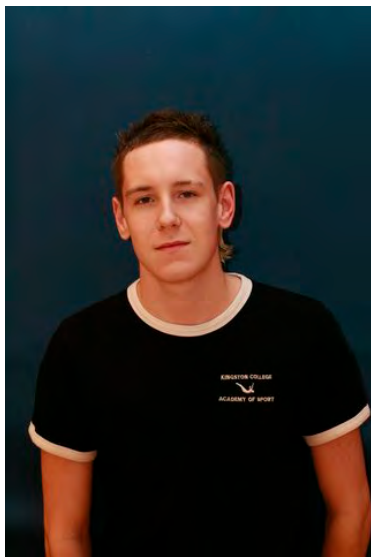
Where Can I Find the Past Newsletters and Check Term Dates?

www.ktacademy.co.uk



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MEET THE MEMBERS



KINGSTON COLLEGE ACADEMY

Many KTA members may be unaware that Kingston Trampoline Academy and Kingston College Academy are two separate organisations that are both based at Kingston College. KTA is the academy that we all know as evening and Saturday club members, whilst the College academy is one of a number of sports specialist academies run at the College as part of the very popular BTEC National Diploma Extended Level 3 in Sport Performance and Excellence.

In this month's 'Meet the Members' we talk to one of the Academy students, Ashley Noble who came to trampolining after a youth football career in which he played soccer for the Fulham Academy before a range of injuries left him still loving sport but unable to continue with football at that time.

Ashley had left school and been home schooled before joining Kingston College and securing AAB at AS level in maths, science and business studies. But two years ago he decided that a career in sport was for him, so turning his back on his traditional AS subjects in which he had done very well but had no real interest, Ashley embarked on the BTEC National Diploma Extended Level 3 in Sport Performance and Excellence. Joining the Kingston Trampoline Academy was an equally new venture involving coaching, training and competition but this time in an individual sport.

Talking to Ashley who is now in his final year of the 2 year course at Kingston College we learnt what made Ashley choose this route:

"It was an obvious choice for me", he said. "The course covers 18 units of sport related activities from Technical and Tactical Aspects of Sport, through Sport Psychology and Anatomy and Physiology to Nutrition, How to Manage an Event, Massage and Sport & Society. Some units I prefer to others but central for me is the fact they are all

sport related and I know they will be useful for me in my chosen career of physiotherapy".



Former Senior International Andrew Freeman was a Kingston College Academy member who went on to achieve a first class degree from St. Mary's Twickenham where he studied alongside his sports training.

So Having Chosen to do Physiotherapy we asked Ashley how things were going in securing a university place for this hugely competitive medical course at a time when students are foregoing GAP years to get places in Universities before fees rise in 2012.

"Well the BTEC Extended Level 3 Diploma gives you the equivalent of 3 A levels at A grade. But believe me it's a lot of hard work because it involves weekly assignments, sometimes several per week and you need to keep on top of them. But the great thing is there are no end of year exams just more frequent unit



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exams which you must pass to pass the unit. But if you work hard and do these properly you will know well before A level students whether you will make your grades. This means when you apply to university you may even already have the grades so you can get a firm offer straightaway."

So as a second year student where are you in the University application process yourself?

"Well I did my application in October/November like everyone else and I have had all my replies getting two offers out of the 5, one at my first choice 'uni' – Middlesex, and one at London Metropolitan, both to do physiotherapy so I'm really pleased."

And where does the trampolining fit in?

"The College has several sports academies: football, tennis, basketball, rugby and trampolining. Basically College days are structured around academic lectures and the opportunity to train in your chosen sport. For someone like me who was new to trampolining this means I do 5hrs a week with a High Performance Coach and am also currently working towards my coach qualification. I also keep up my fitness levels with fitness training and am learning to coach that too."



Above Michael Freeman also followed the BTEC before achieving a first class degree

But why did you not continue with football? "I had gone as far as I could given my injuries at that time and trampolining was a new challenge that I could do at my pace. What's great though is that in my classes there are national and international level sportsmen and women so whatever their levels we are all into sport and I get the benefit of a really top level coach so I have really made progress!"

So Within Your Trampoline Group what are you doing now? Well there are a few of us who were completely new to the sport when we started but in fact I made the regional schools final as did two of the girls individually and the girls team. The girls have now qualified for the National Schools Final and we are also through to the British Colleges Finals at Bath University in April – we are helped by the fact

we have one international and one national level trampolinist in the team! – But still our scores count and we really feel part of something.



Current DMT National C British Champion Beth-Anne Lumb (above) and GB squad member Emma Britton also joined the College Academy this year and are studying from the BTEC Extended Level 3 National Diploma.

So What Would You Say To Anyone Thinking Of Doing BTEC in Sport Performance and Excellence?

I'd say it's a much more enjoyable way through to University if you know you want to do a certain subject or section of a subject later on, and no end of year exams is a big plus! A lot of the people in my year are going on to do sports science or sports development at uni and some are going to unis in the States where they will be able to continue their sports like football.

But for example in my class there's a girl who has a place at Bristol Uni to do psychology



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rather than sport but she has done the psychology unit and wants to do more of that. I've got to say too, that training with top level sports people who are at world class level also makes you realise just what you have to do to go that far and of course they train outside of College hours too, but the beauty of it all is that it is all on the same site.

To Find Out More about Kingston College Trampoline Academy contact Sarah Silvester email: sarahkta@googlemail.com or go the College website www.kingston-college.ac.uk and click on sports academies.

NATIONAL SCHOOLS CHAMPIONSHIPS

Congratulations to Sam Preston who was 1st in the regional round of the individual boys competition held on the Isle of Wight and to Emma Britton who was placed 2nd in the U19 individual girls. These two KTA members go through as individuals. But huge congratulations too to the Kingston College Academy Under 19 girls team of Emma, Beth-Anne and Janice, who with Mel unable to compete due to injury, all had to land their routines to ensure 3 scores could count. All three did really well to secure 1st place regionally meaning they will go through to the National Finals in the West Midlands on Sunday 13th March.



AND LASTLY – Be sure to keep an eye out for information about tickets for the 28th WORLD TRAMPOLINE, TUMBLING and DMT Championships which, together with the World Age Group Competition will be staged at the National Indoor Arena in November this year.

PHOTOGRAPHS – from the newsletter and many events can be ordered from www.lumbco.org.uk or contact John Lumb: jlumb@blueyonder.co.uk

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.

FEBRUARY 1/2 TERM BOOKINGS – Please note Closing Date is 5th February

Tuesday 22nd Feb 1800 – 19.30 and 19.30 – 21.00

Thursday 24th Feb 17.00 – 18.30 and 18.30 – 20.00

Friday 25th Feb 18.00 – 19.30 and 19.30 – 21.00

EASTER DATES

Training dates are as follows:

Tues 12th April

Weds 13th April

Thurs 14th April

Tuesday 19th April

Wednesday 20th April

Thursday 21st April

Booking sheets may have already reached you or will be emailed shortly.

USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester

sarahkta@googlemail.com

Head Coach DMT: Melissa Day
melissaday@hotmail.com

Parent's Reps:

ktpreston@tiscali.co.uk

jebritton@yahoo.co.uk

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