

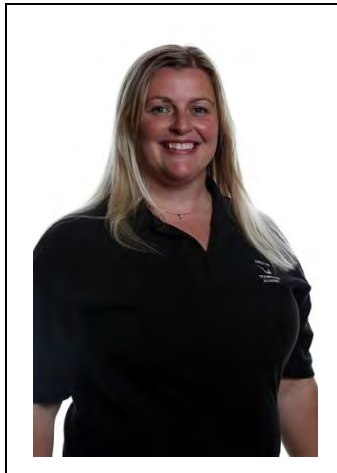


FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

With the end of term approaching swiftly please take a moment to check the last dates for this term below carefully. These may be earlier than anticipated if your children are in state schools which do not break for the summer holiday until the end of July. We are governed by College dates and facility availability and details of training over the summer period can be found under the heading of Summer Holiday Training on the next page. Please book these sessions as soon as possible to ensure your places.



If you wish to return in September, please ensure fees are paid by this Saturday (July 3rd). If you will not be in training on that day please email me on: sarahkta@googlemail.com and I will send

you an address to which to send the fees. British Gymnastics have not yet announced their membership charges for 1st October onwards so as soon as we have this information all members will be emailed. Cheques for BG membership will need to be brought in at the beginning of the September term.

End of Term Dates for this term:

Day	Time	Start	End	weeks	Excluding
Tues	6 – 7.30	20 th April	13 th July	10	1 st June
	7.30 – 9	20 th April	13 th July	10	1 st June
	6 – 9pm	20 th April	13 th July	10	1 st June
Thurs	6 – 7pm	22 nd April	1 st July	10	3 rd June
	7 – 8pm	22 nd April	1 st July	10	3 rd June
	6 – 8pm	22 nd April	1 st July	10	3 rd June
Frid	5 – 6.30	23 rd April	2 nd July	10	4 th June
	6.30 – 8	23 rd April	2 nd July	10	4 th June
	5 – 8	23 rd April	2 nd July	10	4 th June
Sat	8.30 – 9.30	17 th April	3 rd July	12	
	9.30 – 10.30	17 th April	3 rd July	12	
	10.30 – 11.30	17 th April	3 rd July	12	
	11.30 – 1	17 th April	3 rd July	12	
	1 – 2.30	17 th April	3 rd July	12	

BRITISH CHAMPIONSHIPS: The last competition of the season is the British Championships; this will be staged at the National Indoor Arena in Birmingham on the 24th/25th July. Following the last National Gala weekend in Liverpool the final list of those who have qualified is now shown on page 3 of this newsletter.

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We are delighted that Sam Preston and Emma Britton have also been named as qualifiers for the synchro competition in their respective age groups together with their partners from the City of Liverpool Trampoline Club. We wish all our competitors every success in this exciting culmination of their achievements for this year. Spectators are actively encouraged and I do hope that many of you who are new to the sport will join us in Birmingham for a day or two to enjoy and support not only our own elite competitors in action, but also to witness the spectacle of those from all over the country who have been or aspire to be on the world stage whether as juniors or seniors.

May I take this opportunity to wish all our families a long and restful holiday. Those who are training with us over the summer - we look forward to seeing you - and those returning in September we look forward to welcoming you back rested and ready to challenge yourselves again in the coming season.

Sarah Silvester
(Head Coach)

IMPORTANT DATES

July 24th/25th 2010

British Championships - National Indoor Arena - Birmingham

October 23rd/24th 2010

English Championships/Home Nations - Gloucester

Regional Events:

September 26th - Dorking - Surrey Trampoline Championships

October 10th - Harlington Novice up to Regional D and Regional Closed for National C/FIG B/FIG A

November 7th - London Synchro and DMT Championships



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PLEASE NOTE THE FOLLOWING WHETHER OR NOT YOU HAVE ALREADY BOOKED YOUR SUMMER TRAINING SESSIONS

The 10th, 11th and 12th of August sessions are now all 1800 – 2100 ONLY – there are NO SESSIONS from 10-1pm on these days. IF YOU HAVE ALREADY PAID FOR THE 10-1pm SESSIONS as listed on the booking form adjustments will be made and fees credited or refunded as appropriate. The session on Sat 28 August is 09.00 - 10.30 and 10.30 - 12 NOON not until 1pm as on the booking form.

SUMMER HOLIDAY TRAINING BOOKINGS

DON'T FORGET TO BOOK YOUR PLACE - some places still available. Sessions are open to all.

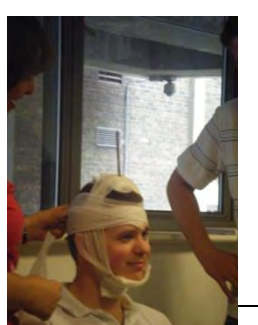
There are some spaces still available for the following sessions:

Friday 16 th July	5.00	-	8pm
Saturday 17 th July	11.00	-	1pm
Wednesday 28 th July	11.30	-	1pm
Thursday 29 th July	10.00	-	1pm
Thursday 5 th August	11.30	-	1pm
Tuesday 17 th August	7.30	-	9pm
Tuesday 24 th August	7.30	-	9pm
Thursday 26 th August	11.30	-	1pm
Saturday 28 th August	9.00	-	12noon

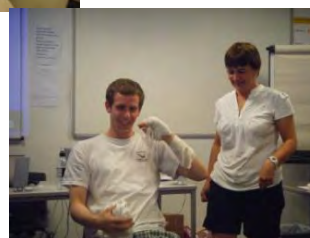
Please email Sarah direct on sarahkta@googlemail.com and she will confirm spaces.

FIRST AID COURSE

Several members of KTA benefited from the First Aid Course held at the College last Saturday which covered a range of topics including clearing the patients airway, artificial respiration and bandaging. All participants will be receiving their First Aid Certificate shortly.



Heads, wrists and arms - all bandaged but none look too serious fortunately - as the art of bandaging was learnt in the recent first aid course!



CONGRATULATIONS

To Our Gymnasts of the Month (for June) Trampoline:

Recreational: Caitlin Lumb

Competitive: Lucy Hawley

NEW COACHES FOR KTA

Congratulations to our new Coaches:

Level 1 Trampoline Coaches:

Emma Britton

Nicola Britton

Rianna Stuart

Level 2 Trampoline Coach:

Pablo Sisca

Level 4 DMT Coaches:

Matt Dries

Melissa Day

FREE! FREE! FREE! FREE! DMT/TRAMPAEROBICS

Yes, there are really free sessions for DMT/Trampaerobics being held over the summer. Watch this space and your emails for details which will be publicised as soon as available.

Remember also that trampaerobics will be starting at KTA in September on a Tuesday night from 9 - 9.45pm. This is an energetic fitness class with a qualified personal trainer and a separate trampoline coach. So if you or your friends have long harboured a secret desire to get on, or even back on, a trampoline and get fit this is for you!

HEALTH AND SAFETY

EARRINGS

Please note that due to BG (British Gymnastics) Insurance Regulations NO gymnasts are allowed to train with earrings in even if they are taped over. ALL earrings MUST be removed before getting onto a trampoline.

This is for your own safety.



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NATIONAL QUALIFIERS 2010

With the six gala weekends having now taken place the following is an update of the gymnasts who have qualified for the British National Finals to be held at the National Indoor Arena in Birmingham on July 24th/25th 2010.

	Discipline	Age Group	Level
Michael Freeman	Trampoline	Mens	FIG A
Emma Britton	Trampoline	Ladies	FIG A
		U19 Girls	FIG B
	Synchro	Ladies	FIG B
Sophie Clift	Trampoline	019 Ladies	FIG B
	DMT	015 Girls	Nat C
Beth Anne Lumb	Trampoline	U19 Girls	Nat C
	DMT	015 Girls	Nat C
Nicola Britton	Trampoline	U17 Girls	Nat C
	DMT	015 Girls	Nat C
Sam Preston	Trampoline	U15 Boys	FIG B
	Synchro	Junior Boys	FIG B
	DMT	U15 Boys	Nat C
Ross Harding	DMT	015 Boys	Nat C
Joe Edgar	DMT	015 Boys	Nat C
Matthew Douglas	DMT	015 Boys	Nat C
Becci de Garston Webb	DMT	015 Girls	Nat C
Zoe Preston	DMT	U15 Girls	Nat C
Georgia Grant	DMT	U15 Girls	Nat C
Mckenzie Roberts	DMT	U15 Girls	Nat C
Lucy Ramsdale	DMT	U15 Girls	Nat C
Katie O'Connor	DMT	U15 Girls	Nat C
Courtney St-Lewis-Davies	DMT	U15 Girls	Nat C
Caitlin Tarrant	DMT	U15 Girls	Nat C

Tickets are available for the National Finals from:

The Ticket Factory 08443 388000

Prices: Child day - £6, Child w/e £9,

OAP's as above, Adult Day £9, Adult w/e £15.



L to R Mckenzie Roberts, Lucy Ramsdale and Georgia Grant will be looking for success at the Nationals on the DMT this year.

JUDGES AT COMPETITIONS

Yes I know it's boring that I keep going on about needing judges! - **But** we do really need some parents to become qualified judges in order for the youngsters to progress.

All judges at competitions whether regional, national or international are unpaid volunteers. Many started as parents of performers and have gone on enjoying the camaraderie of the occasions long after their own children have gone off to University or stopped competing.

For each competition the club is required to submit one official (judge, computer operator, competition marshal etc) at a ratio of 1 to every 5 competitors. So please do help by getting involved in one of these roles.

COURSES

Trampoline coach and judge courses are available throughout the year as well as courses for DMT judging and various Child Protection, Children Awareness and Time to Listen Courses. If you would like to attend or require further information please email:

elizabeth.awde@gymnasticsengland.org



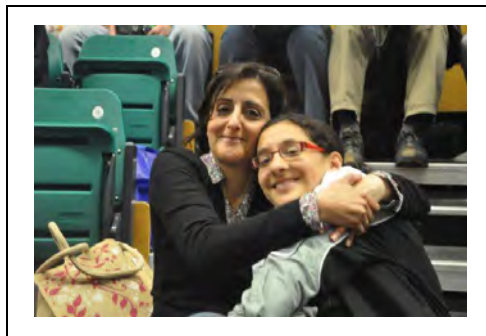
Martin Laws from Gillingham Club enjoys a 'judging' moment as one of the gymnasts does well.



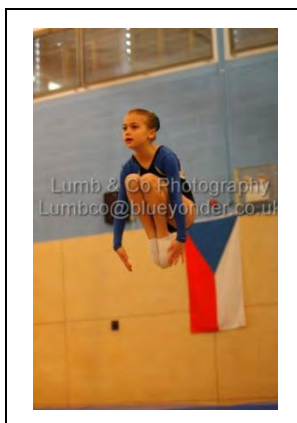
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KINGSTON ACADEMY SWEEP THE FIELD AT JUNE CUP

It was medals all round at the June Cup as Kingston Trampoline Academy swept the board: Charlotte Ramsdale placed 1st in the U9 Novices, Abigail Spence 1st in Over 15 Ladies E grade, Anisha Mangatani 1st in U19 Ladies D, Vikki Manning 1st in Over 19 Ladies D. Lucy Hawley took 1st in the U11 girls grade G, Joe Edgar 1st in the O15 Men, whilst in the synchro Caitlin Tarrant and Lucy Ramsdale swept to gold in the U15 Intermediates with 16 year old Emma Britton and 12 year old Sam Preston joining forces to take 1st place in the Advanced synchro.



Anisha Mangatani (with mum) has enjoyed good results in both trampolining and DMT this season.



There was similar success in the team events with the Under 15 girls grade G team of Rebecca Frankland, Lucy Fraser, Maise Sellwood and Lizzie Harringay taking 1st, along with the U15 girls grade E team of Caitlin Tarrant, Courtney St Lewis Davis, Lucy Ramsdale, Rebekkah Lumb and Georgia Grant and the Senior Ladies team of Alice MacAulay, McKenzie Roberts, Beth Anne Lumb and Sophie Clift.

Charlotte Ramsdale placed 1st in the U9 Novices section at the June Cup

Not to be outdone our DMT competitors also made their mark with Jessica Dennehay 1st in the U15 Novices, Vikki Manning 1st in the O15 novices and Ross Harding 1st in the advanced competition. Teamwise the O15 team of Nicola Britton, Alice Macaulay, Anisha Mangatani and Jo Edgar took 1st in the Intermediate section as did the team of Ross, Sam Preston, Beth Anne Lumb and Sophie Clift in the Advanced competition.

KTA COACH AND GYMNASTS ARE HONOROURED

Head Coach Sarah Silvester and Senior International Trampolinists Andrew and Michael Freeman were recently honoured at the British Gymnastics Honorary Awards. These bi-annual awards are designed to highlight and celebrate excellence and achievement within gymnastics at the highest level.

Sarah was awarded Master Coach for coaching two senior international gymnasts whilst Andrew and Michael were both awarded Master Gymnast for multiple Great Britain senior representation. Speaking of the occasion Andrew said, "It is great to be recognised by our National Governing Body for the hard work, dedication and commitment we have put in over the years we have competed and we are very grateful to Sarah, our parents and the club for the immense support we have had."



Sarah, Andrew (L) and Michael (right) joined other award winners for the British Gymnastics Honorary Awards in Birmingham.

FREQUENTLY ASKED QUESTIONS

Following last month's questions surrounding National Finals we continue with answers to some other queries that have been raised:

What is a zero final?

This means the scores achieved in the qualifying rounds are not taken into account in the final and everyone goes back to zero.

Do all finals start from zero?

No not all. In DMT finals are always zeroed but in trampolining it varies. For FIG A it is zero finals for all others scores are cumulative so the score for 3 rounds determines who is placed first, second, third etc.

How many people go through to finals? At the British Finals the top 8 competitors from the qualifying rounds will go through to the Finals on Sunday.

Which shirt should I wear at finals?

Please wear your purple 2010 T shirt for the orientation on Friday evening and your black and grey performance top on competition days. If you don't have a competition top, wear the black KTA polo shirt. Please buy or borrow the right kit if you don't own it - and don't forget to name it all!

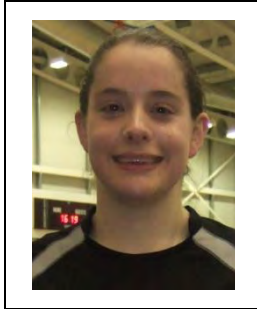
WHERE CAN I FIND OUT MORE ABOUT NATIONAL FINALS?
Come to a brief parents meeting at KTA on Sat 3 July for parents of National Finalists. Meet in reception at 9.30am



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MEET THE MEMBERS

Sophie Clift joined Kingston Trampoline Academy at the start of the last academic year when she moved from her home area of Sheffield to Kingston University to complete a Post Graduate Certificate in Education following her degree in Neuroscience (it might come in handy one day!) at The University of Manchester.



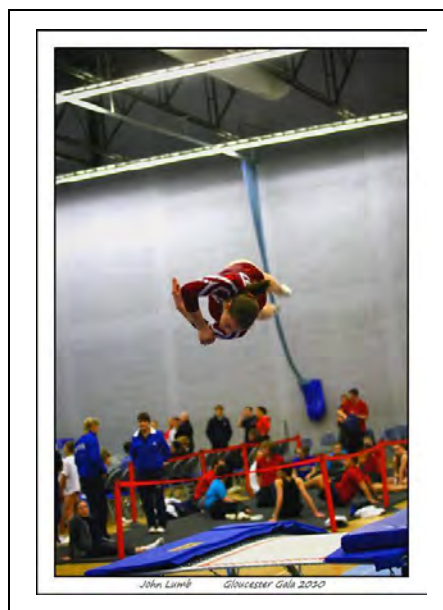
Now very much a KTA member and popular with youngsters of all ages Sophie agreed to share with us her experiences and reasons for continuing with trampolining throughout her adult years.

Sophie, You Joined KTA as an Experienced Trampolinist, How Long Have You Been Jumping?

I began trampolining when I was 15. After spending many years doing gymnastics I decided I needed a change and along with some of my friends from gymnastics I joined a relatively new trampolining club that had started up in Sheffield, Abbey Flyers. They gave me a really good start in the sport and I managed to reach FIG B (then grade 1) in 18 months, competing at my first National Trampoline Championships in 2004. I then went to university in Manchester so moved clubs to join City of Salford TC who I competed for at several National Championships and at open internationals in Portugal, Sweden and Prague. Then at the beginning of this year I made the move 'down south' to Kingston and brought a bit of northerness to KTA!

And You Compete at both Trampolining and DMT?

First and foremost I'm a trampolinist but I do also compete in DMT as well for a bit of fun really! I am not really known for my running skills, in fact I did suggest DMT could be improved with the installation of a travelator! However my DMT has improved a lot at KTA this year and I managed to finish in the top 8 at all the DMT competitions I have taken part in this year (Nat C) so I hope to do well at nationals both as an individual and with the rest of the team.



What Level Are You?

I have competed at FIG B for several years now in the OAP category (19+ as we are known) and at National C for DMT and I even squeeze in a bit of syncro at national level when I have time.

We have talked to both Michael Freeman and Emma Britton recently - both of whom are twins and each of their twins also compete. I hear you are a twin too - does your twin compete as well?

Yes I am; my twin is called Amy and she did pop into training a few weeks ago on our birthday. She used to trampolining when we were younger but always preferred other sports and we liked having our own thing to do once in a while. We did compete together once doing syncro...! She did a degree in psychology at Bristol Uni and has spent this year travelling the world (again!) going to Romania, Thailand and Vietnam to work on voluntary projects.

And You Coach As Well?

Yes I started coaching when I was back in Sheffield and it has always been a big part of my trampolining. I spent the year in between my PGCE and degree coaching in several schools and sports centres in Sheffield and Manchester which has really helped me with my teaching this year. I have just finished my teacher training so I guess coaching alongside that was always likely to be an option. I really enjoy coaching and seeing children progress and develop their skills. It is also a good way to stay involved with the sport so that when I finally decide to hang up my trampolining socks (and chalk box) I can still play a part in the club.

So When Will You Start Teaching and Where?

Well I have really enjoyed coming to London and to KTA as well of course! So I have been applying for jobs around here and just last week I was offered a job working in year 1 at Long Ditton Infants School. So I am now preparing to start my first year



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teaching in September. So everyone is going to have to put up with me for another year!



Sophie - centre - in coaching role at the London Youth Games with members of the Wandsworth Team - all from KTA!

So What is Your Proudest Trampoline Achievement to Date?

I don't really have one achievement that I am proudest of just lots of little things. Each year when I manage to qualify to nationals I am proud of myself 'cos it's never a guarantee that I will. But I can't forget to mention the 'high quality' certificates that I have won this year for my top three finishes at the DMT galas!



And What Are Your Goals Now?

For now I would just like to compete well at Nationals and complete the new vol I am working on. I would also really like our DMT team to finish on the podium! Then just see how things go really, at the moment I don't know how much time I will have to trampoline in September when I start teaching but I'm sure there will be something new for me to work on!

What Motivates You to Keep Going in What Must be a Younger Children's Sport?

Many people say that but if you go to the Gala weekends and to International Events you will see that the top trampolinists are usually in their mid to late twenties - so there's hope for me yet...! Seriously though I just love the challenges of new moves, trying to get higher scores and the camaraderie of the events where I know people from all around the country. As long as I enjoy what I am doing and I think there is still room for improvement then I don't think it matters how old you are!

And What About Other Sports – Do You Do Any Others?

I don't think I would have time to fit another one in! I have had a go at many different sports when I was younger but I find trampolining suits me best. But you never know there is plenty of life to get through yet!

LONDON YOUTH GAMES

KTA were well represented in the recent London Youth Games with teams from Wandsworth, Kingston and Richmond - all coming from KTA. Of these Kingston Borough were placed highest finishing in 4th place overall.



USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester sarahkta@googlemail.com
Head Coach DMT: Melissa Day melissaday@hotmail.com
Temporary Parent's Reps: Kate Preston /Jane Britton 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
Photographs from the newsletter and from many events can be ordered from www.lumbco.org.uk or contact John Lumb on jlumb@blueyonder.co.uk

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