



# FLYING HIGH

## KINGSTON TRAMPOLINE ACADEMY NEWS

[www.kingstontrampoline.co.uk](http://www.kingstontrampoline.co.uk)

Issue 20 July/August 2011

The end of the season finished on a high with 100% completion for all gymnasts at the British Championships – 20 skills for trampoline and 4 for DMT over 24 events. This is an outstanding achievement and all competitors should be very pleased with this achievement. Full details of Nationals results can be found later in the newsletter but my congratulations to all competitors and their coaches. However I cannot finish without saying a personal thank you to all those parents who set aside the whole weekend to support our finalists. It was a great motivator for the athletes and coaches to hear the roars go up when our gymnasts were in action and I am very grateful to those who gave such magnificent support, it is very much appreciated.



Over the summer Sam Preston was selected for the South v North Youth Match, Emma Britton to compete for the Great Britain Youth Team in Albacete, Spain, and both Emma and Sam will represent Great Britain in Taunton next weekend v Germany. Congratulations also to Emma on her selection for Great Britain for the World Age Group Competition for both individual trampolining and synchronised (with Nicole Short from the City of Liverpool).

A number of our gymnasts will be taking part in the Welsh International at the end of October; this will give them valuable experience. It is with great pleasure too, that I congratulate those who have been selected for the London Squad match on 2nd October at Harlington. Further details are shown in the article on this and are also available at: [www.london-trampoline.co.uk](http://www.london-trampoline.co.uk)

I hope you have all enjoyed the summer break and are looking forward to the new term which starts back 3rd September.

**Sarah Silvester**  
(Elite Coach)

## IMPORTANT DATES

### 2011 Regional Competitions

**Sunday 16th October** – grades  
**Regional Gala Synchro/DMT** –  
Nov

**Sunday 6th November** – London  
Synchro and DMT

**National Galas: FIG A/FIG B/  
National C Competitors:**  
Details of these events are due  
shortly...

### International Events

**September 3rd** GB v Germany  
Youth Match – Taunton

**22/23 October**  
Welsh International Competition  
UWIC University (Cardiff)

**Nov 17 – 20 Senior World  
Championships (Trampoline/  
Synchro/DMT)** National Indoor  
Arena, Birmingham (also the  
Olympic Qualifying Event)

**November 24 –27 World Age  
Group Games** National Indoor  
Arena, Birmingham

**British Championships 2012**  
provisional dates: 7th/8th July

## NATIONAL FINALS 2011

Having qualified for the British Championships by reaching specified scores and positions in the National Galas and after an excellent first

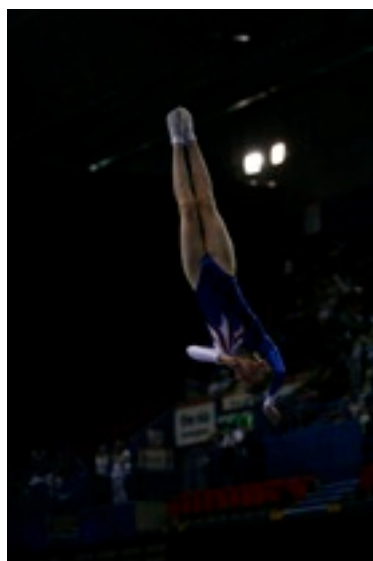


day some competitors were able to go the extra distance reaching the Finals on the Sunday of the Championships. Ashley Noble took gold in GMPD category 1 whilst Sophie Clift in her first year at Over 19 DMT FIG B made an impressive claim on the silver medal.

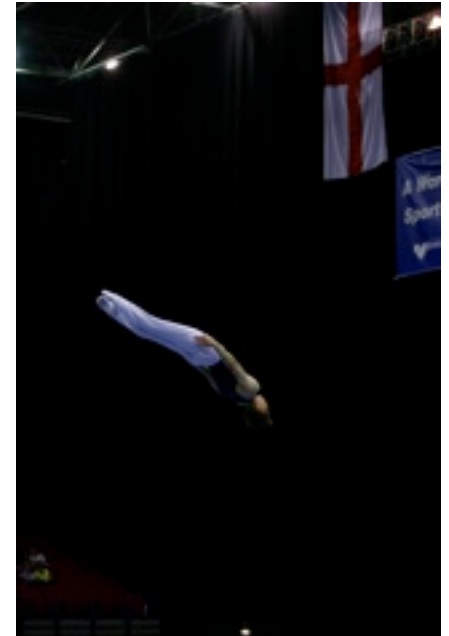
Emma Britton also took silver in the senior ladies synchro with Nicole Short from City of Liverpool and individually took bronze in the FIG B U19.

Team silver medals were also won by Emma Britton, Emma Wallace and Beth-Anne Lumb in the U19 FIG B trampolining, a particularly impressive achievement given Beth and Emma Wallace had been out of training injured and had had to change their routines in order to compete. And on the DMT it was team gold for (L to R below left)

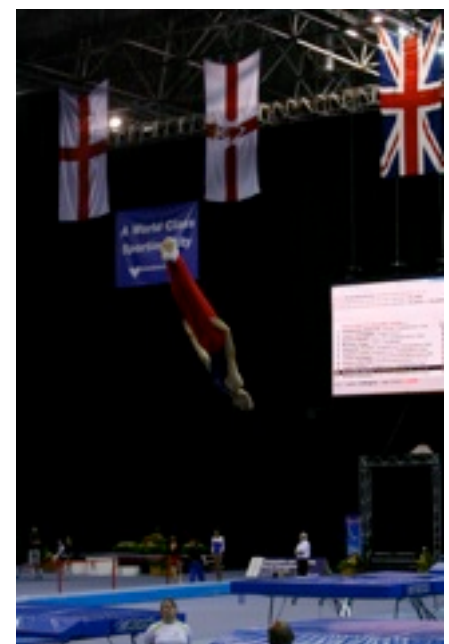
Georgia Grant, Katie O'Connor, Courtney St Lewis Davies and Nicola Britton. Congratulations!



Above Caitlin Tarrant looks deceptively like a younger Emma Britton!



Above: Michael and Below: Sam hold their form beautifully



## And the Story Goes On...



Left: Emma Wallace team gold trampoline (along with Beth-Anne Lumb and Emma Britton)



Right: you can tell Sophie Clift is a primary school teacher as, ever popular, the youngsters flock around her!

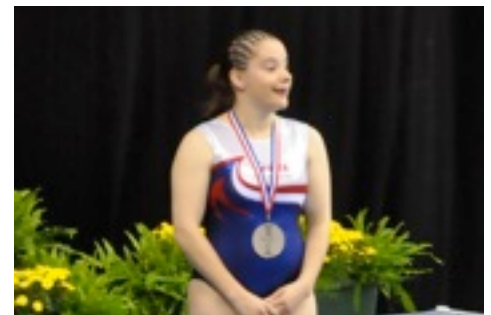
Left: Club friends Lucy Ramsdale and sister Charlotte who moved to the south coast last year where Lucy competes for OLGA, joined club members Caitlin Tarrant and brother Morgan for dinner over the weekend.



Thanks to family and friends for your support over the weekend. It does make a difference!



Below: Perhaps a little surprised? Sophie takes silver in her first year of FIG B DMT!



Below: A sole performer in front of a big crowd. Well done to all our gymnasts



## KTA GYMNASTS TO REPRESENT LONDON

Congratulations to the following gymnasts on their selection for the London vs West Midlands Squad match which will be taking place on Sunday 2nd October at Harlington Sports Centre. And to Sarah Silvester as the Elite Trampoline Coach:

Gymnast	Element	Category
Emma Britton	Trampoline	Elite
Sophie Clift	Trampoline	Elite
Beth-Anne Lumb	Trampoline	Elite
Emma Wallace	Trampoline	Elite
Georgia Heaton/ Sophie Clift	Trampoline Synchro	Elite
Emma Wallace/Nicola Britton	Trampoline Synchro	Elite
Emma Britton/Beth-Anne Lumb	Trampoline Synchro	Elite (Reserve)
Beth-Anne Lumb	DMT	Elite
Sophie Clift	DMT	Elite
Katie O'Connor	DMT	Elite
Georgia Grant	DMT	Elite (Reserve)
Caitlin Tarrant	DMT	Elite (Reserve)
Courtney St Lewis Davies	Trampoline	Development
Rebekah Lumb	Trampoline	Development
May Curtiss/Rebecca Frankland	Trampoline Synchro	Development (Reserves)
Rebekah Lumb	DMT	Development
Harriet Cronin	DMT	Development
May Curtiss	DMT	Development
Rebecca Frankland	DMT	Development (Reserve)

This is a great opportunity and will be invaluable experience and useful on your CV to say you have represented your Region! Well done to all of you.



Rebekah Lumb



Above: Courtney St. Lewis Davies with team mate Katie O'Conner

Below: Harriet Cronin



## YOUNG LEADER'S CAMP

The Young Leader's Camp is open to 16–18yr olds who are volunteering in their clubs as well as being a minimum of Level 1 coaches in their chosen sport. The course, which is free, is run by British Gymnastics, England Netball and UK Athletics and this year Beth–Anne Lumb and Emma and Nicola Britton were lucky enough to fulfill all criteria and gain a place on the four day course held at Bradfield College in Reading.

Speaking of their experiences the girls said, "We really enjoyed being with a bunch of people whom we had never met before. We saw relatively little of each other throughout the course as we were divided into groups named after past Olympic cities and we had to work in these groups as a team to tackle various tasks. We started off with some team building activities and then had a task where we had to role play various members in a committee with character traits that we had been given. We also learnt about aspects of running a club

including writing a job description for various club employees, how to write a press release, make a recruitment poster and even made a model of a young leader with physical traits e.g. with big ears to signify listening! We also learnt about the Olympic values of friendship,



respect, excellence, determination, courage, inspiration and equality and how they apply to your club. It was also interesting to find out about gymfusion displays based on the talents of particular participants. All in all it was great fun as well as being a very beneficial experience."



Above: building a jelly baby and spaghetti tower and Team Athens outside the dining hall

## QUICK NEWS UPDATES:

Congratulations to Emma Britton who was recently invited to Aston University where she was awarded the inaugural British Colleges Sports Student of the Year Award.



## COACHING COURSE:

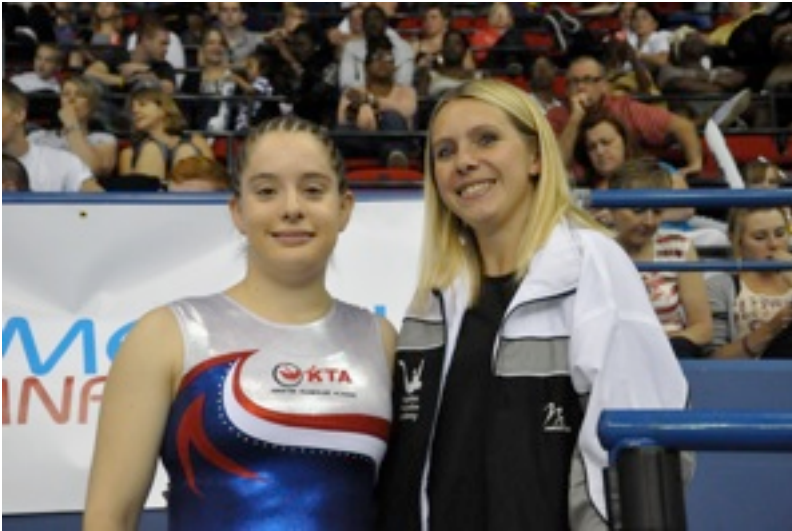
A Level 1 Coaching Course will be running in Harrow on 30th October/20th November and 4th December. Please visit the British Gymnastics website for more information including details on the Mayor's Legacy Funding as you can receive up to 75% off the cost of the course.

## OLYMPIC TICKETS:

If you missed out on Olympic Tickets the test event is taking place in January for Trampoline.

## MEET THE MEMBERS

With the summer nearly over our editor caught up with Mel Day our Head of DMT to find out more about how our gymnastics have been getting on and about the person behind their success.



Above Mel (right) with fellow coach and this year's star pupil on DMT Sophie Clift silver medallist British Championships

## Mel, Tell Me a Bit About Yourself...

Well I'm 29 now and seem to have packed quite a lot of sports training into my life alongside my academic career!

## Can You Explain?

I started trampolining at Top Flight Trampoline Club when I was about 12 and got to know Sarah as a competitor, a coach, and as a friend. I competed myself until I was in my early twenties, reaching what was then Grade 2 level before my academic career took over. I started coaching when I went to St Mary's University College to do a sports science degree, then I went on to Chichester to do my Masters. After that I moved away for a while as I was given a scholarship for three years to go to Aberystwyth University to do my PhD in Sport Psychology. Having gained my doctorate I am back and I am now working as a senior lecturer and programme co-ordinator for the sport psychology degree at the University of Chichester. I live down there and I love it!

## And You Come Back To KTA Each Weekend to Coach DMT?

Yes my mum still lives in Walton on Thames so although it's a long drive it's easy to come back and I love coaching the DMT and seeing the youngsters gain success.

## Do You Coach Trampolining as Well?

I am qualified to coach trampolining, I'm actually a level 4 coach but I like the challenge of the DMT and as I only have a limited time at KTA I head that up and coach trampoline less often.

## Do You Find Your Academic Sports Psychology Useful in Your Coaching?

Definitely! It's helpful as a coach to be able to use psychological techniques with those who you coach. Aspects such as goal setting, imagery, motivation, and competition preparation are all important parts of psychology that I try to use in my coaching.

## How Do You see the Role of Sports Psychology in Sport These Days?

Sport psychology is one important part of performance preparation, particularly at the elite level. But in order to increase success this needs

to be combined with other aspects of sport science such as nutritional advice, strength and conditioning, and biomechanical analysis. There is a lot that sport science can offer to improve performance but these are alongside the work that a gymnast needs to put into their physical

training. Sport psychology may offer a lot as gymnasts can be put under a high amount of pressure at a relatively young age. If someone is to succeed at this level then they need to be able to keep calm under pressure, to be mentally tough, and to have a positive outlook. Mistakes are sometimes unavoidable but learning to deal with these and developing psychological resilience is vital.



Left: Coach Mel chats to last year's National C Champion on the DMT, Beth-Anne Lumb

## And How Do You Think Our KTA Performers are Progressing?

I'm really proud of them all. They have relatively limited training time but you will see from elsewhere in the newsletter that they have had increasing success. Sophie Clift has done incredibly well, she only took up the sport a couple of years ago but has already reached a podium position at FIG B and I hope will go onto FIG A. Beth-Anne Lumb was National C Under 19 Champion last year and she too is at FIG B and should make FIG A if she works hard on strengthening her ankles (this is the strength part I was talking about!) and then we have Georgia Grant and Katie O'Connor up at FIG B for the first time this year. Both of these girls are in their first year in an over 15 category and have really held their own in a tough group this year. They show a lot of promise for the future.

We also have a large number of younger gymnasts at NAT C who do incredibly well. I was so proud to see the team of Nicola Britton, Georgia Grant, Katie O'Connor, and Courtney St Lewis Davies win the National C team title this year. Each of these gymnasts have also made at least one final in a gala event in the last year. All of the Nat C DMT gymnasts are gaining the experience of going to National Finals at a NAT C level, so when they make FIG B it should be a much easier transition for them.

## And What Is Your Ultimate Aim for These Gymnasts?

The World Arena is wide open for them because the sport is still young. We have had 5 representations at World Age level in the past with one bronze medal. I'd like to think we can add to that tally.



The ever smiling Mel!



## STOP PRESS

CONGRATULATIONS TO SAM PRESTON who has been selected for the England Youth Team and has been selected to compete in the Welsh International in October and the Frivolten Cup in 2012



## USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester contact via

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Photography: John Lumb

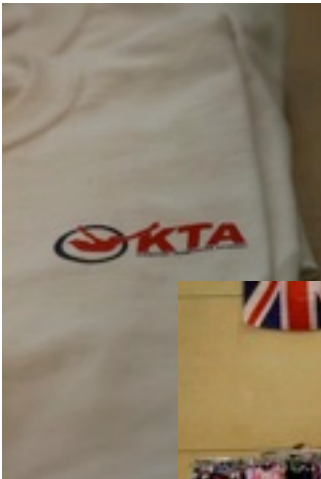
[www.lumbco.org.uk](http://www.lumbco.org.uk) or contact

[jlumb@blueyonder.co.uk](mailto:jlumb@blueyonder.co.uk)

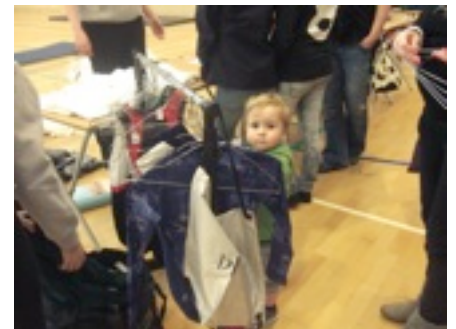
Kit Co-ordinator: Clare Grant

[claregrant@blueyonder.co.uk](mailto:claregrant@blueyonder.co.uk)

## NEXT KIT SALE OCTOBER 22nd



Don't forget to get your kit!



Don't forget for photographs from newsletter and events go to [www.lumbco.org.uk](http://www.lumbco.org.uk)

Many thanks to John Lumb and Mo Houlden who generously take and supply almost all photos for the KTA newsletters.

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