



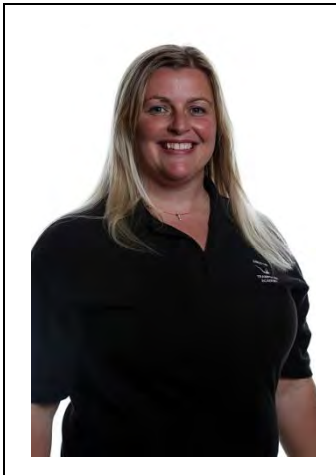
# FLYING HIGH

## KINGSTON TRAMPOLINE ACADEMY NEWS

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

Issue 7 June 2010

Another busy month has passed with the usual and inevitable mixture of success and disappointment for our gymnasts and coaches as some students achieve their goals whilst others just miss out on realising some of their dreams. But the show goes on and I am immensely proud of the success of all our gymnasts and their coaches who work tirelessly to help youngsters who range in age from just under 5 years of age to those in their mid twenties who continue to develop new skills and challenge themselves physically through our sport.



At the beginning of May we were in Cardiff for a gala weekend, at the end of May in Birmingham. Next week many gymnasts will be at Harlington for the June Cup whilst others are receiving medals in Birmingham and still more are honing

their coaching skills in preparation for their coaching assessment at the end of half term.

Thank you as always to those parents and coaches who continue to give of their time voluntarily whether working with the youngsters directly or behind the scenes. Without you there would not be a KTA as we know it and I am very grateful to you all for what you do.

**Sarah Silvester**  
(Head Coach)

### End of Term Dates for this term...

Saturday 3 <sup>rd</sup> July	Tuesday	13 <sup>th</sup> July
Thursday 1 <sup>st</sup> July	Friday	2 <sup>nd</sup> July

### HEALTH AND SAFETY

The College Sports Hall is utilised by the College for examinations over the summer term. Please therefore ensure that during exams you use the door by the lift to access the hall. **All help to put the exam tables back into place after sessions is very much needed and appreciated.**

Despite the warmer weather it remains imperative that athletes wear socks for training. This is a safety measure and no one will be allowed to train without them. Broken toes from being caught in the webbing are very uncomfortable - so do remember your SOCKS!

During training please can all parents please stay on the benches and not sit at the exam tables; all rubbish must be taken home please.

## IMPORTANT DATES AND INFORMATION

### Regional Events:

**5<sup>th</sup>/6<sup>th</sup> June** - Spring Cup Gala, London Region - all grades Synchro and DMT

**5<sup>th</sup>** - Synchro and DMT (NO DMT at club as we would expect all to be competing)

**6<sup>th</sup>** Regional Graded alongside National Level

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

**7<sup>th</sup> November** - London Synchro and DMT Championships

### National Galas - FIGA/FIG B/National C Competitors

**June 12<sup>th</sup>/13<sup>th</sup>** - Liverpool

### July 24<sup>th</sup>/25<sup>th</sup> 2010

**British Championships National Indoor Arena - Birmingham**

### October 23<sup>rd</sup>/24<sup>th</sup> 2010

English Championships/Home Nations - Gloucester

## USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com)

Head Coach DMT: Melissa Day [melissaday@hotmail.com](mailto:melissaday@hotmail.com)

Parent's Rep: Tracey Gibbins [tracey.gibbins@sky.com](mailto:tracey.gibbins@sky.com)

Newsletter Co-ordinator: Jane Britton [jebritton@yahoo.co.uk](mailto:jebritton@yahoo.co.uk)

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)

Photographs from the newsletter and from many events can be ordered from [www.lumbco.org.uk](http://www.lumbco.org.uk) or contact John Lumb on [jlumb@blueyonder.co.uk](mailto:jlumb@blueyonder.co.uk)



## KINGSTON TRAMPOLINE ACADEMY

### SAINSBURYS AND TESCO VOUCHERS - THANK YOU

We have collected just over 3,700 Tesco vouchers. Tesco Promotions contacted the club to advise that we were expected to get in the region of 3,950 so we are pretty close to our target. The vouchers with the equipment order have to reach Tesco imminently so can we urge you to send in any vouchers that you have lying around at home.

Sainsburys vouchers will continue to be given out in shops until 6th June so please continue to eat a lot and clean and wash frantically so that you do one more 'huge' weekly shop and collect a few more vital vouchers which all go towards providing much needed equipment for the club!

**All vouchers can be handed in to any of the coaches at the club on any day.**

Thank you to all parents who have contributed to this really beneficial scheme.

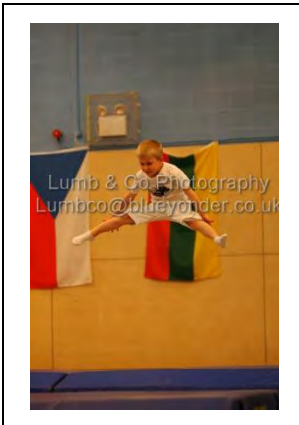
### JUNE CUP - DETAILS

The June Cup details have been sent out to all competitors and Officials. Please take care to check your timings and responsibilities. If you have lost the details please visit: [www.london-trampolining.co.uk](http://www.london-trampolining.co.uk)

### SUMMER HOLIDAY BOOKINGS - DON'T FORGET TO BOOK YOUR PLACE - by June 18<sup>th</sup> at latest

Summer holiday bookings: as stated in previous newsletters these sessions are open to all, many thanks to those who have already submitted their dates. The closing date is 18th June, bookings will not be taken after this date. Planning of groups and amount of coaches are dependent on all the information being received in advance.

Jo Edgar (below) is one of the 16 DMT National Qualifiers



Morgan Tarrant is one of a small number of gymnasts who will be receiving free coaching on the coach assessment day at KTA in June.



### CONGRATULATIONS

#### To Our Gymnasts of the Month (for May) Trampoline:

Recreational: Holly Woollard  
Competitive: Lizzy Lines

**Jack Petchey Award:** Sophie Clift following qualification for National Finals in both Trampoline and DMT.



Above: Sophie in action on the DMT

### FIRST AID COURSE

A First Aid Course which is open to all will be held at Kingston Arena on Saturday 26<sup>th</sup> June from 9am - 3pm (working lunch so please bring your own).

Cost: £35 including certification. There are just a couple of spaces available. For more information please contact: [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com)

### TRAMPAEROBICS

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 for all parents that have long harboured a secret desire to get on, or even back on, a trampoline and get fit this is for you! And just think how fit you will be!

### SURREY CHAMPIONSHIPS

There is a possibility of an additional competition on Sunday 19th September for those at Regional and National level. Please keep this date free.



## KINGSTON TRAMPOLINE ACADEMY

### UPDATE ON QUALIFIERS FOR NATIONAL FINALS

With five of the six Gala weekends having now taken place the following is an update of the gymnasts who have qualified so far for the National Finals to be held at the National Indoor Arena in Birmingham on July 24<sup>th</sup>/25<sup>th</sup> 2010. We wish all competitors the best of luck at the last weekend in Liverpool.



**Pictured: Mckenzie, Courtney and Zoe relaxing at the gala weekend in Cardiff.**

Gymnast	Discipline	Age Group	Level
Michael Freeman	Trampoline	Mens	FIG A
Emma Britton	Trampoline	Ladies	FIG A
		U19 Girls	FIG B
Elise Gibbins	Trampoline	U19 Girls	FIG B
	DMT	015 Girls	Nat C
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	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.**

### FREQUENTLY ASKED QUESTIONS

This months' FAQ column attempts to answer some of the questions surrounding the up and coming British National Finals in Birmingham on July 24<sup>th</sup>/25<sup>th</sup> 2010.

#### **Who are the National Finals for?**

They are for all competitors who have attained the qualifying scores from one of the 6 gala events held all over the country this season Jan-June 2010.

#### **What level are these competitors?**

All the gymnasts are National C or FIG A or B (Federation of International Gymnastics) whether on trampoline or DMT. There were around 425 trampoline competitors alone last year, this year tumbling is included too - it's a big event!

#### **As a competitor can I just arrive on the Saturday morning?**

No. You need to arrive for the orientation session the evening before so that you know the layout of the National Indoor Arena and are familiar with what you have to do as security is very tight and it is easy to miss your section of the competition.

#### **Can I watch the orientation session?**

Yes, spectators are welcome but please be aware that for the Friday evening all spectators will be charged £1 which helps to cover the staffing of the building security, cleaning etc.

#### **Will I be able to buy T shirts/polo shirts or sweatshirts branded with the event on the day?**

No these are available to be purchased in advance. Only one order per club is permitted. Mo Houlden is co-ordinating this for KTA. If you have not received the email regarding this order Mo can be contacted on: [mo\\_houlden@hotmail.com](mailto:mo_houlden@hotmail.com)

#### **Can I just turn up to Watch?**

Yes you can although it is cheaper to purchase tickets beforehand. See details in previous column.



## KINGSTON TRAMPOLINE ACADEMY

### What Do I Wear for the Finals?

All gymnasts are required to train in the black KTA leotards and arrive at the training session in Academy tracksuits, with purple 2010 T-shirts. Men's DMT team, are requested to wear the royal blue lightening leotards for the competition along with white shorts. Girls should wear the burgundy leotards and club tracksuits, KTA polo shirts and black training shorts. All competitors must have white ankle socks with no markings and/or DMT or trampolining shoes if required.



Lucy and Caitlin in competition leotards

### Where Do I Stay in Birmingham?

There are lots of hotels in Birmingham and there will be many trampolinists and spectators staying all over the City. Some of KTA will be staying in the Hyatt and some will be staying in the Premier Inn. (Note that at last time of looking unlike most Premier Inns the central Premier Inn did not offer family rooms so do check if you want to put a family of 4 in a room).

### Can I Go as Soon as I Have Finished?

The qualifying rounds of all events are on Saturday and the Finals are on Sunday. All competitors are awarded a memento of the day (e.g. small trophy/plaque) and all competitors must be there to collect this at the end of Saturday. They cannot be collected by someone else. All competitors also do a march in and are presented to the audience at the end of Saturday and the end of Sunday for the finalists. Competitors must be in kit for these occasions. On Saturday this can occur quite late in the evening.

As it is a high level sporting event and competitors will range from 11yrs of age to Senior Men and Senior Ladies many of whom have competed at World level the occasion is a fine spectacle. As well as this, it is a wonderful achievement to have so many of the KTA gymnasts present on both Trampoline and DMT and many parents and families stay on as a group to support other club members in the finals even if they have not made finals day themselves.

### KIT SALE

The kit sale in mid May was a great success and there are now only 4 of the 2010 t-shirts left. A huge thank you to Clare Grant who made the whole occasion possible; it does demand a lot of time before and after the actual day with planning, packing, costing and ordering and we are very grateful to Clare for taking on this key role.

Please remember that competitors in any competition must have the correct kit, so if you are competing in the June Cup do make sure you have the correct kit including plain white ankle socks (no logos are allowed). There are plenty of girls and boys club leotards still available - to order please email Clare direct on: [claregrant@blueyonder.co.uk](mailto:claregrant@blueyonder.co.uk)

## UNDERSTANDING COMPETITIONS

To enter competitions at Regional or National level gymnasts need to be able to compete certain moves in a routine. A routine is 10 consecutive moves linked together without bounces in between. At novice level gymnasts can compete without having to do a somersault. These and other skills are introduced as gymnasts move through the grades. Coaches will work with the pupils to achieve these skills and parents, the child, or the coach, can suggest entering a competition at any time.

## ENTERING A COMPETITION

The entries are put in for competitions by one of the coaches who completes a list of entries on a specified British Gymnastics form with BG membership numbers having to be entered alongside each entry. This may seem straightforward but because entries must be completed on line on a specific form a late entry means that the person entering the competitors must enter the person in the right order on the form for their grade and then re-type anyone's name on the list that falls below that point. They then re-enter the form to the organiser of the event! To avoid this extra work we do ask for all entries to be made and paid for by a specific date!

## JUDGES AT COMPETITIONS

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.



## KINGSTON TRAMPOLINE ACADEMY

### JUDGE COURSE IN JUNE

To date only 3 of our National level gymnasts have applied for the June Judge course. We would appreciate parent volunteers to learn to judge as currently the same people are used to judge at every competition. Lack of judges will inevitably and regrettably result in reduced numbers of children being able to enter events in future. For further information about courses please email [tracey.gibbins@sky.com](mailto:tracey.gibbins@sky.com) or for the June course contact Linda Lawrie as detailed in the advert below. Thank you in advance for your help.

#### BG JUDGE COURSE

**Date:** 19<sup>th</sup>/20<sup>th</sup> June

**Time:** 12.30 - 6.30pm

**Note:** Candidates must be 15 yrs of age on first day of course

**Course Fee:** £35

**Exam Fee:** £10

**For more details contact:**

**Linda Lawrie 01932**

**Judging Can be Rewarding!  
Particularly when the  
children achieve success...**



These children cannot progress without judges. Can YOU help?

### DECIDING TO ENTER A COMPETITION

Because of the above requirement for competition officials when entering competitions, you do need to consider the date very carefully before committing to an event. As explained for every 5 gymnasts that enter we have to nominate an official. Those officials are required to stay at the competition the whole day, regardless of whether the gymnasts entered compete or not. We also ensure that all coaches are available for the whole day to support the gymnasts and they too are not paid on competition days.

For the June Cup 10 gymnasts have withdrawn. This means that 2 officials will be judging/marshalling or recording all day whilst those who entered may have elected to go away or take on another activity. In other words they are wasting their time for your child with no reward. Similarly when gymnasts have withdrawn from synchro it adds significant pressure for the coaches to find other partners, so that the other member of the pair is not disappointed.

We do understand that from time to time things come up - a grandparent may pass away or is ill or a child is sick preventing competing but please think about the situation responsibly as we rely on a few willing parents who get left to judge and find others are enjoying a day out instead. If this continues we are in danger of finding that the willing ones will withdraw their services and everyone will lose out.

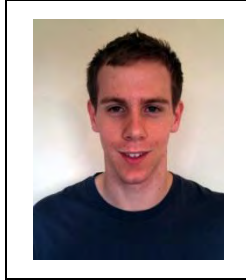
As a result of the above it has become necessary to review the way competitions are entered in the future, so that all parents of gymnasts that compete volunteer for a role at competitions. This will minimise the number of times each parent is required to help.



## KINGSTON TRAMPOLINE ACADEMY

### MEET THE MEMBERS

Michael and Andrew Freeman have been coached by Sarah Silvester since their early days of trampolining. Our editor caught up with Michael, one half of the pair who have been twice World Champions in their Age Group and who is a coach, judge, mentor and still a competitor.



#### **Michael - You Are One Half of a Remarkable Team - Tell Me How It All Began...**

Well Andrew and I have always loved sport and we did athletics and played football like many youngsters. We attended pre-school gymnastics at our local leisure centre and then moved onto the trampoline club that trained there (Top Flight). We started when we were 7 and at 12 we decided to give up all our other sports to focus specifically on trampolining.

#### **What Is It Like to be Often Referred to as A Pair Rather Than as An Individual?**

Well like many twins we get on very well and I guess having been brought up alongside each other we are also very good friends as well as being rivals in our own way. The fact we know each other so well has definitely helped us when competing as synchro partners but despite everything I can assure you we are definitely individuals!

#### **So You Won The World Championships Twice?**

Yes, we won what in those days was called the World Age Games and is now called the World Age Group Championships at U15 and U17.

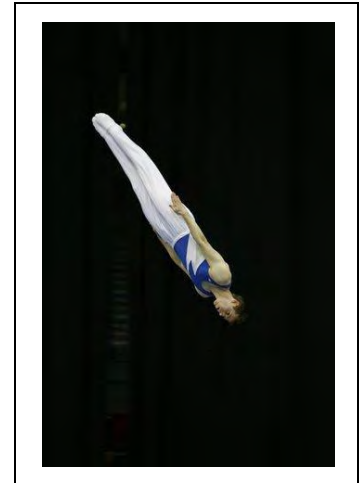


#### **And How Did You Feel?**

It was an amazing feeling. The adrenalin pumps through you and you literally feel like you are on top of the world. It was also incredible for Sarah and we were equally thrilled for her because without her planning, determination and energy quite simply we wouldn't have achieved what we did.

#### **And Individually?**

As a junior I went to the World Age Games for individual, synchronised and DMT competing in Denmark, Germany and Holland.



My highest individual placements were 16<sup>th</sup> on Trampoline in the U17 event and 3<sup>rd</sup> in the U13 DMT. As a senior I went to Denmark 2008 as a reserve for the Senior European Team. I have also medalled at the British Championships multiple times in different age groups in all three disciplines. Up until my injury I had been a member of the World Class Programme since I was 14.

#### **So What Are Your Goals Now?**

Well as you know I have been injured for a while but I am now beginning to compete again and recently I qualified for the National Finals at my first attempt at Men's Senior FIG A for a year so I was pleased to get going again! My next goal is to trial, and hopefully achieve, a place for the World Championships later this year. I have just finished my degree in Sports Science and Nutrition so I am at a crossroads really as I decide which way to go next with my studies/career.



## KINGSTON TRAMPOLINE ACADEMY

### **You Said You Had Been Injured. Was it serious?**

Well yes and no! It wasn't life threatening but for an athlete it was a serious set-back as I tore my cartilage but in a complicated way as it folded back and locked in the knee joint rendering it impossible to move. Since I did it back in May 2009 there have been a few problems with the recovery. My knee kept swelling up so I have had to be cautious and work hard at my rehab but things seem to be progressing steadily now and it's good to be back on the trampoline again.

### **Has the Injury Put You Off?**

No I don't think you can allow these things to put you off. You only have to look in the world of sport and you will see high level sportsmen and women who have come back from far worse injuries than mine. Look at Beckham who is out injured now and then in gymnastics Beth Tweddle has had lots of operations and still come back to be a World Champion. And closer to home our own club member Emma Britton was off for almost a year and came back to secure a non travelling reserve place for the European Championships after her first competition. So I believe athletes just have to accept that injuries can happen and focus hard and work with determination to get back.

### **Do You Play Any Other Sports?**

Not nowadays as I'm either training, coaching or studying at University so life is pretty busy but I'm sure I'll do other sports again in the future.

### **You Mentioned Coaching. How much Coaching are You Doing These Days?**

I qualified as a Level 1 coach when I was 16. Since then I have progressed to Level 4 Trampoline and hope to go on and do my HPC course (High Performance Coach - which is the highest level). I am also a Level 3 DMT coach, Level 3 Freestyle and currently enrolled on my Level 1 Tumbling. I am currently coaching 8 hours a week.

### **And what has been Your Most Memorable Trampoline Experiences so far?**

It definitely has to be training in Canada. I've been three times now and they have been the most enjoyable moments of my career. Every day I learnt something new and it was great to be in an environment where everyone was attempting multiple twisting triple somersaults. It was also where I did my first quadruple somersault!

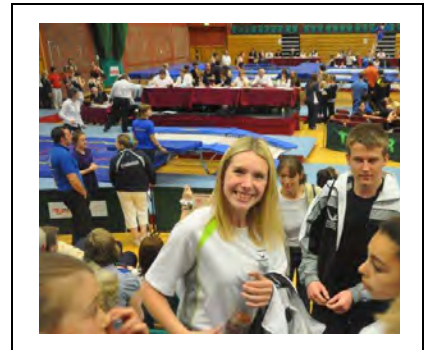


Website [www.ktacademy.co.uk](http://www.ktacademy.co.uk)

### **ENGLISH GYMNASTICS AWARD NIGHT**

Congratulations and best wishes to Michael and Andrew Freeman who have been shortlisted for the special achievement award; to Ross Harding (see below) shortlisted for the young volunteer of the year award and to Kingston College as the educational establishment.

This event will be taking place at Loughborough University. Good Luck.



Ross, (pictured above with DMT Coach Mel), is shortlisted for the special achievement award.

### **CLUB MEMBERS ARE HONOURED**

At the British Gymnastics Award Ceremony on Sunday 13<sup>th</sup> June in Birmingham Andrew Freeman and Michael Freeman will be presented with the British Gymnastics prestigious Master Gymnast of Great Britain Award, whilst our Head Coach, Sarah Silvester will receive the Master Coach Award. Our congratulations to all three of our club members, for their outstanding achievement.

### **FRIDAY 4<sup>th</sup> JUNE - FRIDAY of HALF TERM**

We require 10 gymnasts between 1 - 4.30pm for a practical session for the coach course, it will be floor based rolling, balance and body preparation skills. Please contact Sarah urgently if you would like to take part in this free session and are available at these times. Thank you. Email: [sarahkta@googlemail.com](mailto:sarahkta@googlemail.com)