

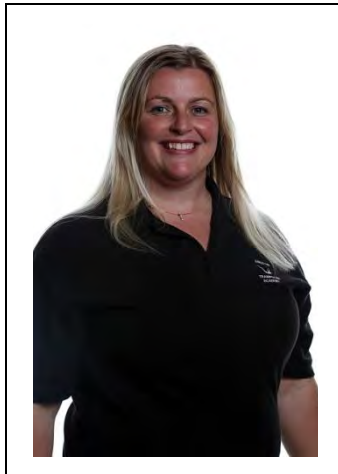


FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

Issue 4 March 2010



This has been a busy term with the club continuing to flourish. Many of our gymnasts are now into the National Competition season and there were some really good performances at the first National Gala Weekend at the beginning of February. There were some very close scores for finals so coaches and competitors have been building on those ready for the next event in Hull next weekend.

March also sees our own Club Championships on March 13th. This is always a busy event but provides a wonderful opportunity for all gymnasts to

compete whatever their level, but more importantly perhaps, it is also a great chance for parents to come and see a little of what we do and meet some of the people who you may see or have already seen featured in our newsletters each month. March 21st also sees the second of the Regional Competitions which once again will be held at Harlington and is for Novice up to Regional D. Further details on the Club Championships can be seen elsewhere in the newsletter and I very much look forward to welcoming you for this Club event.

Sarah Silvester
(Head Coach)



Georgia Grant and Anisha Mangatani took time off from the Gloucester competition to pose for our resident photographer John Lumb.

Most of our pictures are taken by John whose contact details can be seen in the next column. A big thank you to John for supplying the newsletter photographs at no cost to the club.

CONGRATULATIONS

To Our Gymnasts of the Month (for February) Trampoline

Non-competitive: Iona Beastall
Competitive: Caitlin Tarrant
Jack Petchey Lucy Ramsdale for progression on both Trampoline
Award: and DMT

Tariff Sheets – 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

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:

21st March - Harlington

Novice up to Regional D

5th/6th June - Spring Cup

Gala, London Region – all grades

Synchro and DMT

10th October - Harlington

Novice up to Regional D

7th November - London

Synchro and DMT Championships

National Galas - FIG A/FIG

B/National C Competitors

March 6th/7th - Hull

March 27th/28th - Ireland

May 1st/2nd - Cardiff

(PLEASE NOTE CHANGE OF DATE FROM APRIL)

May 22nd/23rd - Birmingham

June 12th/13th - 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.gibbins@sky.com
Newsletter Co-ordinator: Jane Britton jebritton@yahoo.co.uk
Photography: John Lumb www.lumbco.org.uk or contact jlumb@blueyonder.co.uk

Please try to email any questions you may have to the correct person!

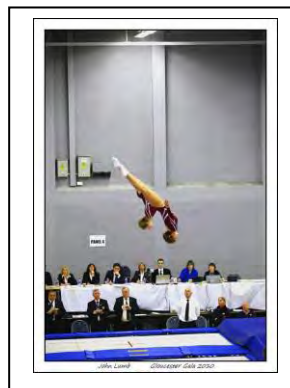


KINGSTON TRAMPOLINE ACADEMY

BETH-ANNE FLIES THE FLAG

In the first of the 6 National Level competitions National C competitor Beth-Anne Lumb showed she was serious about her challenge for FIG B with two fine performances on the trampoline and DMT in the Under 19 girls group. Gaining the right scores and coming in the top 50% in both events means she is the first KTA competitor of the season to ensure we shall see her in both the DMT and Trampoline National Finals in Birmingham at the end of July. Teaming up with team-mate Nicola Britton, who herself missed individual qualification by just 0.1 of a mark, for their first synchro event they placed 20th out of 34 pairs whilst Sophie Clint and Elise Gibbins placed 9th. Sophie and Elise also jumped well in the DMT National C and along with McKenzie Roberts they qualified for National Finals in this discipline in their respective age groups.

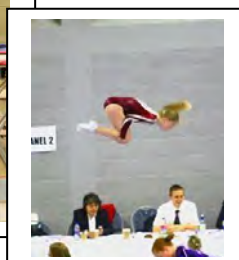
For some competitors this was a first experience at this level whilst for others it was just not their day but with 5 more National Gala Weekends for competitors to hone their championship approach and performance we wish all competitors good luck as they aim for the National Finals in July.



Beth qualified for National Finals in both Trampoline and DMT at National C Grade and placed 20th with Nicola Britton in their first synchro competition together.

GOOD LUCK SAM, LEWIS and MACKENZIE

Good luck to Sam Preston and Lewis Donovan who will be representing Sunbury Manor School and Hinchley Wood School respectively, in the individual event of the National Schools Finals on 21st March in Bristol, and also to Mackenzie Roberts who will be competing in the team event for Tolworth Girls School.



LtoR Lewis, Sam and Mckenzie will all be in action at the National School Finals in Bristol

ARENA FACILITIES

Please remember that you must sign in, and use the middle staircase only. It is very frustrating to the other hall bookings when people amble through their playing court during their games.

EASTER TRAINING AND NEXT TERM

The Easter booking form is attached to the same email or will follow very shortly. Please be aware of the closing date as it will not be possible to accept late bookings or bookings without payment for the sessions.

Fees for after Easter will also be sent shortly along with competition dates and entries. You will need to pay for the competitions you wish to enter at the same time as fees as it takes additional administration time to chase up event payments and entries.

SAINSBURY'S ACTIVE KIDS

You may have seen that Sainsbury's are again running their 'Sainsbury's Active Kids' voucher collecting scheme. This provides a club like ours, with a good opportunity to purchase training and conditioning equipment such as skipping ropes (106 vouchers) or an agility ladder (360-624 vouchers) without having to use the club funds that are needed for the replacement of major mats, the beds themselves etc. *So PLEASE HELP YOUR CLUB and bring your vouchers in and hand them to one of the coaches.* Your support is really appreciated.

PROFICIENCY AWARDS

Proficiency awards - these can be worked on continually, badges and certificates are available for £3.00.



KINGSTON TRAMPOLINE ACADEMY

POINTS TO REMEMBER AT COMPETITIONS

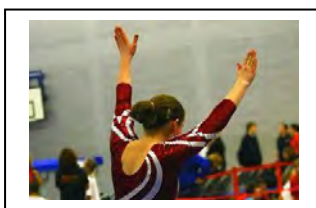
All competitors and parents are reminded of the following information for all galas:

- Competitors must make sure that they are ready for their competition, on time on the floor having already done a floor warm up. Coaches are extremely busy matting and coaching each competitor and they simply do not have time between competitors to check up and chase each individual.

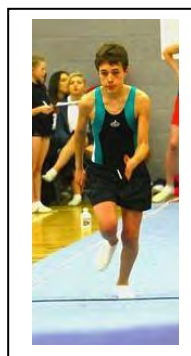


Warming up and stretching whether in a group or on your own is essential before your competition

- All competitors must be neatly presented both with clothing and hair. The aim is to compete neatly and as the sport is aesthetic first impressions do count! Females particularly need to ensure hair is tidy and secure, ideally in a bun and all competitors should be wearing trainers at events not fashion attire.



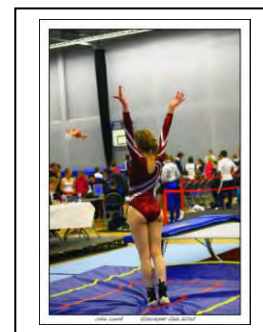
**Hair neatly tied
DMT shoes for all DMT competitions**



- Parents are asked to ensure that they are in the correct spectator's area and not taking space in the competitor/coaches area.



- If you are at the venue please ensure that you are available to support and spot for your team mates as often two competitors are on at the same time and we are then forced to call on other clubs to assist us.
- If a routine does not go as well as it could, good sportsmanship is imperative. This includes presenting to the judges at the end and behaving in a controlled manner. No matter how disappointed a competitor is they must remember that they are representing the club and it is not acceptable to finish the competition and walk away.



Always present to the judges

- For safety all competitors are asked to ensure that they tell their coach when they are leaving for the day as the coaches give up the whole of their weekend and they need to keep abreast of who has arrived, who is competing and who is there to spot and support other team members.



Don't forget to thank the coaches and say goodbye!



KINGSTON TRAMPOLINE ACADEMY

VOLUNTEERS NOW SERIOUSLY NEEDED!

We published two articles about volunteering to help at the club in the last newsletter. Unfortunately whilst parents came forward to help at the club championships no one has so far come forward for the following key positions:

Kit Co-ordinator

A kit coordinator is needed to take responsibility for the following tasks:

- arrange kit sales 4 times a year
- take all kit orders and process these
- stock take current kit numbers
- order kit through the suppliers when necessary

Regional Competition Entries Co-ordinator

There are 6 competitions a year, and a co-ordinator is required to:

- complete the entry form for each competition including arranging judges and volunteers to assist at the event.



Can You Help?
It can be fun!



The second article was about the REGIONAL COMPETITIONS. More parents are needed to help with recording, warm up and competition marshalling etc at these local events.

WHY? Well if your children compete the club is required to submit an official i.e. judges, marshalls, computer operators etc on the ratio of *one for every 5 competitors entered*. Consequently we do need you to help out as all officials at these events are volunteers. The only requirement is that you will need to obtain a yearly BG membership at £15 and you will be trained in club.

Unfortunately if we do not have more volunteers the number of entries will be restricted. Regrettably on current numbers of volunteers it looks likely that we shall be forced to decrease the number of competitors for the June/Regional Competition. This is a rule of the sport and with the best will in the world the coaches cannot coach and judge and marshal and parents whose children may have moved on to higher grades will not be attending so we would encourage you to come forward.

If you can find some time to help your availability would be greatly appreciated. Please don't feel this will be an every event requirement as the more qualified and non qualified people we can put forward the more we can spread the load. Please email Tracey Gibbins direct on: tracey.gibbins@sky.com if you can support the club in this way. **Thank you!**

CLUB CHAMPIONSHIPS – SATURDAY 13th MARCH

- If you are not entered in the club championships **there will be no training that day**, but please do come and watch the event and bring your friends too!
- Club kit will be available to purchase at the club champs
- The day will start around 8.30am and finish at 2.30pm. More detailed times will follow
- Feel free to invite friends and relatives to the event as we have the whole hall so lots of seats to fill!
- Please check the timetable to ensure that you/your child are in the right place at the right time

We will be holding a raffle to raise money which will be divided between our chosen charity for this year which is The Shooting Star Children's Hospice and also to raise money for a new rig twisting belt. Please can you bring any items on the day which can be added to the raffle (no alcohol please).

Please check the officials page. Many thanks to those who have offered to help out on the day. Any other offers of help will be gratefully received.

FREQUENTLY ASKED QUESTIONS

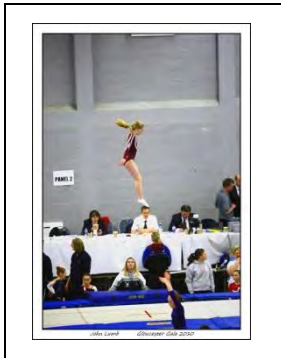
If you have anything that you would like covered in the next edition of the newsletter please email Jane Britton on jbritton@yahoo.co.uk with your questions or requests for something to be included and we will try to do this if appropriate.



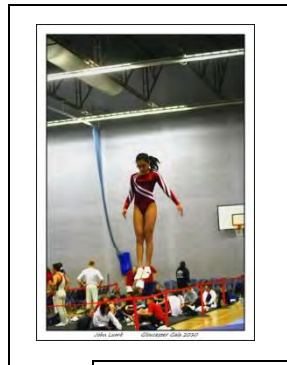
KINGSTON TRAMPOLINE ACADEMY

FREQUENTLY ASKED QUESTIONS

Is it very different at the National Galas as opposed to the Regional Competitions?

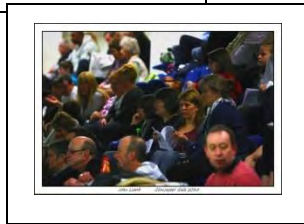


Not really we still compete in a sports hall on a Trampoline individually!

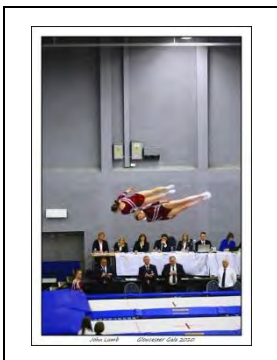


And on two for synchro...

And our parents still look

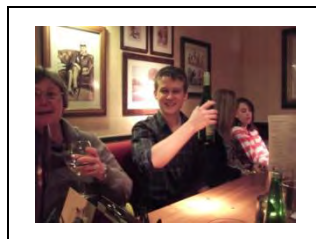


worried for us...!



But we stay in Travel Lodges or Premier Inn hotels and everyone goes out for dinner in different groups according to when they

have to be there to compete...



...and everyone supports all the club members



And even the coaches and judges find a moment to break off for a chat occasionally.

A view from the gallery...



Can You Explain the Scoring for both individual and synchro competitions?

For Individual competitions there are 5 form judges and 2 tariff/difficulty judges. The highest and lowest scores of the 5 form judges are discounted and then the middle three are added together to give a mark. For the voluntary routine the tariff/difficulty score is added to this mark.

For synchro there are 4 form/execution judges (2 per gymnast) who sit alternate on the panel (i.e. 1+3 will judge one gymnast and 2+4 judge the other). The middle 2 scores of these 4 are combined to give the execution score. The difficulty score is then added. There are also 3 synchro judges; the middle score from them is doubled and added to the execution and difficulty score.

What Does my Child need to do to be able to Compete?

You can compete at Novice level without having to do a somersault. At G and above you will need full kit to compete: whites and leotard for boys; black short sleeved leotard for girls.

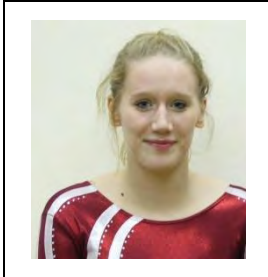
How Do I get my Child Entered in a competition?

You should ask them to speak to their coach first and then you will need to pay an entry fee and be available for at least ½ a day on the day of competition. The other thing you and your child can do is have a chat with their mentors who will help them to approach their coach if they are feeling a bit too shy to ask!



KINGSTON TRAMPOLINE ACADEMY

MEET THE MEMBERS



Who Are You?

Hi, I'm Beth-Anne Lumb but mostly you will hear me called Beth and I am a competitor in both Trampolining and DMT. I am also a mentor for the club and as I shall be joining Kingston College Academy as a student next year I shall also be doing my coaching course soon.

And you are at National C Level in both events?

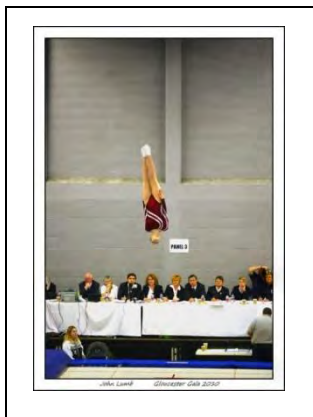
Yes I am currently at National C level but I hope that I shall move up to Fig B before the end of the season in one or other or ideally both Trampolining and DMT.

Sorry, remind me again - what is FIG B?

'FIG' stands for the Federation of International Gymnastics and there are two grades. FIG A which is for those with a high tariff and good form who are over 15 and FIG B which is the level between my level i.e. National C and the top level of FIG A.

So How Long Have You Been Involved?

Well I started Trampolining at aged 8 with a club called Nova in West London but I also did gymnastics and competed at regional level. DMT I started when I was aged about 12.



What Made You Take up Trampolining?

I first did Trampolining at Teddington Sports Centre, as an activity to keep me busy while my brother played football, I then was invited to join Nova, and I moved to Kingston in 2006; soon afterwards I gave up gymnastics and I now concentrate on Trampolining and DMT.

Do You Play Any Other Sports?

Yes I have run the 200 metres for Middlesex and was Richmond Borough High Jump Champion for 5 years on the run. I did my Dance GCSE in a year outside of school last year. I also play Hockey for the school and this year we went right through to the Surrey Finals before getting knocked out. I really enjoyed that. I also love playing Rounders.

And what has been Your Most Memorable Trampoline Achievement so far?

Making it to the Finals of National Finals in 2007 is one of my best moments, this year winning the London Schools competition was good and also adding doubles to my routines has been great.

And for DMT?

Making National finals after being injured last year was good. This year I qualified for nationals in my first compete; last time I did that I made it to the top 8, so I hope that happens this year!



You said you are About to Come to Kingston as a Student. What made you choose Kingston College?

Kingston College has a Trampolining Academy which means I can train and study for a BTEC in Sports Performance. Also there are fitness sessions during the week as well so I should have lots of opportunities, I hope to be FIGB and see what else I can achieve.

To Find Out More about Trampolining the following websites are all useful:

www.london-trampolining.co.uk (for London information)

www.bg-coaches.org (for information on Nat C/FIGB/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.

Website: www.ktacademy.co.uk