



FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

It seems like only yesterday I was writing the words 'As March draws to a close' - and here we are now at the end of April and another very busy month for Kingston Trampoline Academy, as many of our gymnasts prepare for regional and national events.



Over the Easter holiday period gymnasts took the opportunity to enjoy day time training when they are less tired. Much of this was at the club but a group of our DMT competitors benefited from a pit session at Gillingham, and as non travelling reserve, Emma Britton joined the GB squad at the Bath Sports Training Village for their final preparations for the European Championships.

The next month sees many of us down in Cardiff for the mid season Gala weekend and in Birmingham just a few weeks later.

For some of our competitors they will be trying out new routines, whilst others will be striving to qualify for National Finals or aiming to achieve scores to go towards GB selection for the World Championships or World Age Games. Whatever your hopes I wish you well and as always I am most grateful to all our coaches for their dedication in evenings after work and at weekends.

Sarah Silvester
(Head Coach)

KIT SALE: 15th MAY 8.30am – 2.30pm
For More Information please refer to last newsletter or
contact: claregrant@blueyonder.co.uk

A Reminder: dates for this term...

Start dates for this term were:	End Dates are:
Saturdays: 17 th April	Saturday 3 rd July
Tuesdays: 20 th April	Tuesday 13 th July
Thursday 22 nd April	Thursday 1 st July
Friday 23 rd April	Friday 2 nd July

The following dates are excluded: Tues 1st June/Thurs 3rd /Frid 4th June

Please try to email any questions you may have to the correct person!
See next column for Useful Contacts for the Club.

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

Issue 6 May 2010

IMPORTANT DATES AND INFORMATION

Regional Events:

5th/6th June - Spring Cup Gala, London Region – all grades Synchro and DMT

5th – Synchro and DMT (NO DMT at club as we would expect all to be competing)

6th Regional Graded alongside National Level

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

7th November - London Synchro and DMT Championships

National Galas - FIGA/FIG B/National C Competitors

May 1st/2nd - Cardiff

(NOTE CHANGE OF DATE FROM APRIL)

May 22nd/23rd - Birmingham

June 12th/13th - Manchester

July 24th/25th 2010

British Championships National Indoor Arena – Birmingham

October 23rd/24th 2010

English Championships/Home Nations – Gloucester

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

Kit Co-ordinator: Clare Grant claregrant@blueyonder.co.uk



KINGSTON TRAMPOLINE ACADEMY

CLUB CHAMPIONSHIPS OMISSION

As reported in last month's newsletter KTA Club Championships were a resounding success. Our apologies to those in Nat C and FIG B who whose results were inadvertently omitted - these are now below.



Elise Gibbins (closest to camera) with Sophie Clift, two of our National FIG B qualifiers performing their synchro routine in Gloucester.

National C

	Set	Vol	R Total	Final	Total	
Sam Preston	23.7	30.2	53.9	30.2	84.1	1st
Georgia Heaton	22.4	28.7	51.1	28.5	79.6	2nd
Nicola Britton	23.2	29	52.2	25.6	77.8	3rd
McKenzie Roberts	23.1	27.1	50.2	26.8	77	4th
Beth Lumb	23	24.3	47.3	28.7	76	5th

FIG B

	Set	Vol	R Total	Final	Total	
Ross Harding	24.1	32	56.1	27.7	83.8	1st
Elise Gibbins	23	31.8	54.8	27.5	82.3	2nd
Emma Britton	22.6	31.9	54.5	3.6	58.1	3rd

SAINSBURY'S AND TESCO VOUCHERS

Please can we remind you to collect as many of these vouchers as you can as these help to provide valuable equipment for the club. Vouchers can be handed in to any of the coaches who will pass them through to the collection for the club as a whole.

PLEASE NOTE: JUNE CUP

Please keep a watch on your emails for details regarding the June Cup. More information will be available shortly.

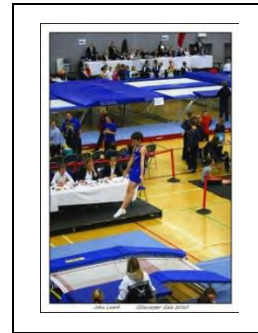
CONGRATULATIONS

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

Recreational: Jordan Zamitt

Competitive: Abbie Spence

Jack Petchey Award: Sam Preston for progression to FIG B in both Trampoline and DMT.



CHANGE OF DATE: FIRST AID COURSE - ORIGINALLY SATURDAY 29th MAY - NOW SATURDAY 26th JUNE 2010 9.00am - 3pm

The First Aid Course, which is open to all will now be held on Saturday 26th June from 9am - 3pm at Kingston Arena (working lunch, please bring your own) Cost: £35 including certification.

This is a fantastic opportunity to obtain a recognised qualification - for more information please contact: sarahkta@googlemail.com

COMING SOON - FUNFITNESS

A new class will be starting in September from 9.00am - 9.45am. Tramp aerobics is a fun, fast, core body workout on the trampoline - guaranteed to be fun and perfect for..... yes getting into shape! Watch this space for more details.

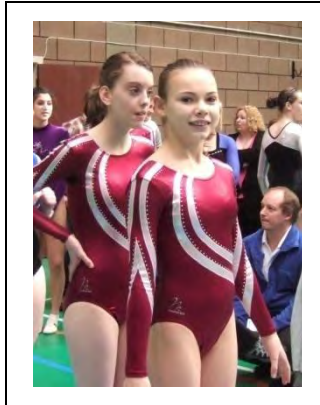
SUMMER BOOKINGS

Booking sheets have already been emailed. If you/your son or daughter would like to attend these sessions it is ESSENTIAL that you complete the form and submit to Sarah by Friday 18th June without fail.



KINGSTON TRAMPOLINE ACADEMY

QUALIFIERS FOR NATIONAL FINALS TO DATE



With three Gala weekends from a possible 6 having now taken place the following gymnasts have already qualified for the National Finals to be held at the National Indoor Arena in Birmingham on July 24th/25th 2010. We wish all competitors the best of luck in the next three weekends.

Looking relaxed: Georgia Grant (Right) and Zoe Preston(Left) await their turn for the DMT in Ireland

Gymnast	Discipline	Age Group	Level
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	019 Ladies	Nat C
Beth Anne Lumb	Trampoline	U19 Girls	Nat. C
	DMT	U19 Girls	Nat C
Nicola Britton	Trampoline	U17 Girls	Nat C
	DMT	015 Girls	Nat C
Sam Preston	Trampoline	U15 Boys	Nat C
	DMT	U15 Boys	Nat C
Ross Harding	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

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.

BG JUDGE COURSE

Date: 19th/20th 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 780313

2 Trampolines For Sale

For Details Contact:

Amanda Dries 07743
571273

Marek Pilkington Miksa
07836 688999

FREQUENTLY ASKED QUESTIONS

When Does the Term Start and Finish?

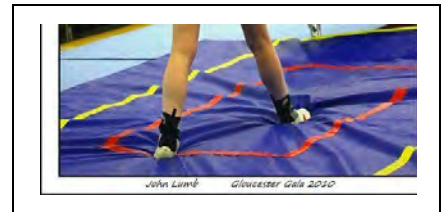
Please try to read the newsletters, ideally print these off and keep a copy. We try to include all dates in the newsletters as well as mail them directly to parents! They are on the front of this edition!

What Points Are Lost If You Step Out of the DMT Landing Box?

Landing in Zone B lose 0.3 (i.e. between the red and yellow line).

Landing in Zone C lose 0.5 (i.e. outside yellow line).

Landing in the zone and stepping out into the next lose 0.1



How Can I Find Out When the Next Events are?

All the dates are published in the newsletter each month. Remember to look on the websites that we have recommended before:

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

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

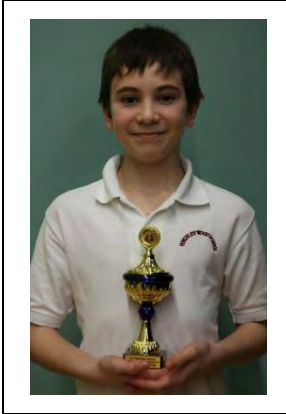
www.fig-gymnastics.com the website of the International Federation of Gymnastics

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 and we will try to do this if appropriate.



KINGSTON TRAMPOLINE ACADEMY

MEET THE MEMBERS



Who Are You?

Hi I'm Lewis Donovan and I am 11 years and 9 months old.

How Did You Come Into Trampolining?

I started out doing gymnastics with my brother Luke, but we preferred using the trampoline. We met Sarah when she was teaching trampolining in Chessington; we enjoyed it so much we went and joined Sarah's club. My

brother left trampolining when he was 13 but I still really enjoyed it so I stayed on. I have been trampolining now for four years and my dad became a judge so that he could get more involved, so we often go to the same competitions, me as a competitor and him as a judge.

Do You Do DMT as Well?

No, I did try it but it reminded me of vaulting - but I prefer to trampoline.

And Do You Play Other Sports?

Yes I used to play a lot of football and have lots of football trophies. I have also competed in cross country running when I was at primary school. But now I mainly do trampolining which takes up a lot of my spare time.

Do you have any other hobbies?

I play on my Xbox if I am allowed after I have finished my homework. I enjoy playing with my friends in the park and riding my BMX.

So Is Trampolining Your Favourite Sport, if so Why?

Yes I love trampolining and enjoy learning new moves which help me to progress further. I have enjoyed entering the competitions and have a few trophies for my efforts.

And What Level Are You Now?

Well I have just qualified to move up from Regional D to National C so I am now preparing routines for that and I shall probably do my first National C grade next year. I would like to thank all my coaches as they give me a lot of encouragement and have helped me achieve my goals.

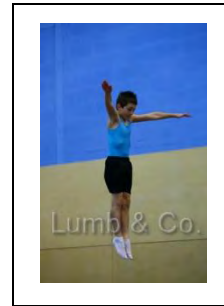
Why Will You Not Be Competing at National C Now?

Well it's quite tough to go up and jolly easy to go back down so it's important that I can do the routines for National C as confidently as possible so that I try to avoid getting minus points. Two minus points at National C in two consecutive comps means I would start next season at Regional D again whereas if I get better at my routines I will start next season at Nat C and do so more confidently.

Website www.ktacademy.co.uk

I Hear You Have Had a Very Good Season So Far?

Yes I had a good run in the National Schools Under 13 Elite category coming 2nd in the Southern Zonal round behind Sam and the 7th overall Nationally in my second National final of any sort so I was pretty chuffed about that.



How Do You feel being in the Minority of Boys at the Club?

Well there may not be as many of us as the girls but we have Andrew and Michael Freeman who are twice World Age Games Synchro Champions, and FIG A competitors who have competed for GB on many occasions. Also there is Matt Dries and Sam Preston who are both National C British Champions and not forgetting the National C DMT boys and the regional and recreational boys. I am motivated by the boys at the club - even though there are not many of us they are very inspiring, but I don't really worry about how many of us there are as we are all just trying to do the very best we can.

And So What Are Your Aims Looking Forward?

I'm looking forward to having a go at the National C comps. It will be fun to travel further afield, stay away and meet new people and get to see what the wider competition is like outside London. I hear the evening meals with everyone are fun too! So I'm just looking forward to having a go and trying to make it past the 20% who get minus points.