



KINGSTON TRAMPOLINE ACADEMY

# FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

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

Issue 12 November 2010

I start today's newsletter with some sadness as this issue embraces a farewell to two of our longest serving coaches who have been both good friends and terrific coaches on the team at KTA. The



article included on Rob and Charlie gives you more information but for my part I would like to say a huge thank you to both coaches from us all. They have been responsible for the development of many of our young gymnasts as they have progressed through their competitive careers and yet more youngsters have enjoyed and benefited from their coaching in the recreational section of the club.

Particular congratulations this month go to Sam Preston who reached the final of the World Age synchro 13-14 age group in Metz with his partner Spike Williams and to Emma Britton who finished 19th individually in the largest age group of the World Age Competition with 68 competitors in the 15-16 age group. These are very good results and as I head off to Poole in Dorset today with Sam for the Super Regional Development Squad I hope there will be many more of you aiming to represent your country in either trampolining or DMT or both!

**Sarah Silvester**  
(Head Coach)

**A REMINDER:** Fees due by 11th December, must be given to your coach by this date. No fees means no place for next term. If you are not returning for any reason please email Sarah as soon as possible because with an extensive waiting list for places we would like to give newcomers the opportunity if you no longer wish to trampoline. **ENTRIES for the first two regional events and club championships are also on the fee sheet.**

## IMPORTANT DATES AND INFORMATION

### 2011 Regional Competition Dates:

Sunday 16th January  
Sunday 6th March  
Sunday 15th May  
Sunday 16th October

**Regional Gala** Synchro/DMT Nov

**June Cup** Synchro/DMT Sat  
15th May (so it may be  
renamed!).

### National Galas – FIG A/FIG B/National C Competitors

**Feb 5/6** – Hertfordshire  
Sports Village  
**Feb 26/27** – Gillingham  
**March 26/27** – Manchester  
**April 16/17** – Cardiff  
**May 7/8** – Ireland  
**June 4/5** – South Shields

**July 16/17 2011** National  
Finals Birmingham at National  
Indoor Arena

### CLUB CHAMPIONSHIPS March 12th

**PLEASE NOTE THAT ALL  
NATIONAL ENTRIES MUST  
BE PAID FOR BY DECEMBER  
1st.**



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### FAREWELL AND THANK YOU

It is with great sadness that we bid farewell at the end of this term to level 4 coach Rob Baker who moved jobs some months ago and has been travelling up from Kent every Saturday to continue coaching in Kingston. A former Scout Leader, Rob has been involved in trampolining for over 30 years, more recently as a coach than as a competitor, however readers may recall from the last newsletter that Rob was an integral part of our successful KTA Veterans team who won the National Veterans title in October last month!

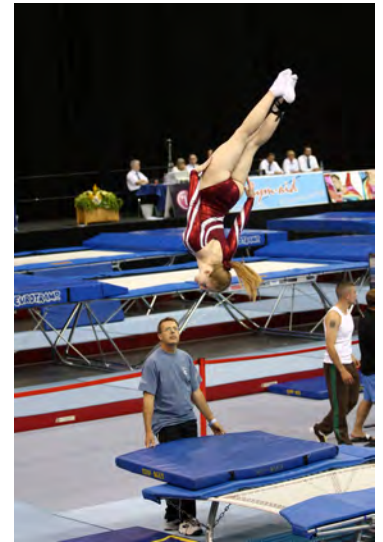


Rob coached previously at Top Flight trampoline club in Elmbridge before moving to KTA in Kingston 5 years ago. Over the years he has played a particularly big part in rigging, enthusiastically coaching both younger and older participants as they learn to find their way through complicated twisting and turning moves.



**Rob shows off his talent on the DMT – ably matted for by Charlie.**

We say farewell too, to Charlie Dries one of our highly respected level 3 coaches who is retiring from coaching after 5 years with KTA although as a more locally based coach Charlie will still cover for coaches in times of absence so we will not be losing him entirely.



**Charlie in coaching mode**

A full time electrician in his day job, Charlie came into trampoline coaching from diving coaching.

Experienced with youngsters and as calm and easy going as can be Charlie has a reputation for coping with whatever happens in a smiley confident manner. Father of Matt, who many will know as a former National Title Winner and now coach, Charlie was coaching in the gym at



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Tolworth one day when Matt somehow managed to hit a basketball ring with his head on his way down from a somersault. Unperturbed Charlie calmly took control and was soon on his way in the ambulance with Matt as if nothing had happened!

Charlie and Rob will both be much missed. They have given hours upon hours of their time to coach, judge and travel all over the country in their own time, and at their own expense at weekends to help our youngsters in their quest for improvement and enjoyment.

Thank you hardly seems enough to say to both these coaches.



Proud father Charlie just after Matt won the National title.

### CONGRATULATIONS

To Our Trampolinists of the Month:

Recreational: Oliver Cubillos  
Competitive: Nicola Britton

Jack Petchey Awards:

October: Georgia Heaton  
November: Emma Britton



Georgia Heaton wins  
October Jack Petchey Award

### FUTURE NEWSLETTERS

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](mailto:jebritton@yahoo.co.uk) with your questions or requests for something to be included and we will try to do this if appropriate.

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)



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### WHERE IN THE WORLD?



It was perhaps with some trepidation that 11 year old Sam Preston, selected for GB for the first time, met in the Bracknell Leisure Centre car park with Emma Britton (16) herself first selected for this honour at the same age, to make the trip with the GB team to Metz for the 20th World Age Group Competition.



as the competition got under way training was largely in timed slots in the training hall as only competitors of the day were permitted to

Travelling by Euro tunnel and then coach, the team arrived safely in Metz. On the first day they had the opportunity to see just what they are aiming for long term when they watched the Senior Men's World Finals – and with the Chinese now competing the standards are moving ever higher! Then followed two acclimatisation days as gymnasts from all over the world trained in the training hall, warm up hall and the competition hall learning to adapt to different environments and different sized trampoline beds. Then

warm up in the warm up hall thus becoming accustomed to the raucous screaming of several thousand excited spectators watching trampolinists, DMT competitors and tumblers show their skill.

Under the intense pressure many gymnasts in different age groups fell, some falling right off the side or the end of the beds and so relying on the excellent spotters provided by the French organising committee. Both Sam and Emma completed their routines with Sam unlucky to land on the end deck with his last move in the individual but securing a final place in the synchro. For Emma returning to world level after 3 years (the worlds used to be held every 2 years and Emma was injured in 2009) 19th individually and 12th in synchro was a solid result.



A moment to relax at the end of a tiring week, Emma with partner Nicole and Sahara, little sister of City of Salford competitor Sasha Carter.



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### SUCCESS ALL ROUND

It was another successful day for KTA at the London Closed as our ever improving gymnasts took medals across all age groups and disciplines.



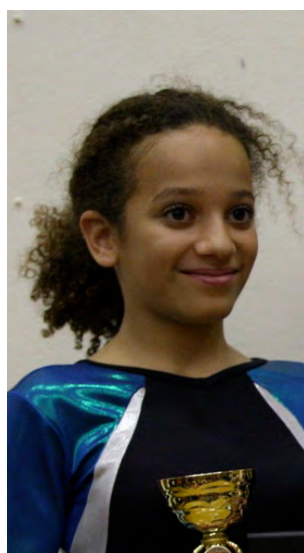
In the Under 15 Intermediate synchro Zoe Preston and Georgia Grant placed 2nd with Harriet Cronin and May Curtis in 8th place. May was also 6th in the U15 DMT Novice event where the KTA A team took 1st position with the B team in second.

**Left: Caitlin Tarrant and right Lucy Ramsdale had a very successful day**

In the 015 DMT novice, Matt Bramall placed 1st with Caitlin Tarrant 1st in the U15 Intermediate DMT and Courtney St Lewis Davies and Lucy Ramsdale in 2nd and 3rd place respectively. The 15+ Intermediate DMT saw Nicola Britton in 1st place with Anisha Mangtani 3rd very narrowly missing out on the 2nd place. It was left to Ross Harding and Sophie Clift to put the icing on the cake in the Advanced DMT coming 1st and 2nd respectively whilst



Emma Britton and Sam Preston joined forces in the Advanced Synchro to take 1st place along with a fabulous result from Lucy Ramsdale and Caitlin Tarrant in 4th place.



**Above (L) Matt Bramall and (R) Courtney St Lewis Davies make their mark**

### FREQUENTLY ASKED QUESTIONS

**What is the Jack Petchey Award?** Jack Petchey is a businessman now involved in many charitable enterprises. The Jack Petchey Awards are awarded up to 9 times a year to a gymnast who has made significant improvement and/or attained specific goals. The monies are granted by the Jack Petchey Foundation and each winner chooses from a Wish List made by the club, how the £200 award will be spent. The money must not go to an individual nor may it be used for the general running of the club but rather must be used to benefit young people as a group not individually.

### GOOD LUCK KINGSTON COLLEGE TRAMPOLINE ACADEMY

A group from the Kingston College Trampoline Academy will be taking part in the British Colleges event this week. We wish them all the very best of luck.



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### MEET THE MEMBERS

A year ago we talked to Ross Harding about his life as a coach, gymnast and judge. A year on Ross tells us about his plans for the coming year:

“As some of you may know, I will be taking a break from Kingston Trampoline Academy from the beginning of February when I travel to Tanzania to teach English in a school. I will be based near Arusha in Tengeru, and living in a house with three other people who I met for the first time in November. We’re fortunate that we are going to have electricity and hot (ish) water, having originally been put in a house that didn’t!

The school I am teaching at is called ‘Nkorua Primary School’ and has over 500 pupils – up to 100 of which can be in just one class! The children are keen to learn English from a native speaker, as lessons at university are taught in English as opposed to Swahili even though most will never have the chance of going as a small fee is required. Along with this, they benefit from any other skills we have such a music and sport, though I doubt there are going to be many trampolines available!

I am planning to stay for 5 months, just in time to return home and either watch or compete in the British National Championships, depending on whether I am back in time to qualify in the last Gala event of the year. The school expect me for a minimum of 3 months, meaning that any holidays



or time I am not teaching, I am free to travel to the island of Zanzibar off the East coast, climb Mount Kilimanjaro (only about an hour away from where I will be living) or go on a 4-day Safari which has just been booked. I should also be able to make the 13km journey to Arusha on weekends to meet with the rest of the group and find a computer to check the millions of e-mails from Sarah! Don’t be under the impression it is all one big holiday though... I’m sure 100 books to mark will keep me busy! I am going to continue coaching and training until the end of January, with my planned departure on 2<sup>nd</sup> February. I’ll be sad to go and I’ll miss everyone from the club, but of course I’ll keep you updated while I’m away. Kwaheri.

### USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester

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