



KINGSTON TRAMPOLINE ACADEMY

FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

www.ktacademy.co.uk

Issue 11 October 2010

Already it has been a busy start to the new academic year with the London Closed, the English Championships and a trip by the club to Hungary, to the Open International in Budapest. In between some



of our 'veteran' coaches ventured up to Lowestoft for the Veterans Championships and various members of the club have been on coaching courses. In early October we held the kit sale and the London grading event took place at Harlington. To all those who have been involved in organising or officiating at any of these events my sincere thanks for all your time and energy.

Once again I must put in a plea for more judges. We really do need and welcome parents who volunteer to qualify and support our gymnasts and details of the next course can be seen in the next column.

In November Emma Britton and Sam Preston will travel to Metz, France for the 20th World Age Group Competition and we wish them the best of luck in this major international competition. Sam will be competing in the 11-12 yrs boys on Tues 16th Nov and the 13-14yrs boys synchro on Weds 17th. Emma will be competing on Thurs 18 Nov in the 15-16yrs girls individual and on Friday 19th in the 15-16yrs girls synchro. There should be a live feed available on the BG website for those who are keen to follow what is happening.

If any gymnasts are new to the club and have not yet competed and would like to do so then please ask your coach if they think you are ready. All levels can compete at regional level and you only need a club leotard and someone to drive you to the venue and you can take part!

Sarah Silvester
(Head Coach)

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, Kent

March 26/27 – Manchester

April 16/17 – Cardiff

May 7/8 – Ireland

June 4/5 – South Shields

NATIONAL FINALS:

July 22-24 2011 at National
Indoor Arena Birmingham

CLUB JUDGE COURES

Sat 13th Nov 12.30 – 6.30

Sat 20th 12.30 – 6.30

Closing date 5th Nov

DMT – Sat 11 Dec 12.30 – 6.30

Closing Date Friday 3rd Dec

More details are available:

www.london-trampoline.co.uk



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LONDON GRADING AND LONDON CLOSED



Congratulations to all who took part in the London Grading and London Closed competitions Anisha Mangatani and Lucy Ramsdale have moved up to National C trampolining. Both are already National C for DMT.

Congratulations also to Michael Freeman and Emma Britton who placed 1st in the men's and ladies events respectively and to Ross Harding and Beth Anne Lumb who were 3rd in these respective events.

Above: Anisha Mangatani moves up to National C in trampolining. Anisha is already at National C for DMT and reached the National Finals for DMT this year.

Right: Anisha in mid flight on the DMT

END OF TERM DATES:

Last dates for the end of term this autumn are:

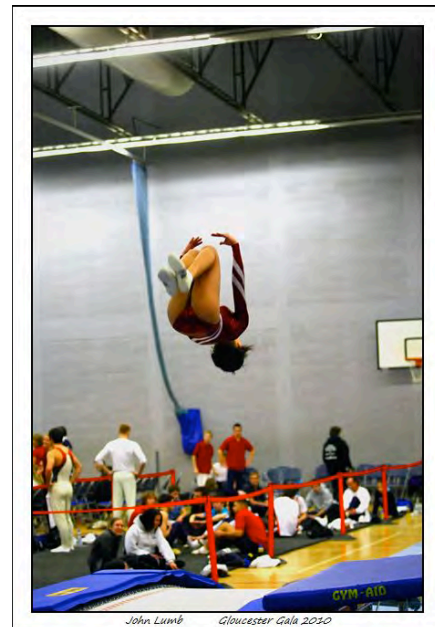
Thurs 16th Dec
 Friday 17th Dec
 Saturday 18th Dec
 Tuesday 21st Dec

PLEASE TELL US AS SOON AS POSSIBLE if you are not returning so that your place can be offered to the next people on the waiting list.

NEXT TERM - The first date for 2011 is 3rd Jan 2011

Just A Little Bit Of Nagging - Sorry!

**Please DO make SURE you name your child's kit!
 All lost property is handed into reception.**



FEES 2011

Fees for January will be available 1st week in November all fees need to be paid by Tuesday December 13th. Cheques can be postdated for 29th December 2010. If your cheque has not been received by 13th December your space will be offered to the next person on the waiting list!

UKCC LEVEL 1 COACH

COURSE: This will take place on: February 6th, 20th and 21st 2011 in Kingston.

Further details can be found on the British Gymnastics website.
www.britishgymnastics.org

TUMBLING COURSE

There is a TUMBLING COURSE on February 12, 26, 27 2011 in Richmond. (Location TBC). Please email Mike Freeman on bouncingmike@gmail.com for more details.



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VETERANS CHAMPIONSHIPS

Congratulations to Sarah, Rob and Mel who proved they can still 'do the moves' when they retained their national veterans title in Lowestoft earlier in the month.



TRAMPOLINE AWARDS SCHEME COACH

This is an introductory coaching award for participants over the age of 14. It is a 6 hour course allowing the candidate to coach the BAGA proficiency awards scheme under the supervision of a Level 2 UKCC coach. KTA students and parents are encouraged to attend this course to see if coaching is for them.

The course is taking place at Kingston College 11th April 2011 – costs to be confirmed.

Please can you email Sarah back ASAP if you are interested in taking part in the course.

MICHAEL MAKES HIS MARK

Congratulations to Michael Freeman who has been selected for the gymnastics advisory panel which deals with opportunities available for young people participating in gymnastics.

CONGRATULATIONS

Congratulations are also due to the O15 DMT team (Beth, Sophie, Nicola and Becci) who were awarded Senior Sports Team of the Year by The Royal Borough of Kingston upon Thames and to Emma Britton who was awarded a Borough Sports Award for having represented Great Britain at trampolining. Alice Macaulay (see article on page 7) was also awarded a Borough Sports Award for representing Great Britain at skiing.

Below: With the prizes awarded and the athletes gone to have their photos taken mums Joanne and Jane took a moment to reflect on the success of Kingston Trampoline Academy.





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A COUNTRY/WESTERN APPROACH TO TRAMPOLINING!

It was a cool October morning as we set off for the Hungary International event in Budapest, Head Coach Sarah, club competitors Michael Freeman, Emma and Nicola Britton, Beth Anne Lumb, Sam Preston and Alice Macaulay plus our editor Jane Britton and husband Bob.



Checking in at Gatwick ran smoothly and we headed through to security where we encountered our first minor hiccup when Sam was stopped for carrying two bottles of water! Sam had been quizzed at check-in by surrogate mum for the weekend – Jane, and then again as he came through security but mum Kate had fuelled him with so much food and drink in case he didn't like the food in Hungary that clearly there was no where else for him to store it except in his hand luggage!

Met by two Hungarian 'gym' mums and a taxi driver at Budapest airport we headed towards our accommodation – the Williams Country Club. Ah ha, 'country club' was not to mean a luxury swimming pool and spa but rather a hotel styled on country and western music with daily line dancing!

On arrival we met the not unusual Eastern Europe astonishment as we challenged the bedding arrangements where they slot individuals into a bed, shared or otherwise, without thought for age, sex, or even whether people know each other!

Some discussion later and after careful and repeated explanation from Sarah (ably supported by our editor) on just who could share a bed with who and why, we secured an extra room and all was well with the 4 males in a small house, the 4 girls in a bungalow and the 4 adults in two twin rooms above the bar and dance floor!

Following a short walk to the local Tesco – yes Tesco, to stock up on supplies of drinks and cereal bars etc, we met up with the group from Sheffield of Nick, Ryan and coach Jess. With a bowling alley on site and proximity to the sports hall excellent, it was only a matter of time before everyone had settled in.



Above: The large market in central Budapest



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Whilst the gymnasts headed off for training after breakfast the next day, Jane and Bob checked out the tube travel into Budapest in readiness for our Monday morning 'tourist' opportunity before the flights back on Monday afternoon.



L to R: Jess (coach Abbey Flyers) Ryan (Abbey Flyers), back row Alice, Nicola, Beth Anne, Emma, front row: Coach and Judge Sarah, Sam, Nick (Abbey Flyers) and Michael

Over in the sports facilities all competitors made finals on the Saturday and so returned on Sunday to challenge for podium places. Congratulations are due to Emma Britton who took the U19 gold and Sam Preston who took the Junior Boys gold. In the Open Ladies Beth Anne jumped well to finish in silver medal position as did Emma and Nicola in the Open Ladies synchro.

We returned with a minor flight delay on Monday evening having enjoyed a successful and 'interesting' visit to Hungary. With many thanks to Sarah for organising the trip and for working so hard over the weekend with continual demands on her energy to judge/coach/organise and even present prizes!

NATIONAL DEVELOPMENT SQUAD

Congratulations to Emma Britton on her selection to this national squad which comprises 15 gymnasts with potential to move to the World Class programme

SUPER REGIONAL DEVELOPMENT SQUAD

Congratulations to Sam Preston for selection to this squad which comprises 15 athletes in 3 regions (a total of 45) with potential to move through the development pathway to National Development Squad and beyond.

CONGRATULATIONS

To Our Trampolinists of the Month:

Recreational: Ethan Mills

Competitive: Beth Anne Lumb

And to Emma Britton and Sarah on their representation at the GB v Germany match (Emma is the smallest one in back row and Sarah is back row on right!)





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ENGLISH CHAMPIONSHIPS

The 2nd biannual English Championships took place in Gloucester over the first weekend of half term with KTA out in force to help represent London. Two years ago the team finished in last position



but substantially helped by a strong KTA contingent the London team moved up to 6th position this year out of the 10 regions only



n a r r o w l y missing out on 5th position. The event also crowns the individual English Champion in each category with results taken from the first two rounds for these titles.

Congratulations to all our competitors and thanks to coaches, Nikki, Cari-Anne and Mel who put in a lot of time and effort to help London move up.

There were particularly notable team results from KTA competitors within the overall team results, for the following sections:

Junior Girls Trampoline Team

Emma Britton
Frankie Osbourne (Zenith)
3rd

Junior Girls DMT

Georgia Grant
Nicola Britton
3rd



And in the non team section:

Emma Britton 3rd U19 Trampoline
Emma and Nicola Britton 3rd U19 synchro





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MEET THE MEMBERS



This month our editor was away in Hungary with some of the members where she spent some time talking to one of our members, Alice Macaulay, who is not only National C grade trampolining and DMT and has been to the National finals for both sports but is also an outstanding skier...

Tell Me How You Got Into Trampolining Alice...

Well Vivienne Bramall (Judge and mother of Kate Bramall – see Issue 2 January 2010) is my godmother and she suggested we (my sister Stephanie and I) might enjoy it. I started with a little when I was about 8 and then it sort of built up from there.

And Do You Do Other Sports?

I used to do all school sports and I still do some athletics, rounders and netball when I am in the country but mostly I ski!

You Ski! Well That's A Bit Unusual ...Tell Me All About It.

Well I'm currently in the GB Youth Team having previously been in the GB children's team for 3 years and I'm also now in the England Junior team whilst I'm still in education.

So What Does That All Mean?

Well it means that I have a possibility of selection for the Youth Olympic Festival and the European Youth Festival.

And What Is Your Aim In Life?

I really want to get as far as I can skiing and then ultimately I'd like to go into engineering or sports science but I find trampolining a

change, it's fun and it helps with aspects of my skiing like fitness, spatial awareness and balance.

How On Earth Do You Fit Everything In?

Well it's all about organisation but I can't pretend it isn't hectic! I got into skiing through my school because I am at Surbiton High School where Chemmy Alcott – the British No 1 Alpine Skier – was at school and I was about 4yrs old when I began and I have just carried on. So I suppose it's just a part of my life. When I go away I have constant contact with Surbiton through the gifted and talented programme and I also attend school on a Saturday when I am away with the British Ski Academy.

So When You Are Away How Long Are You Off School?

I'm sometimes away for two weeks at a time but we ski in the mornings and go to school in the afternoons except on Fridays when we free ski. Saturday is a day off school and Sunday is a full day in school plus I take work with me from school here. It's a great way of life but it's not all easy. We have to do our fitness in the evenings – core sessions/bleep tests and so on and we have to prepare our own skis ready for the next day which



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involves scraping, edging and waxing them! So its pretty full on and there isn't a lot of time for things like TV but I love it all.

You Mentioned Your Sister Stephanie – Does She Ski and Do You Have Any Other Brothers and Sisters?

I have a brother Gavin who is studying physics at Imperial – he's very clever but doesn't do much sport, just sailing; then there is Stephanie who is even cleverer and she has chosen to go off to boarding school and she plays lacrosse for the Scottish Junior team!

Wow – So What's Next For You?

Well I'm in the top 3 in my year of birth in the UK at present and in December I shall be in Colorado which will be my first attempt against FIS competitors (Federation of International Skiers). But I'm under no illusions, even if I were ever to get to No 1 in the UK there's still a long way to go as the British skiers are still someway behind those who have been brought up on their skis in places like USA, France, Switzerland etc.



Alice in action on the ski slope where mum says she doesn't know how long it takes Alice but she finds it hard to watch as it is only a matter of seconds from top to bottom!

CHRISTMAS IS COMING....

Don't forget KTA kit, always a useful stocking filler or as an extra little Christmas gift, is available through CLARE GRANT on claregrant@blueyonder.co.uk

USEFUL CONTACTS:

Head Coach Trampoline: Sarah Silvester

sarahkta@googlemail.com

Head Coach DMT: Melissa Day
melissaday@hotmail.com

Parent's Reps:

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jebritton@yahoo.co.uk

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

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 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 or contact jlumb@blueyonder.co.uk

Website: www.ktacademy.co.uk