



KINGSTON TRAMPOLINE ACADEMY

# FLYING HIGH

KINGSTON TRAMPOLINE ACADEMY NEWS

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

Issue 10 September 2010

The summer holidays ended on a high. Following success at the National Championships for many KTA gymnasts, fourteen were selected to represent London in the English Championships in October.



To add to these successes, following a series of trial events, I am extremely proud to announce that Emma Britton and Sam Preston have been selected to represent Great Britain at the **World Age Group Games in Metz, France**. This annual event takes place mid November and sees gymnasts from all over the world compete in 2 year age bands. Emma will be competing in the Under 17 individual Trampoline and Synchronised event with partner Nicole Short from the City of Liverpool. Emma has competed in two previous World Age events, Eindhoven for DMT

and Canada for synchro and trampoline. In Canada she finished in both events, finishing 6th on trampoline and took silver in synchro. This will be Sam's 1st GB representation and he will be competing in Under 13 Trampoline and Under 15 Synchronised Trampoline with partner Spike Williams, also from City of Liverpool.

More good news was to come when we heard that Emma has also been selected for the new National Development Squad - a considerable achievement following injury in April 2009 and three operations between then and August 2010.

On a personal note the start of the Kingston College term has been particularly hectic in this time of government cuts and with an Ofsted inspection during the last week of September. I am indebted to all our coaches for their support and hard work both with the gymnasts, and behind the scenes as the club continues to grow going from strength to strength.

**Sarah Silvester**  
(Head Coach)

## IMPORTANT DATES AND INFORMATION

**PLEASE NOTE:** There is no training on Tuesday 5th October due to a major event taking place in the sports hall.

**English Championships**  
23<sup>rd</sup> Oct 2010 - Gloucester

**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

**July 16/17 2011 National**  
Finals TBC



## KINGSTON TRAMPOLINE ACADEMY

### GOOD LUCK TEAM LONDON

Huge Congratulations and Good Luck to all those competing in the forthcoming English Championships:



**DMT coach for the London Team above Melissa Day**  
(with Caitlin Tarrant)



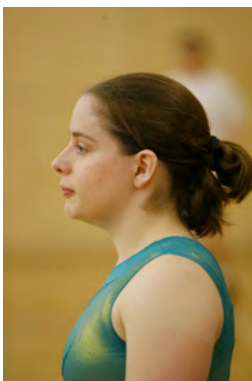
Right: Matt Douglas 'sticks' his move

### DMT

Beth Anne Lumb, Ross Harding, Sophie Clift, Nicola Britton, Georgia Grant, Caitlin Tarrant and Joe Edgar. Reserves Becci De Garston Webb and Matt Douglas

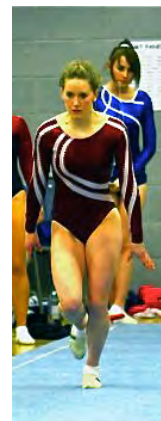
### Synchro

Emma Britton and Nicola Britton, Ross Harding and partner tbc and below Kate Bramall (left) and Sophie Clift (right)



### Trampoline

Emma Britton, Ross Harding, and Beth Anne Lumb, reserve Nicola Britton



**ADVANCE WARNING OF DATE FOR BRITISH GYMNASTICS LEVEL 1 COACH COURSE:** This will take place on February 6<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> 2011

**Also TUMBLING COURSE** 12,26,27 February 2011 in Richmond. (Location TBC).

### 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 Reps:

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[jlumb@blueyonder.co.uk](mailto:jlumb@blueyonder.co.uk)

Kit Co-ordinator: Clare Grant

[claregrant@blueyonder.co.uk](mailto:claregrant@blueyonder.co.uk)



## KINGSTON TRAMPOLINE ACADEMY

### TUMBLING ARRIVES AT KTA

Another excitement for KTA has been the purchase of the gymnastics equipment and the inclusion of tumbling in our club activities. The basics of gymnastics form an important platform for trampolining as strength, awareness and general gymnastic skills are essential to control as the trampolinist progresses. We welcome Pablo and Liz (pictured below), to the club as our lead gymnastic coaches.



### CONGRATULATIONS

To Our Trampolinists of the Month

**Recreational:** Gigi Hetherington

**Competitive:** Anisha Mangtani

### BRITISH GYMNASTICS

#### MEMBERSHIP

Membership of British Gymnastics is compulsory for all club members. BG membership runs 30/9/10 – 30/9/11 and all memberships should now be in.

Bronze member £15. If you compete at National Level – Silver £40

**If this is not paid we will be unable allow you to train or compete due to insurance reasons beyond our control. If you have not already done so, please bring in a cheque made payable to KTA for the correct amount immediately.**



## KINGSTON TRAMPOLINE ACADEMY

### LONDON AWARDS CELEBRATION

We were delighted to hear that 6 of our members were to receive recognition at this year's London Awards Dinner at the Sheraton Skyline Hotel. Sophie Clift, John Lumb, and Tara Tarrant received the Award of Merit, Emma Britton, Nicola Britton and Beth-Anne Lumb received the Young Volunteers Award.



L to R Beth-Anne Lumb, Emma Britton, Tara Tarrant (Judge), John Lumb (Coach) Sophie Clift and Nicola Britton.

### NEXT KIT SALE: OCTOBER 2nd

**If you have any questions please contact CLARE GRANT**  
[claregrant@blueyonder.co.uk](mailto: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](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)

### FREQUENTLY ASKED QUESTIONS

#### Is Sarah a Full-Time Trampoline Coach?

NO! Sarah is a full-time Lecturer at Kingston College and KTA is a club that she has established in her own time. There are now over 200 members in Kingston Trampoline Academy and she oversees all aspects of the club outside teaching hours. That's why you need to check the website and newsletters for things like times of sessions and dates for events and only email her if your child's own coach can't sort the problem or you can't find the answer elsewhere!

#### What is the Website Address?

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

#### How Can I Help the Club?

If you happen to have a SPACE HOOVER nestling in your cupboards that is surplus to your requirements we would be very grateful if this could be donated. Please contact Michael Freeman at [bouncingmike@gmail.com](mailto:bouncingmike@gmail.com) if you can help.

#### Where Can I Find the Past Newsletters and Check Term Dates?

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

**How Did Trampolining Start as a Sport?** See the article at the end of this month's newsletter and you can find out more!



## KINGSTON TRAMPOLINE ACADEMY

# MEET THE MEMBERS



Our editor met up with 12 year old Sam Preston, Kingston Trampoline Academy's 7<sup>th</sup> competitor to be selected to represent Great Britain in the World Age Group Competition.

### **Sam, You Have Just Been Selected for Great Britain. How does it feel?**

I'm pretty excited but obviously a bit nervous as this is a fantastic opportunity and I just want to do my best and try to compete my highest tariff vol. All the hard

work that my coaches and I have put in has finally paid off and my routine is coming together.

### **Tell Me About Getting selected. What Did You Have to Do?**

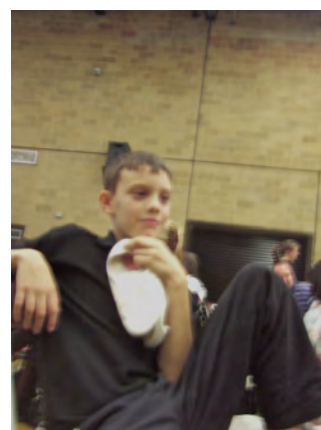
Well, your coach has to put you forward for consideration, then over the last season scores have been monitored from all the events in which I have competed, both individually and in synchro. I was National C at the start of this year and you have to be FIG B and make FIG B finals to be considered so I also had to make the FIG B scores and reach National Finals.

### **And Do You Know Much About the Event Yet?**

Well we have had the letter with the preliminary information so we have sent back medical forms and athletes agreements to British Gymnastics and we have ordered the kit. We know where the event is in Metz but we are waiting for the accommodation information which will come from the event organisers. I have also picked up information from Andrew and Michael Freeman who both did World Age, and from Emma who will be doing her 3<sup>rd</sup> World Age Group Competition with me.

### **So It Must Feel Good to Be Going with Someone You Know From Your Club?**

Yes it is really good to have someone else to ask, but as you move up and compete at national level you do start to know people from other clubs even if you don't know them really well - facebook is pretty useful for keeping in touch too!



### **Tell Me About How You Got Involved in Trampolining.**

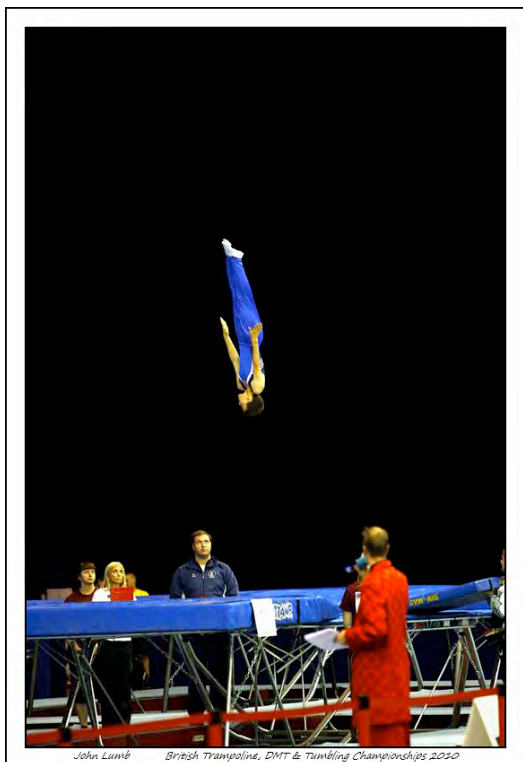
Well, I used to play tennis (Sam was a County ranked U10 player) and my sister Zoe did trampolining. Zoe used to teach me moves on our garden trampoline and I joined the club as soon as I was old enough. I soon had to make a choice between tennis & trampolining. I enjoyed watching Andrew and Michael and wanted to do the moves that they were doing, so that helped me to decide!



## KINGSTON TRAMPOLINE ACADEMY

### And Obviously It Has Gone Pretty Well!

Well yes, Sarah has been the GB coach for lots of events and it's fantastic to have people in the club who are all older and have been competing for GB since they were much younger. It means there is something to aim for and people to see doing moves so I think 'I want to do that'.



*John Lumb British Trampoline, DMT & Tumbling Championships 2020*

### What Will You Feel Like When You Walk Out in GB Kit for the First Time?

I will certainly be proud and probably nervous but we will be in Metz for several days acclimatizing before I actually compete so I will have watched others compete and been training in the hall and got used to the environment so hopefully I shall just be proud and excited. I am really looking forward to seeing the world's best men and watching them 'live'.

### And Just Quickly, What Other Sports Do You Do?

Well I'm FIG B for DMT as well and reached the final of the DMT at Nationals this year. I have been doing karate since I was five and I am

now a brown belt (2<sup>nd</sup> Kyu). I hope to do a four hour grading later this year to get my next belt and hopefully, if training goes to plan, I will be our clubs youngest black belt. My dad is also a Sensei and a black belt. I play hockey for Staines Hockey Club and represented Spelthorne in the Youth Games picking up a bronze medal with the team. I do all the normal sports in school but with 15 hours of training I don't have too much time for too much else!

### Great Britain V Germany Youth Match

Congratulations to Emma Britton who was part of the successful Under 18 Girls team who beat Germany in the recent Youth match in Frankfurt and to Sarah Silvester as Team coach for this event.

### Hungary Cup International 15 - 17th October

The following Kingston gymnasts will be competing:

#### Trampoline

Sam Preston, Alice MacAulay, Beth Anne Lumb, Nicola Britton, Emma Britton and Michael Freeman

#### Synchronised

Sam Preston (Alex Beardmore Abbey Flyers)  
Emma Britton and Nicola Britton  
Michael Freeman (Nick Davies Abbey Flyers)



## KINGSTON TRAMPOLINE ACADEMY

### The Development of the Sport of Trampolining

The sports of trampolining and tumbling are as old as man and are a reflection of man's constant desire to defy the ever-pervading presence of gravity. A number of cultures have devised apparatus to send an athlete into the air, e.g an outstretched animal skin being used to throw up, and safely receive, the descending performer. Circuses have used a number of devices to show off aerial and floor somersault activity.



The way the activities are now practiced reflect modern technology. Modern trampolining has only emerged since the prototype apparatus built by George Nissen, USA, in his garage in 1936. The Air Force, and later the Space Agencies were not slow to employ trampolines with their pilots and astronauts. Medical authorities and those working with handicapped persons have also found many exciting benefits from being able to use a trampoline. At the recreational level trampolining has an immediate appeal, especially for the young people.

Every era produces at least one step forward in the sophistication of a trampoline machine used. The most modern ones are capable of projecting an athlete to such a height that the top stars can touch 10m-high ceilings and perform repetition triple somersaults with ease. (2010 saw the introduction of 4mm x 4mm beds taking the trampolinist even higher).

Competitive activity commenced in the USA at the conclusion of World War II. The activity spread to Europe in the 1950's and display teams took the activity to all continents in the late 1950's and early 1960's, when many national federations were formed.

In 1964, the International Trampoline Federation (FIT – now FIG) was formed with 7 founder member federations. By 1994 there were 42 member federations. (Trampoline gymnastics now comes under the umbrella of FIG – the Federation of International Gymnastics), one of the oldest sport federations. FIG has been present at the Olympics since 1896!

Championship activity has developed and grown continuously year after year. Annual World Championships were held from 1964, with European Championships, started in 1969, and Pan Pacific Championships, started in 1981. European Youth Championships have been held every other year since 1972, and the introduction of the World Cup event in 1993 has seen a tremendous interest in the sport. Trampolining and Tumbling have been World Games sports since 1981 and trampolining came into the Olympics in 2000.

In Trampolining USA athletes took many titles in the early days, though a number of nations have since shared in the top honours and the Chinese and Japanese are now a force with which to be reckoned.

(Source: FIT press information World Championships 1994 Porto/POR)



## KINGSTON TRAMPOLINE ACADEMY

The World Age-Group Games, now known as the World Age Group Competition is now held every year attracting around 1,000 attract athletes from around 35 different countries!

### KTA'S OWN WORLD CLASS COMPETITORS

#### Andrew Freeman:

World Age Games Denmark 2001 (11-12yrs)  
11th Individual Trampoline  
4th Synchronised

World Age Games Germany 2003 (13-14yrs)  
Gold Medal Synchronised  
Bronze Medal DMT  
19th Individual Trampoline

World Age Games Holland 2005 (15 -16 yrs)  
Gold Medal Synchronised  
16th DMT

GB Senior Team for European Championships  
Denmark 2008  
Highest placed Senior Male GB Competitor 32nd  
11th Synchronised

World Cup 2007 Synchronised 4th  
World Cup 2008 (3 events) 4th,4th,6th

#### Michael Freeman:

World Age Games Denmark 2001 (11- 12yrs)  
4th Synchronised  
Bronze Medal DMT

World Age Games Germany 2003 (13 -14yrs)  
Gold Medal Synchronised  
10th DMT

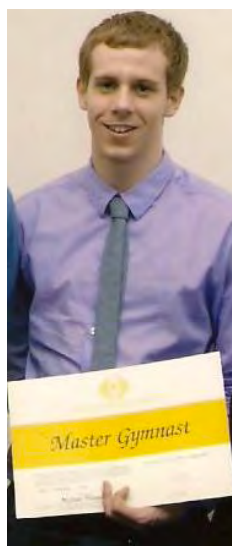
World Age Games Holland 2005  
Gold Medal Synchronised  
16th Individual Trampoline  
22nd DMT

GB Senior Team for European Championships  
Denmark 2008  
11th Synchronised

World Cup 2007 Synchronised 4th  
World Cup 2008 (3 events) 4th,4th, 6th)

#### Kate Bramhall:

World Age Group Competition Canada 2007  
8th DMT



#### Michael Wood:

World Age Games Holland 2005  
(17-18yrs)  
25th Individual Trampoline  
6th Synchronised



#### Emma Britton:

World Age Games Holland 2005  
(11 - 12yrs)  
DMT highest GB female in age  
12th  
Individual Trampoline reserve

World Age Group Competition  
Canada 2007  
6th Individual Trampoline  
Silver Medal Synchronised

European Youth Games Denmark  
2008  
Silver Medal Synchronised  
Silver Medal Team  
21st Individually

Four Nations Cup Portugal 2008  
Gold Medal Team

Australian Youth Olympic  
Festival Sydney 2009  
Individual Final 7th

European Championships  
Bulgaria 2010  
Individual Trampoline Reserve

#### Elise Gibbins:

World Age Games Holland 2005  
(11 - 12yrs)  
23rd DMT

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