

# ALTON TRAMPOLINE CLUB



## NEWSLETTER

September 2014

### COMPETITION RESULTS

#### BG I'M IN – spired at Disabilities Competition

On July 15<sup>th</sup> Aspire Springer's Trampoline Club in Gloucester hosted a day of gymnastics and trampoline competitions for gymnasts with disabilities. Designed to provide opportunities for all to be able to take part in the sport of Gymnastics.



Six members from Alton Trampoline Club travelled West. For some this would be their first experience of a Trampoline competition.

Some fantastic performances saw plenty of success and smiles from the gymnasts and parents alike, with the following results in their respective age groups:

- Marcus (Club Level) – 3rd place
- Leonora (Club Level) – 2nd place
- Robert (Regional Level) – 2nd place

Alex (Regional Level) – 1st place

Federica (Regional Level) – 1st place

Dan (National Level) – 2nd place

Thanks to Sylvia and Andy for travelling to the event to support the gymnasts and to help out at the competition.

We would also like to extend a huge thank you to Aspire Springer's for hosting the event, and also Dawn Lawson deserves special mention for the work she put in to allow so many gymnasts to take part.

#### Friendly Competition on Sunday 28th September at Alton

This is open to both squad and splats, as well as there being a chance to compete synchro as well. The cost of entry is £10 - please may you let us know, with fees paid by Sunday 14th September if your child would like to compete.

As we are hosting this we will be on the look out for volunteers again. This is a fantastic opportunity for us to raise some extra funds for the club, so please could you consider if you would be able to help us out on the day, even if just for an hour or so.

#### COACHING NEWS AND THANK YOU CESSIE

After thirteen years of competing and coaching for Alton Trampoline Club, Cessie left on the



(Continued on page 2)

# ALTON TRAMPOLINE CLUB



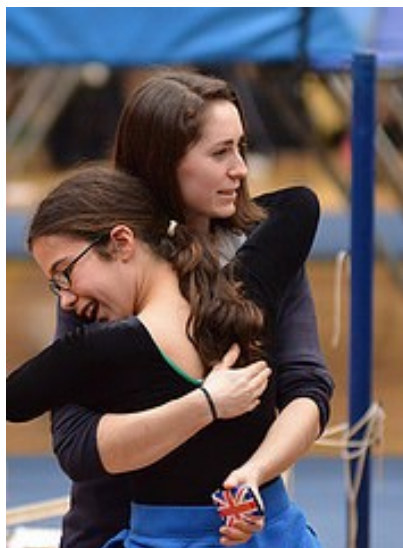
## NEWSLETTER

September 2014

*(Continued from page 1)*

20th of July. Cessie will be heading off to University in Chichester, to study Sports Science.

We will be sad to see her go, but wish her all the luck and success in the world in this exciting step in her life. She has been a great friend to all and has always been there to offer her support. Good Luck Cessie!



A warm welcome back to Stacey Bewick who will be returning to the club after a few years away. He's a Club Level Coach and will be coaching on a Thursday and Sunday.

Congratulations to Lauren Butler and Claire Goulden for passing their Level 1 coaching courses after all the hard work they put in. We are currently looking to send more candidates on Level 1 courses to further bolster our coaching team.

### TRAINING SESSIONS

#### Squad Training Day - 7th September.

Free for all squad members, the day enabled us to spend more time coaching as well as getting time to go through things that we wouldn't have time for in a usual training session.

This year we are hoping to give our squad members a chance to have a go coaching, get a chance to go in the rig, use the DMT and a bit of judging as well!

### CLUB SOCIAL EVENTS

#### BBQ Alice Holt

Sadly the annual BBQ was rained off this year; however we will be looking forward to next years BBQ with some better weather.

Thank you to all of those who turned up ready to enjoy the day.

### CLUB MEMBER NEWS

Katherine George has been selected for the British Gymnastics Trampoline Performance Pathway. She attended the first BG Performance Pathway Clinic in Poole, although a little daunting at first for both Katherine and Sylvia they both came away with a little more knowledge than they started with.

Katherine attended a selection try out for the BG Elite Squad; she will now have to wait and see whether she has been successful. Sylvia was pleased to say how proud she was of Katherine and her performance, considering she was suffering from a severe tummy bug the day before and looked very pale.

She put all this to one side and tried her hardest against some already elite gymnasts. She performed 100% on all tasks given, which included hanging from a wall

*(Continued on page 3)*

# ALTON TRAMPOLINE CLUB



## NEWSLETTER

September 2014

*(Continued from page 2)*

bar in both tucked and piked positions for over two minutes each.

We all wish Dan good luck for the National Finals in Liverpool on 21st September.

We have the new 4 x 4 trampoline, with a new 4 x 4 trampoline bed, matting and rig belt to follow.

Thanks to all who attended the "Funded by You" evening; with Andrew George leading the campaign we secured £460 towards the development of Level 3 coaches.

Finally, your child's British Gymnastics Membership is due for renewal on 1st October. Please could you bring in payment of £17 to cover this membership for the year. There are a few requiring additional membership but we will discuss with you if this applies to your child.

British Gymnastics covers your child for insurance purposes so is a requirement if your child wishes to train, therefore if you could get this fee to us well in advance of the 1st October this would be most appreciated.

**THANK YOU!**



Look at our new equipment which we managed to get with your active kids vouchers!

### BIRTHDAYS

#### August

Ellis Holland 13<sup>th</sup>                      Finn Osborne 22<sup>nd</sup>  
Bethany Malatesta 31<sup>st</sup>

#### September

Holly Kinsey 7<sup>th</sup>                      Jess Whalley 8<sup>th</sup>  
Rose Bell 10<sup>th</sup>                      Evie Kennett 12<sup>th</sup>  
Dan Johnson 15<sup>th</sup>                      Molly Christer 20<sup>th</sup>  
Chloe Foster 21<sup>st</sup>                      Freya Grinstead 21<sup>st</sup>  
Sam Moorhouse 24<sup>th</sup>                      Stuart Sharpe 23<sup>rd</sup>

#### October

Claire Brewer 1<sup>st</sup>                      Ruth Helas 4<sup>th</sup>  
James Parrott 5<sup>th</sup>                      Matilda Mallett 19<sup>th</sup>  
Rosie Wheeler 21<sup>st</sup>                      Seren Irwin 22<sup>nd</sup>

### SUMMARY OF DATES FOR THE DIARY

- 14<sup>th</sup> September Splats training day (2.00 - 4.30 pm)
- 26<sup>th</sup> September open Committee Meeting
- 11<sup>th</sup> October Quiz Night
- 30<sup>th</sup> November Interclub competition
- 5<sup>th</sup> December Open Committee Meeting
- 14<sup>th</sup> December Schools Competition (hosted at Alton)
- 20<sup>th</sup> December Christmas Party (Cricket Club)

