

ALTON TRAMPOLINE CLUB



NEWSLETTER



November 2015

Welcome to the Autumn 2015 edition of ATC's newsletter. There has been plenty going on over the past few months...

Alton celebrate a British Champion!

Congratulations to **Stuart Sharpe** who has become a British Champion!

Stuart competed in the Mens Disability Category 1 group in the Finals of the British Championships following the successful performances from himself and **Dan** earlier in the year. Stuart performed a terrific routine to achieve his season's best score and take the top podium place, along with the right to be called a British Champion!



There was a nice surprise when the presentations took place as not only were the gymnasts rewarded, but the coaches of the winners were also presented with awards, so Sylvia was also presented with a trophy in front of the crowd at The Echo Arena.



...and a National Champion!

2015 saw 6 club members: **Stuart, Dan, Katherine, Scott, Courtney** and **Claire B** all qualify



and compete in National

Trampoline & DMT events — the most we have had in one season in 25 years!

Following the Regional Team Finals, **Stuart, Scott** and **Katherine** all qualified to compete in The National NDP Finals, and this saw **Stuart become a National Champion as well!**



On this occasion, Stuart was competing in the Double Mini-Trampoline (DMT) event and successfully completed all of his passes to win the Mens NDP 6 category. They were the most difficult skills he had ever competed and is a terrific achievement!



The event also saw **Scott** come 5th in the country in NDP1, while **Katherine** achieved 4th place in DMT NDP 4.

All three of them should be incredibly proud of their performances. To have reached the National Finals is a huge accomplishment. Well done to all our competitors and their coaches!

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Haslemere Novice & Synchro Competition Results

20 of our members made the short journey over to Haslemere for a Friendly competition, hosted by Swallows TC. This was a smaller event aimed at the clubs in the local area.

For some, such as **Reuben** & **Ella** this was their first trampoline competition, and they coped incredibly well. It was great to see the support from other members as well, whether it was spotting or just cheering on their teammates.



There were some excellent results, including **Scott** winning his NDP3 group, along with **Katherine** & **Hattie** winning the Under 15s Synchro event. **Molly**, **Reuben**, **Federica**, **Emily** & **Becky** all came away with medals too.



Thank you to Swallows for hosting, and to everyone who helped out on the day!

Full results are available on our website, and our highlights video can be viewed on Facebook and our YouTube channel as well.

Video Analysis Equipment

We are delighted to have purchased a new Video Analysis system, to benefit the performance and training of our members.

Supplied by 'CMA Sports Analysis' and used by some of the elite clubs in the country, the system includes an HD camera, laptop, touch-screen, and includes the latest sports analysis software so that members and coaches can review skills to further aid their development.

We received funding towards this from 'The Winton Players' in Petersfield and from former Councillor Nicholas Branch, to which we are hugely appreciative. We invited them all to attend a session so that they could see the system in action and understand just what a positive impact this will have on the club.



Splats Training Day

We held a successful training afternoon for our 'Splats' members. Everyone had the opportunity to try a variety of activities, including DMT, Synchro, and even perform skills in the rig! With the great feedback received, we hope to run more of these sessions in the future!

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Anniversary Party!

25 years ago a young lady called Sylvia Comber founded Alton Trampoline Club.

To celebrate the club's **25th anniversary** we are holding a party at Alton Maltings Centre on Saturday 14th November



ALTON TRAMPOLINE CLUB INVITE YOU TO THEIR

25th ANNIVERSARY CELEBRATION

Bar | Hog Roast | Disco

SATURDAY, 14th NOVEMBER 2015
4-10PM
ALTON MALTINGS CENTRE
MALTINGS CLOSE, ALTON
GU34 1DT



Members both past and present are all invited, so come along and celebrate with us!

Trampoline Equipment Set-Up

Thank you to all of the parents & members who have recently been helping set up and take down the Trampoline equipment.

Every bit of help is appreciated when it comes to moving the mats and trampolines. All of the coaches are happy to train & help anyone who is able to help out, and we will never force anyone to attempt to move anything they're unsure or uncomfortable about.

Coaching Courses

Congratulations to coaches Clare and Lisa, who both passed their recent Level 3 coaching modules, allowing them to teach more complex skills.

If you are interested in taking a coaching course then please let us know.



We have a history of supporting new and existing coaches and are always looking to develop our excellent coaching team.

There are a few local Level 1 courses coming up at the end of the year and early 2016, which would be ideal for those looking to get into coaching. Judging courses are also available.

Extra Double Mini-Trampoline sessions

We are holding extra sessions for DMT. Please let us know if you are interested in trying this exciting activity!

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Range & Conditioning

As part of the new requirements at Regional competitions in 2016, those who obtain a qualifying score and position at the March event will be required to pass a 'Range & conditioning' routine.

This routine is available through our Facebook page and is available to anyone who wishes to view it. This will also be incorporated into the physical conditioning that we run as part of our training sessions.

UPCOMING EVENTS

Alton TC Intra-Club Championship

Our annual Intra-Club competition is being held on **Sunday 6th December** in the afternoon and is open to *all* Splats, Squad and recreational gymnasts.

It will be great to see as many members competing, and as much support as possible. We will also be presenting the annual end-of-year awards. We look forward to seeing you there!

Schools Regional Competition

Entries are currently open for anyone who wishes to take part in the 2015-16 Schools competition. This year the Southern round is being held on the Isle of Wight on **Saturday 12th December**.

Entries are made by the Schools themselves, although we are able to help if the school requires any assistance.



SUMMARY OF DATES FOR THE DIARY

- 8th November - No Training
- 14th November - 25th Anniversary Party
- 6th December - Alton Intra-Club Championship
- 12th December - Southern Schools Comp (IOW)
- 20th December - Final training session of 2015
- 7th January 2016 - First training session of 2016!
- 31st January - Regional Competition (IOW)



October

Claire (21) -1st James (14) -5th Anna (10) -7th
Seren (16) -22nd

November

Harry (14) -6th Elliot (9) -18th Hannah (16) -17th
Ben W (14) -19th Tilly (20) -23rd

December

Alex T (10) -4th Zaki (9) -4th Jasmine (11) -16th
Olivia (15) - 15th Bea (7) - 23rd Esme (14) - 29th

Don't forget you can find us on the following social media sites, so like/follow us and share your photos/comments at:

 www.facebook.com/Altontrampolineclub

 www.twitter.com/AltonTrampoline

 www.instagram.com/Altontrampolineclub

 www.youtube.com Channel:
Alton Trampoline Club