

Newsletter

April 2005

First of all, on behalf of everyone on the London Committee may we thank Jan Harley and Martin Horne from Harrow for hosting the London Grade 2 on 6th February. The competition ran well and was very successful indeed. May we also thank all the volunteers that turned up Saturday night to help set up and stay on to pack away on Sunday evening.

Your help was very much appreciated indeed, and well done to Jan and Martin in hosting such a smoothly run event.

Here are the current competition league positions after our first Regional Event of the year held at Harlington:

<u>CLUB:</u>	<u>Graded 16th Jan:</u>
1 st Nova	220
2 nd Queensmead	195
3 rd Harlington Hawks	166
4 th Top Flight	156
5 th Phoenix Flyers	114
8 th Harrow	105
9 th Airborne	16
10 th Camden	1

Flowers Cup 2005 – This year's Flowers Cup held 19th March in Aalsmeer Holland saw strong representation from the London Region with Harlington Hawks, Nova and Queensmead between them having a total of 14 competitors. Competitors from countries worldwide had entered. One particular highlight of the weekend was seeing a voluntary routine containing five triple somersaults! This was performed by Konstantine Miroshnikov from Israel. Here are the scores and positions for those competing from the London Region:

Women Class I

16th Sabrina Dunn (QMED) 60.7
20th Morag Brennan (HHAW) 58.5

Women Class II

9th Coreen John (QMED) 54.7/31.3
18th Niki Halfteck (QMED) 52.6
20th Steph Cann (NOVA) 51.9
24th Katherine Jackson (HHAW) 51.4

Men Class II

6th Darren Russell (NOVA) 56.6/31.9
19th Mark Everett (NOVA) 54.5
29th Julian Tyrassek (NOVA) 52.6

(Women Class II cont.)

25th Jerlisa John (HHAW) 51.3
29th Luisa Brook (QMED) 50.2
32nd Grace Laney (HHAW) 49.9
33rd Cassie Jordan (QMED) 49.8
34th Elaine Bettany (QMED) 49.2

A Team from Great Britain took their own representation, in which Michael Freeman (TOPF) competed in the Boys Class I finishing 7th with 93.4.

Judging Courses:

The following have all been set up. For further information please contact Mrs Linda Lawrie lindalawrie@lineone.net or see www.london-trampoline.co.uk

Course: Club Judge (Trampoline)

Dates & Times: Saturday 28th May 2005, 2.30 – 6.30pm, Saturday 4th June 2005, 2.30 – 6.30pm
Saturday 18th June 2005 2.30 – 6.30pm

Course: Club Judge (Trampoline)

Dates & Times: Tuesday 26th July, 9.30m – 4.30pm, Friday 29th July 2005, 9.30am – 4.30pm

Course: County Judge

Dates & Times: Saturday 23rd July 2005, 12.30 – 6.30pm, Saturday 31st July 2005, 12.30 – 6.30pm

All at Shepperton, Middlesex.

Coaching Courses:

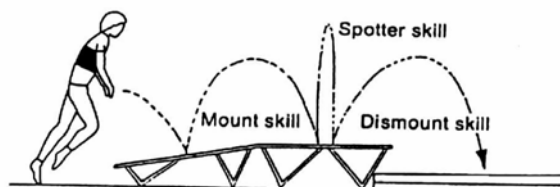
A grade 1 coach course will be running at Bancroft's School, High Road, Woodford Green on the following dates: 22 May, 12 June, 19 June and 16 June 9am-6pm each day. Further details are available from Maxine O'Reilly at jj42@dial.pipex.com or visit www.london-trampoline.co.uk

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DMT Development within London:

What is Double Mini Trampoline? Double Mini Trampoline is a rapidly growing rebound sport. It consists of a run up, two or three contacts with the mini trampoline and a dismount:



Interested??

DOUBLE MINI TRAMPOLINE DEVELOPMENT DAY
TUESDAY 31ST MAY 2005
GILLINGHAM REBOUND CENTRE

WE ARE HOSTING A DMT DEVELOPMENT DAY FOR ANY LONDON REGION COMPETITOR TO
COME AND HAVE A GO

10 – 11.30 WILL BE FOR DMT GRADE 3

11.30 – 1 GRADE 2 DMT

1.30 – 3.30 GRADE 1 DMT

THE COST OF THE SESSION WILL BE £3 PER PERSON AND BOOKING FORMS WILL BE SENT OUT TO
ALL CLUBS.

The three Grade requirements are as follows:

This is the minimum grade for gymnasts wanting to be selected to represent Great Britain and is designed for gymnasts capable of competing double somersaults.

Grade 1: This is the minimum grade for gymnasts wanting to be selected to represent Great Britain and is designed for gymnasts capable of competing double somersaults.

Grade 2: This grade is designed for gymnasts linking single somersaults. Gymnasts **must** include at least one somersault in each pass. Gymnasts that are ready to compete double somersaults should progress to grade 1.

Grade 3: This is an introductory grade where gymnasts are required to perform a single somersault in **each pass**. They can perform tuck, pike and straddle jumps, along with ½, full, 1½ and double twist jumps provided that they are accompanied by a somersault in each pass. Gymnasts ready to link single somersaults should progress to grade 2.

Age groups for grade 1 are U15, U17 and O17. For grades 2 and 3 the age groups are U13, U15, U17 and O17.

For further information please contact Sarah Sylvester (DMT Development Officer) sparkcat@ntlworld.com

And finally...

Congratulations to our New Chairs' of Judging Panels!

The last Regional Judging course was very successful indeed with Mandy Laney (HHAW), Marian Wood (HHAW), Jan Harley (HARR) and Sue Pettitt (TOPF) all passing enabling them to now Chair at our Regional events. Well done and we wish you lots of luck today!