

London Trampoline Newsletter – July 2005

Firstly may I apologise to Rita Darch (QMED), in the last newsletter congratulations were passed onto our newly qualified Regional Judges and Rita was omitted from the last. Sorry, well done!

British National Championships, Birmingham NIA 2-3 July 2005

This years National Championships saw no fewer than 22 competitors competing from London Clubs. The results were as follows:

| | | | |
|------|--|--------|--|
| U11B | 2 nd Oliver Rowlands (PHOE) 82.7 | U18G | 23 rd Asha Philip (AIRB) 52.3 |
| U13G | 7 th Emma Britton (TOPF) 88.2 | | 26 th Grace Laney (HHAW) 49.3 |
| | 17 th Elise Gibbins (TOPF) 53.8 | U18B | 3 rd Michael Freeman (TOPF) 95.6 |
| | 22 nd Claire Bristow (HHAW) 53.1 | | 5 th Andrew Freeman (TOPF) 94.3 |
| | 25 th Hayley Mellon (QMED) 52.3 | O18G | 13 th Sabrina Dunn (QMED) 57.7 |
| | 30 th Amy Ross (PHOE) 50.8 | | 14 th Morag Brennan (HHAW) 57.2 |
| U13B | 5 th Jordan Chung (PHOE) 80.1 | | 16 th Nicola Petitt (TOPF) 56.8 |
| U15G | 18 th Cassie Jordan QMED) 54.5 | | 35 th Katherine Jackson (HHAW) 53.2 |
| | 23 rd Lianne Sellors (PHOE) 54.2 | O18B | 24 th Darren Russell (NOVA) 53.9 |
| | 23 rd Emily Mulcahy (TOPF) 54.2 | | 35 th Rohan Nichol (NOVA) 43.2 |
| | 37 th Jennifer Benjamin (PHOE) 52.1 | Ladies | 15 th Sabrina Dunn (QMED) 58.7 |
| | 40 th Adeva Bryan (AIRB) 46.3 | Mens | 13 th Andrew Freeman (TOPF) 59.0 |

Well done to everyone for making and competing in this years Finals.

There are still two more National Grade 2 events left this year before Grade 2 Finals in Hull, November. Don't forget that this is now being combined with National Synchro and Double Mini-Trampoline Finals.

Good luck to those who haven't made it as yet.

London Youth Games, Crystal Palace 2nd July 2005

| Team | 1 st Richmond | 2 nd Enfield | 3 rd Croydon |
|------------|-----------------------------|----------------------------|----------------------------|
| Individual | Eleanor Benjamin (ENF) | Rebecca Heywood (BRO) | Jerllisa John (EAL) |

The absence of the majority of all grade 1 competitors this year was noticeable due to the event being held the same weekend as Nationals. Also with a new tariff capping system of 5.0, the competition was wide open. This year the title was tied, but with the count back ruling in place the title was awarded to Richmond.

Three awards were made at the event to Janet Bellis, Sue Baker and Maurice Woolf for their services to London Youth Games Trampoline over the last 20 years.

World Championships & International Age Group Games – September 2005, Eindhoven The Netherlands

London has a number of representatives who have been selected for the bi-annual Senior World Championships and International Age Group Games (IAGGS).

In the Seniors, Nicola Petitt (Top Flight) has made selection for the National Great Britain Team in the Ladies Double Mini-Trampoline Event. Many congratulations to Nicola who has worked extremely hard driving home from University in Wales every weekend to train with Nick Earle in Gillingham.

The head coach of Cheshunt-based trampoline club Phoenix Flyers will be a Double Mini Squad Coach for the Great Britain team at the IAGGS later this year. Peter Gledhill has been chosen to coach the Team in Eindhoven, the Netherlands in September.

“Everyone is over the moon with what we've achieved. I'd like to thank the development team at the Borough of Broxbourne, Equion and Ledger Leaders Financial Recruitment Agency, who donated £750 for us to install a new carpeted run-up area which has really helped us to progress as a club.”

Seven members of Grundy Park-based Phoenix Flyers Trampoline Club will join Peter in Eindhoven, after achieving success at the third and final pre-selection event for the Games in Gillingham, Kent.

An impressive six of the seven Flyers squad will make up the 27-strong Great Britain International Age Group Games squad at the championships, with the highest numbers entered bar the national squad coach, which will be contested by 32 different countries.

Amy Ross, in only her first attempt at qualifying for the IAGGS, won the under-13 girls' section, while Jordan Chung qualified in the boys' equivalent. In the under-15 girls category Jennifer Benjamin was a winner, as was Mark Pennell. Eleanor Benjamin, who is ranked number one in the country in her age group, qualified in the under-17 girls' section and under-19 boys' competitor Luke Castillo will also compete, after producing a good performance.

Paul Mears showed a fantastic attitude and was unlucky not to make the team in the under-13 boys' category. The Flyers have further interest in the competition, with 17-year-old member Tsvetuylob Spasov representing his country Bulgaria at the event in September.

IAGGS also sees competitors in Double Mini-Trampoline from Top Flight: Andrew Freeman, Michael Freeman, Emma Britton, and Elise Gibbins. Sarah Silvester has been selected to accompany Nick Earle and Peter as Coach to the Double Mini-Trampoline Team.

Andrew and Michael will also compete in the Boys Synchro event too. Whilst in the Individual Trampoline, Michael Freeman and Emma Britton are reserve. Before going to Holland however, Michael will first represent Great Britain in the Fliffus Competition, Belgium early August.

After the last regional graded event, the London League stands as follows:

LONDON REGION COMPETITION LEAGUE 2005

| <u>CLUB:</u> | <u>Graded 16th Jan:</u> | <u>Graded 10th April:</u> | <u>Graded 5th June:</u> | <u>Graded 2nd Oct:</u> | <u>Closed 2nd Oct</u> | <u>Synchro 13th Nov:</u> | <u>DMT 13thNov</u> | <u>TOTAL:</u> |
|--------------------------------------|---|---|---|--|---|--|--|----------------------|
| 1 st Queensmead | 195 | 177 | 266 | | | | | 638 |
| 2 nd Top Flight | 156 | 187 | 199 | | | | | 542 |
| 3 rd Nova | 220 | 115 | 78 | | | | | 413 |
| 4 th Harlington Hawks | 166 | 124 | 70 | | | | | 360 |
| 5 th Harrow | 105 | 111 | 137 | | | | | 353 |
| 8 th Phoenix Flyers | 114 | 101 | 94 | | | | | 309 |
| 9 th Camden | 1 | 98 | 79 | | | | | 178 |
| 10 th Airborne | 16 | 10 | 10 | | | | | 36 |
| 11 th Southwark Springers | | | 24 | | | | | 24 |

The last regional competition also saw the handing out of the London Regional Awards as voted by members within the Region:

The following awards were made:

| | |
|-------------------------|------------------------|
| Coach of the Year: | Sarah Silvester (TOPF) |
| Competitor of the Year: | Emma Britton (TOPF) |
| Services to Sport: | Linda Lawrie (TOPF) |
| Special Needs: | Daniel Reed (HHAW) |
| Keith Lawrie Memorial: | Dawn Jaques (HHAW) |

(all round competing, coaching & judging)

Queensmead won the London League for 2004.

And now for something very different.....

Please Help and Support!



Help Me Save Lives by Donating to Breakthrough Breast Cancer

On 23-25 September 2005, Nicola A'Bear of Nova Trampoline & DMT Club will join thousands of other dedicated women and men for ***The Weekend to Breakthrough Breast Cancer***.

She will be walking 60 kilometres over two days in and around London on the eve of Breast Cancer Awareness Month 2005, to honour the lives of those lost to breast cancer, celebrate the living, and raise millions of pounds for Breakthrough Breast Cancer's critical research and education work. Around 41,000 (1 in 9) women in the UK are diagnosed with breast cancer each year and 13,000 – 35 women a day – die from the disease. Three hundred men are also diagnosed each year.



Nicola needs to raise a minimum of £1500 before she is allowed to participate in this groundbreaking event and is holding several fundraising events.

On the 10 September 2005 Nicola will be holding an auction and raffle to help me raise as much money as possible, and already she has some fantastic prizes!

The raffle prizes include:

- 2x 2 tickets for IMAX cinema in London
- 2x Free cut and style at any Headmasters hairdressers
- 2x 5 people to 1 free game of bowling at London Trocodero
- Various items donated from Boots Store in Hounslow
- Various items donated from Early Learning Centre in Hounslow
- 1x free use of Canons Gym in Richmond for 1 month
- 1 pair of brand new Nike tracksuit bottoms, donated by Nike

The auction prizes include:

- 2x 8 tickets to go paint balling with Delta Force at various locations in the UK worth £49.95 per ticket
- 1x bungee jump
- 1x track day at Brands Hatch (or similar) worth up to £350

As the weeks go on, she is sure there will be more prizes added to the list!

The raffle tickets are on sale now! And the auctions are ready for your silent bids! On the 10 September, Nicola will be announcing the highest bid, and then people will have the opportunity to go higher! If you are unavailable on the day, you can make extra bids by phone!

If you wish to purchase a ticket for the raffle, make a bid on one of the auction prizes, or have any questions, please contact Nicola at nikky@nova-trampoline.com or call her on 07932 615 829. Once you have emailed Nicola, she will keep you updated on any new auction and raffle prizes.

I would also be grateful for any donations, which can be made on-line at www.breakthroughweekend.org Click on 'Sponsor a Participant' then type in her name and you have the option of printing out a donation form and sending a cheque or donating directly on-line.

Thank you for your time and support, she is looking forwards to hearing from you soon!

This years London Trampoline AGM will be held Tuesday 6th September 2005 at Chessington Sports Centre, Surrey. Below are nomination forms, please feel free to fill them out and return them to the London Secretary (address below) We look forwards to seeing you there with your support for Trampoline in London.

L O N D O N T R A M P O L I N I N G

| Chair | Secretary | Treasurer |
|---|---|--|
| Philip O'Reilly 106 Queens Walk South Ruislip Middlesex HA4 0NS | Maxine O'Reilly 106 Queens Walk South Ruislip Middlesex HA4 0NS | Marion Wood 17 Norwood Gardens Hayes Middlesex UB4 9LU |

Notice of Annual General Meeting

The Annual General Meeting of London Trampoline will take place at 7.30pm on Tuesday 6th September 2005 at Chessington Sport and Leisure Centre, Garrison Lane, Chessington, Surrey KT9 2JS. It is expected that the AGM will take 30 to 60 minutes.

Attendees will then be asked to vacate the premises to allow their new committee to have a short meeting.

Agenda

1. Welcome by the Chair.
2. Committee Accounts.
3. Election of Officers.
4. Questions from the floor.
5. Conclusion by the Chair

Please note that only attendees will be entitled to vote, proxy votes will not be allowed on any proposals. All persons attending the meeting will need to be current members of British Gymnastics and live in London or be representing a club in London. Proof of this may be required before entry is allowed. Clubs Managers should be aware that British Gymnastics Club Membership is a valid membership for voting purposes. Club membership certificates will be necessary to register this vote.

Persons nominated for Divisional Officer posts should either be in attendance at the AGM or should send a letter indicating their willingness to stand. Where a post is contended, the nominees may address the meeting briefly, in person or in writing, to indicate their suitability for the post.

Maxine O'Reilly

Maxine O'Reilly
London Trampoline Secretary

Nominations for Officers 2005/6

I, _____, nominate the following persons to be officers of London Trampoline for 2005/6. I have confirmed that they are current members of British Gymnastics and that they are willing to stand.

NOTE: Nominations must be received by the Secretary, at 106 Queens Walk, South Ruislip, Middlesex, HA4 0NS by Friday 2nd September 2005.

LGF Trampoline TC Chair

The role of LGF Trampoline Technical Committee Chair (a member of the London Gymnastics Federation Executive Committee required to attend 4 to 6 meetings of that body per year) is currently filled by the London Trampoline Chair but is required to be elected yearly.

| Post Nominated | Name | Address & Telephone No. |
|--------------------------------|------|-------------------------|
| Chair Current: Philip O'Reilly | | |

Executive Officers

The Chair of London Trampoline was elected in 2004 for a two year term. The Secretary and Treasurer are the London Trampoline posts to be elected at this meeting for a two year term.

| Post Nominated | Name | Address & Telephone No. |
|------------------------------------|------|-------------------------|
| Secretary Current: Maxine O'Reilly | | |
| Treasurer Current: Marian Wood | | |

Technical Officers

All Technical Officer posts are elected to the committee for one year.

| Post Nominated | Name | Address & Telephone No. |
|--|------|-------------------------|
| Competitions Secretary Current: Linda Lawrie | | |
| Coaching Courses Organiser Current: Maxine O'Reilly | | |
| Judging Secretary Current: Linda Lawrie | | |
| News Secretary Current: Dawn Jaques | | |
| Minutes Secretary Current: Pip Weitz | | |
| Squad Director Current: Vacant | | |
| DNT Development Officer Current: Sarah Sylvester | | |

signed _____ date _____.