

LONDON REGION COMPETITION LEAGUE 2009

| | | |
|---|------------------|-----|
| 1 | Queensmead | 236 |
| 2 | Kingston Academy | 142 |
| 3 | Harrow | 123 |
| 4 | Harlington Hawks | 86 |
| 5 | Team Nova | 84 |
| 6 | Coney Hall | 75 |
| 7 | Zenith | 42 |
| 8 | Heathrow | 9 |

LONDON COMMITTEE

The London Committee have set the date for AGM as 7.30pm on Thursday 3rd September 2009 at Queensmead Sports Centre. Full details will be emailed to clubs nearer the time. All committee posts are up for election at the AGM. Although current officers generally stand for re-election, Maxine O'Reilly has stated that she will not be standing for Coach Course Organiser again. Phil O'Reilly was elected as Chair at the last AGM for a two year term. However, Phil has stated that he will not continue in this role after the AGM. The London Committee would like to thank Maxine & Phil for all the hard work they have put into those posts. The Committee would like to introduce a post of LGF Representative – this would involve the elected member in attending the LGF meetings which take place about six times per year. Currently only two clubs are represented on the Committee and it would be beneficial to the region to have a wider representation. The Committee would actively encourage London Trampoline members to consider sitting on the Committee. If anyone would like more information, please contact any Committee member. Current Committee members are: Phil O'Reilly, Maxine O'Reilly, Sabrina Dunn, Linda Lawrie, Andrew Wood, Christine Geary.

UP COMING JUDGE COURSES

| Club Judge (Trampoline) | County Judge (Trampoline) | County Judge (DMT) |
|--|---|--|
| Course No: J13/TR/CJ/2009/01 | Course No: J13/TR/CoJ/2009/012 | Course No: J13/DMT/CoJ/2009/01 |
| Dates & Times: Monday 6th April 2009 - 9:30am - 4:30pm Tuesday 7th April 2009 - 9:30am - 3:30pm | Dates & Times: Sunday 20th June 2009 - 12:30pm - 6:30pm Sunday 27th June 2009 - 12:30pm - 6:30pm | Dates & Times: Saturday 11th July 2009 - 12:30pm - 6:30pm |
| Venue: The Lodge, 217 Charlton Road, Charlton Village, Shepperton, Middlesex TW17 0SG. | Venue: The Lodge, 217 Charlton Road, Charlton Village, Shepperton, Middlesex, TW17 0SG. | Venue: The Lodge, 217 Charlton Road, Charlton Village, Shepperton, Middlesex, TW17 0SG. |

For More information please e-mail Linda Lawrie on lindajslawrie@sky.com or log onto www.london-trampoline.co.uk

APOLOGIES TO TEAM NOVA

Due to a human error on my behalf I would like to apologies to Team Nova for missing off Laura Cowling in the result section on the last news letter. Result below:

FIG B DMT Laura Cowling 1st

Andrew J D Wood - Communications Officer

London Trampolining

Harlington Sports Centre

Andrew J D Wood
Communications Officer

ROHAN NICHOL

The London Region is deeply saddened by the untimely death of Rohan Nichol. Rohan ran Camden Trampoline Club and also worked as the Club Coach for the LGF. He was a Level 4 Coach and Regional Judge and could always be found at regional events. Rohan was on the London Trampoline Committee as Development Squad Coach and had arranged training days as well as selecting a squad for the English Championships. His enthusiasm was infectious and he will be greatly missed by all. Rohan's funeral will be held at 10am on Friday 3rd April at The Five Precious Wounds Church on Brentfield Road in Harlesden, NW10 8ER

INSIDE THIS ISSUE:

Rohan Nichol 1

Olympic Birthday Celebration 2

DMT Training Dates 3

January Comp Winners/Qualifiers 3

Additional DMT/Synchro Competition 3

Competition League 4

London Committee 4

Judge Courses 4

Apologies to Team Nova 4



Photo of Rohan receiving coach of the year 2005

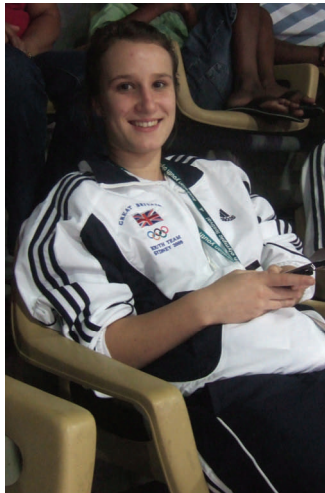
OLYMPIC BIRTHDAY CELEBRATION



Local trampoline star Emma Britton (St. George's College Weybridge) celebrated her 15th birthday 11 hours ahead of her twin sister when she reached the final of the Australian Youth Olympic Festival Trampoline Competition (for 13 -17 yrs) having been called up as reserve less than 36 hours before the team left for Sydney. She joined the 100+ strong team of athletes representing Team GB in 11 of the 15 Olympic sports taking part.

Emma, who won silver in the synchronised event at both the World and European Championships last season, said, "I knew as non travelling reserve that there was always a chance I might get called to go but I never quite expected a call 36 hours before the team were to leave the UK! I arrived at the airport with no kit but was soon sorted out and departed for Australia. It was surreal really."

Having arrived in Australia the team had a climatisation period to train, adjust to the heat and time and get to know fellow competitors in the Olympic Village. On the Wednesday before the event Team GB attended the Opening Ceremony which was staged as for the Olympics including the Olympic oath, lighting of the flame and a 'Message' from the President of the International Olympic Association.



Speaking of the build up Emma said: "It was very hot - sometimes 40degrees but we trained every day and after a few days I got used to the heat and time difference and was able to draw together several of my new moves to create a higher tariff routine than I had previously competed. The competition for our sport was on my birthday and I was delighted to find myself in the final after the first two rounds and then improve my score again to finish in 7th place overall.

Speaking of her delight at Emma's place on the team Sarah Silvester, High Performance Coach and Head of Kingston Trampoline Academy where Emma trains said, "As non travelling reserve you know that you can always be called so I had kept Emma working on sections of her new routine whilst still building strength and further skills for future competitions. She is a very good performer under pressure and after adapting to the conditions in Australia she was able to call on her previous international experience to finish as the highest placed of the two GB girls in the trampoline competition."



Summing up the event Emma said, "This was an amazing opportunity and I really didn't want to come back! It was so exciting, the camaraderie was fantastic and Australia was amazing but I couldn't have done this without the support of my coach, my school and my family".

The Australian Youth Olympics is a biannual event which aims to provide Young Athletes with an Olympic experience that mirrors the Olympic Games. Many of the athletes who have competed in this event have gone on to represent their countries in future Olympics.

Report By Lizzy Walne

DOUBLE MINI TRAMP TRAINING DATES

The London Region is pleased to offer the following training sessions:

VENUE: Harlington Sports Centre, Pinkwell Lane, Harlington, Middlesex UB3 1PB

DATES: Saturday 18th April 2009 - 12.30 – 2.00pm and 2.00 – 3.30pm – BOTH SESSIONS FULLY BOOKED
Saturday 9th May 2009 - 12.30 – 2.00pm and 2.00 – 3.30pm

Closing date for each session is one week prior to the session date. No refunds after the closing date. Anyone who turns up on the day without having booked a space runs the risk of not being able to take part if the session is full.

Performers may select which session they attend although some may be asked to change if any one session becomes over subscribed. Maximum 12 per session. Anyone may book both sessions but, as these sessions are designed around the Gala weekends, priority will be given to those competing at these events. Please ensure that you get the permission of your club to attend DMT sessions.

COST: £5 per session (cheques payable to 'London Trampolining')

For more details please contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com

LONDON GRADED NOVICE TO REGIONAL D—11TH JANUARY 2009

This event attracted 187 competitors from 8 clubs. The host club, Harlington Hawks, must be thanked for all the effort they put into the event both with the set up and the catering. Group winners were:

| | <u>Individual</u> | <u>Club</u> | <u>Team</u> | | <u>Individual</u> | <u>Club</u> | <u>Team</u> |
|---|-------------------|-------------|-------------|---|-------------------|-------------|-------------|
| <u>Novices:</u> | | | | <u>Regional F</u> | | | |
| U9 | Isobelle Bazzant | Zenith | | U15G | Ceara McDonald | Queensmead | |
| U11 | Jasmine Steyne | Team Nova | Queensmead | U15B | Tom Leakey | Queensmead | |
| U13 | Annabel Pahl | Queensmead | Queensmead | O15L | Nicola Bosson | Harlington | |
| U15 | Harriet Lea | Team Nova | Queensmead | Qualifier for Regional E: Tom Leakey | | | |
| O15 | Adean Hardy | Team Nova | | <u>Regional E</u> | | | |
| <u>Regional G</u> | | | | <u>Regional D</u> | | | |
| U11G | Tiarna Lee | Queensmead | Harrow | U15G | McKenzie Roberts | Kingston | Kingston |
| U15G | Anastasia Godbolt | Harlington | Harlington | U15B | Lewis Donovan | Kingston | |
| U15B | Ralph Habgood | Coney Hall | Harrow | O15L | Coral Lutteridge | Queensmead | |
| O15L | Rebecca George | Coney Hall | Queensmead | O15M | Ayoola Ayeni | Zenith | |
| O15M | Daniel Reed | Harlington | | Qualifiers for Regional D: McKenzie Roberts, Tegan Thewlis, Chloe Swallow, Natalie Gent | | | |
| Qualifiers for Regional F: Tiarna Lee, Anastasia Godbolt, Danielle Swift, Afua Owusu-Addo, Erin Cooper, Courtney St Lewis Davis, Ella Osindeinde, Phoebe Watson, Gemma Leggatt, Ralph Habgood, Rebecca George, Sangita Misrty | | | | <u>Regional D</u> | | | |
| | | | | U15G | Rebecca Hallam | Queensmead | |
| | | | | O15L | Christine Szekely | Kingston | Queensmead |
| | | | | O15M | Jack Coward | Queensmead | |

Apologies for any errors or omissions.

ADDITIONAL DMT & SYNCHRO COMPETITION IN JUNE 2009

The London Region is providing an extra Synchro/DMT competition. This event will be held on Saturday 6th June with the estimated starting time of 1pm. The event will cater for all grades in both disciplines. It will also give an opportunity for National Final qualifiers to practice their routines/passes or maybe try out new skills in a competition environment. Full details have been emailed to clubs or can be found on the London website.