

# London Trampolining

Sunday 21st March 2010  
Harlington Sports Centre

Andrew J D Wood  
Communications Officer

## CHANGES IN THE GRADES

Welcome to first edition of the London News Letter for 2010 and to the second regional competition of the year. You may have already noticed that there has been a bit of an overhaul when it comes to the tier groups and how the qualifications work for 2010. As it is I have recently joined the National Trampolining Competitions Committee as the scores coordinator. For this reason I thought it would be a good idea to give you all a heads up on the changes that have been made. Suffice it to say, at regional level it has remained fairly simple with a few alterations.

So the question you may be asking yourself is 'What has changed exactly?' The first thing you may have already noticed is the name change for the regional tier groups.

What was once called Regional G/F/E is now called Assessment G/ F/E. However Regional D remains the same. So why are they not all the same? The reason being is to establish a difference between the aims of the Assessment levels to those at Regional D.

*Assessment Level* (G to E) is designed for the new upcoming gymnast to become accustomed to competition rules and regulations. Aside from the name change, the method of qualifying has been altered. Assessment Level is purely based on performance i.e. how well a gymnast completes their routines. In order to qualify through the Assessment Levels a gymnast has to achieve a qualifying score. This rule still applies, however this year there has been an additional qualifying method brought in across all the lower grades. This method is called the 'High Enhanced Qualification Score' (HEQS) or, to make the abbreviation less confusing, a "leapfrog score". This literally means what it says, those gymnasts who obtain leapfrog score can have the option to leap from their current group up by 2 tier groups. To do this they have to obtain a score higher than the set requirement for qualifying at their grade. So for example, if a gymnast competes at Assessment G and achieves the leapfrog score they can (if able) leapfrog from Assessment G straight to Assessment E missing out Assessment F. Of course a gymnast can opt to go up 1 tier group or not at all if they are not ready. This has been established to help fast track gymnasts with exceptional talent.

*Regional D* however has had a complete rebuild of the qualifying method. Regional D is the highest level within our regional competitions. This is the first real competition level in line with the Long Term Athlete Development (LTAD). Regional D is aimed at the gymnast for learning to compete.

The method for qualifying to national level has changed somewhat from last year. The old method entailed the gymnast obtaining plus points. For 2010, this has completely changed. Regional D is now recorded centrally within the National Competitions Committee. This is where I come in as scores coordinator. The idea is to match the qualifying structure at national level. The qualifying structure is no longer plus points - it is now called a 'Promotional Offer'.

# CHANGES IN THE GRADES (CONTINUED)

A Promotional Offer is achieved by one of two ways:

The first way is by a gymnast being ranked within the top 20% (after the second round) of their group and also have a minimum score of 49.00 or above. If a performer obtains the top 20% and not the minimum score then they are not awarded a promotional offer.

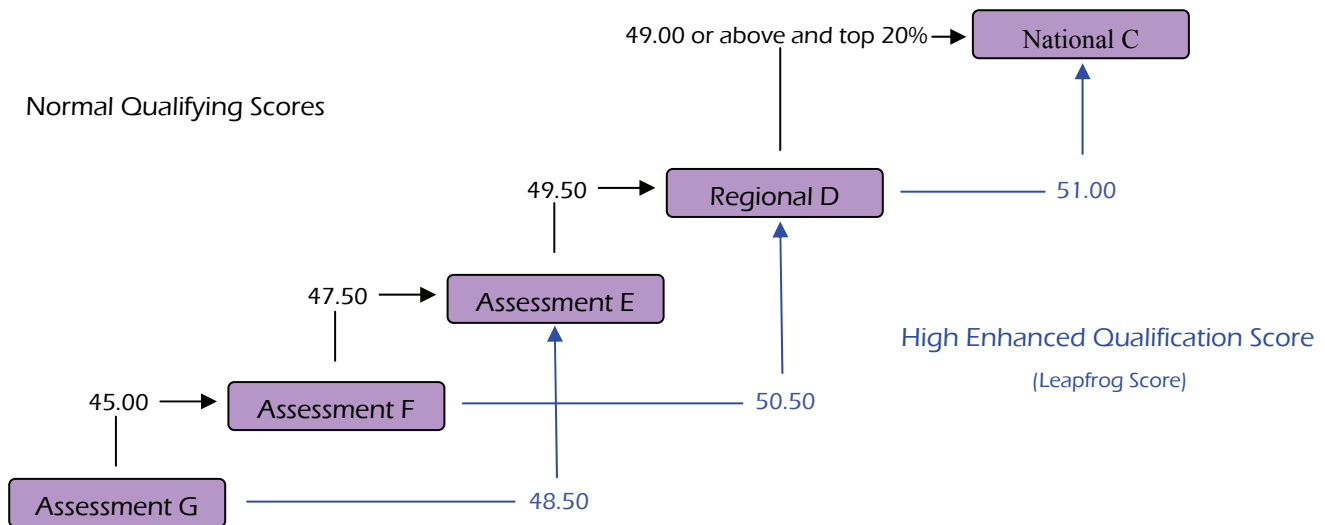
The second way is if the gymnast achieves the new HEOS of 51.00 or above. In this case position of the performer is not taken into consideration.

A Promotions Offer will only be valid until they compete again. If the offer is not used at the next competition then it will be rescinded and they would need to requalify.

For more information on all changes for 2010 please log onto [www.bg-coaches.org](http://www.bg-coaches.org) and download the handbook. At all levels (except FIG A) now there are no longer zero finals. All regional levels have reverted back to accumulative finals.

I hope this has helped explain the changes for all regional competitions for the upcoming year. If you have any further questions feel free to ask me or email me on [awood@hillingdongrid.org](mailto:awood@hillingdongrid.org).

Below is a diagram of the regional qualifying system.



The London News Letter will go out at all events except the November DMT/Synchro competition. If you or your club would like to submit an article please email to me on [awood@hillingdongrid.org](mailto:awood@hillingdongrid.org).

To conclude I would wish you all the best for 2010.

Andrew J D Wood  
Communications Officer

# LONDON REGIONAL G, F, E & D AND NOVICE – 10<sup>TH</sup> JANUARY 2010 - HARLINGTON SPORTS CENTRE

This event proceeded despite the bad weather but sadly some competitors couldn't attend.

<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	Mialara Coleman	Queensmead	U15G	Lucy Gilfrin	Queensmead Kingston
U11	Maia Charles	Queensmead	U15B	Terrell Jacobs	Harrow
U13	Danielle Hurford	Team Nova	O15L	Melissa Soden	Kingston
O13	Adeane Hardy	Team Nova	O15M	Rian Jacobs	Harrow
<u>Regional G</u>			<u>Regional E</u>		
U15G	Amanda Tropp	Queensmead	U15G	Anastasia Godbolt	Harlington Harlington
U15B	Noah Gill	Harrow	O15L	Coral Lutteridge	Queensmead Queensmead
O15L	Hibari David	Queensmead	O15M	Matthew Payne-Davis	Harlington
O15M	Daniel Reed	Harlington	Qualifiers for Regional D: Anastasia Godbolt, Matthew		
O15M	Tom Webb	Camden	Payne-Davis, Jake Parsons		
Qualifiers for Regional F: Amanda Tropp, Stephanie Cole, Noah Gill, William Godbolt, Hibari David, Chelsie Williamson, Laura Flaxman, Charlotte Casey, Charlotte Hazell					
			<u>Regional D</u>		
			U15G	Tegan Thewlis	Zenith
			U15B	Lewis Donovan	Kingston
			O15L	Georgia Heaton	Kingston
			O15M	Mark Everett	Team Nova

Apologies for any errors or omissions.

## JUDGING

Congratulations to the following who passed the recent Club Judge course – Francesca Boote, Katie O'Neill, Karla Palmer, Stephanie Smith, Emma Wallace.

There is a County Judge course on 10<sup>th</sup> 24<sup>th</sup> April and the next Club Judge course is on 19<sup>th</sup> & 26<sup>th</sup> June. Details are on the London Trampoline website or contact Linda Lawrie on [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

## LONDON DMT SESSIONS

Saturday 17<sup>th</sup> April 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

Saturday 15<sup>th</sup> May 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

Saturday 10<sup>th</sup> July 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

All sessions in Harlington. Contact Linda Lawrie on 01932 780313 or [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

## LONDON COURSES

### Club Judging Course

Course no: J13/TR/CJ/2010/03

Dates & Times: Saturday 19<sup>th</sup> June 2010, 12.30pm – 6.30pm & Saturday 26<sup>th</sup> June 2010, 12.30pm – 6.30pm

Closing Date: Monday 14<sup>th</sup> June 2010

### County Judging Course

Course no: J13/TR/CoJ/2010/02

Dates & Times: Saturday 10<sup>th</sup> April 2010, 12.30pm – 6.30pm & Saturday 24<sup>th</sup> April 2010, 12.30pm – 6.30pm

Closing Date: Monday 5<sup>th</sup> April 2010

All courses in Shepperton. Contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com

### Swescore Course

Dates & Times: Saturday 10<sup>th</sup> April 2010, 2.00pm – 4.00pm

Closing Date: Tuesday 6<sup>th</sup> April 2010

Course held at Harlington Sports Centre. Contact Andrew Wood on 0208 5693211 or awood@hillingdongrid.org

## LONDON COMPETITION LEAGUE 2010

The points system for this has been revamped with only the top three in each group now getting points as follows: 1<sup>st</sup> – 5 points, 2<sup>nd</sup> – 3 points, 3<sup>rd</sup> – 1 point.

<u>CLUB:</u>	<u>Graded</u>	<u>Graded</u>	<u>Synchro DMT</u>	<u>Graded</u>	<u>Graded</u>	<u>Closed</u>	<u>Synchro DMT</u>			
	<u>12<sup>th</sup> Jan:</u>	<u>21<sup>st</sup> March:</u>	<u>5<sup>th</sup> June:</u>	<u>5<sup>th</sup> June:</u>	<u>6<sup>th</sup> June:</u>	<u>10<sup>th</sup> Oct:</u>	<u>10<sup>th</sup> Oct:</u>	<u>7<sup>th</sup> Nov:</u>	<u>7<sup>th</sup> Nov:</u>	<u>TOTAL:</u>
1 Queensmead	51									
2 Harrow	27									
3 Harlington Hawks	23									
4 Kingston Academy	21									
5 Team Nova	19									
6 Zenith	8									

## NEXT NEWS LETTER—JUNE CUP

The next news letter will be issued at the June Cup competition held on Sunday 6th June 2010. If you would like to include an article please could you email to me (awood@hillingdongrid.org) by Monday 31st May 2010.

Thank you,

Andrew J D Wood

Communications Officer