

# SEPTEMBER 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 24hr bounce	20 24hr Bounce <u>Child Welfare</u> <u>Course</u>
21	22	23	24	25 Youth Match	26 Youth Match	27 Youth Match
28	29	30 Prague				

# OCTOBER 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Prague	2 Prague	3 Prague & N/W Closed	4 Prague &
5	6	7	8	9	10	11 Regional's
12	13	14	15	16	17 Sainsbury's bag pack	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

City of Salford Trampoline Club

# Tramps Gazette



Newsletter Date: 1st September 2009

Issue No: 1

## National Bye Bye

Finally the Nationals have come and gone, with a strong showing from the City of Salford this year. The Club had seventeen participants this year with some doubling up to do DMT (Double Mini Trampoline). Sasha, Emma, Hannah and Tom were all bouncing for selection for International competitions, over the next few months. The club this year had a stronger showing with in the DMT National finals, with some of our club members now taking a greater interest in the sport.

Leading up to the Nationals all was running smoothly until the Thursday before travelling down to the competition Jon (AKA: Courtney Warne), went and twisted he ankle whilst dismounting from the DMT. Jon who was a favourite at the books this year to take a medal, had to sit on the side line and watch. She was seen making endless notes on her opponents weaknesses. Jon was unavailable for comment but her manager said, "she is looking forward to getting back to training and can not wait for next years competitions".

Nationals weekend had started, warm ups were running just as smooth as training, that was until Nick decided to do a 'half twisting in, to splat', whilst performing his Vol. After a late night emergency

meeting held between Steve and Woody (which was alcohol free!!!!) It was decided after many hours of deliberation that there was nothing else to do than give him a good kicking. Luckily due to the late finishing time of the meeting Nick was fast asleep and putting the incident behind him. Morning came and went with Dawn putting in a solid performance, after which things became a blur as they often do at the Nationals for the poor coaches. One after the other our trampolinists performed and by the end of the day Steve had to call yet another emergency meeting at a local bar which went on late into the night, this was turning out to be a very long weekend!

***"After a late night meeting held between Steve and Woody (which was alcohol free!!!!) It was decided after many hours of deliberation that there was nothing else to do***

After Steve's massive six hour power point presentation in the bar on how we were to proceed over the next twelve hours, the important day of the National Finals began. Sasha, Hannah and Tom had all achieved the Final day and were ready to rumble. This was where things diverted slightly from Steve's well laid out late night 'power point presentation', which had ended with a badly drawn doodle of the club celebrating winning Nationals. The girls and boys gave their all to achieve their dreams, but the battle was lost this time and in the end they came up short. Just like the phoenix from the flames we will rise from the ashes stronger and with all though we have that bitter taste of defeat, the girls and boys of Salford will be back to kick bony butt and show the rest of the country that we are back and thirsty for more...



**Who's fat  
why I  
ought  
to....!**

## 24 Hour Bounce Is Back On Baby

Just when you thought it was safe to get back in the water BAMB! It hits you the 24 hour bounce is back and it needs your support. This is open to everyone and will require planning of the highest levels. Over the following weeks I will be asking for some of the parents to help with the organising of this monster of an event. It is a great experience and we require all squad members to take full responsibility to raise a minimum of £100 each. This money is a vital blood source for the club and will help to re-new some of the club's equipment, or help fund courses to help improve the club and its members. It is not a lot to ask for some of your time over the twenty four hours and this does not mean you can come for just a hour or so.

There will be chance for our recreational side to join in the fun with help from Mig and her boys too. We also have our special needs team from Springwood who enjoy the use of our facility who will be rolling their sleeves up and mucking in. There is one draw back and that is the child welfare course on the Sunday, which means that if you are on that course you will need to go home over night but this doesn't mean you can miss the event in the day. This is a family club and we need this social aspect to build bonds so we can enjoy these good times. Parents can bounce too, get your knees up and have some fun.

## Sainsbury's Packing Bags

On the 10th October 2009 we have arranged with the good people at Sainsbury's at Heaton Park to do a Bag Pack. This is a vital piece of fund raising and advertising. We can use this to try and drive our recreational and high class performance products. Gymnastic and Trampoline recreation sessions are vital sources of revenue that we need to stay open. We require all families to take a part in all the fund raising that we do.

Over the next few weeks I will be asking for one of the parents to put a list together of who is doing what time etc. I expect to find everybody who is a member of the club to be there for at least an hour to help their club raise funds for equipment and the means to better their training. If you are not on the list you will require a very good explanation as we will not accept the same people doing all the work.

## Trampolinist of the Quarter

The newsletter is to be produced once a quarter, inline with this we will be awarding a £10 book voucher to the trampolinist who shows a good level of improvement and dedication to their training and competition. This is not just based on what place you achieve at competition or what internationals you have been selected for. The selection criteria will be based on your all round attitude to training, dedication and participation in club activities. This can be won by anyone that impresses through the quarter. Making this selection was a difficult one, with so many of you impressing. I would like to congratulate: Harry Newbold, he has shown dedication to his training and proven that with hard work comes reward. Harry has progressed with speed and will now be looking forwards to competing in Prague and then his Regional D competition for hopefully the last time the weekend later. Keep up the good work to all of the squad members as next time it could be you!



Harry Newbold-Cuzons

## It's a child welfare thing!

The Club has organised a child welfare course that will be held at Salford on the 20th September 2009. This is the only day that we could do the course and the club requires eight volunteers to step forward and do the course. This course is a must for British Gymnastics and Gym Mark accreditation. According to the rules set out by our governing body our club should have at least one child welfare officer at every competition or event we attend. Currently the club has NO child welfare officer.

**“Currently the club has NO child welfare officer”.**

The course will start at 09:30 and last all day finishing about 17:00. The cost of the course is £50 and £5 for your CRB, you will also be required to be a member of British Gymnastics which I believe is £15.00. Please remember that this is for the protection for your children and to help the club move forward. We require the child welfare in place to attain Gym Mark which will allow us to apply to more grants and with greater success. Please speak to Stephen ASAP and get your name on the list we need just eight people.

## International Girl's

Congratulations to the following people Sasha, Emma and Hannah for their achievement in being selected to represent the British team in various International events. Sasha has been selected to take part in the Flanders Cup and the Germany V's GB youth match in which Hannah will be a travelling reserve. The Worlds selection has been announced with Emma and Sasha both being selected to represent GB the worlds will be held in Russia in St Petersburg.

**“one day this could be your son or daughter”**

Due to the nature of our sport the governing body do not have the funds to pay for these events and it now falls on the families to raise the capital needed to send their sons and daughters away to represent the country. I would like to ask all parents to note that one day this could be your son or daughter and you will have the same issues, so we want as a club to find some form of sponsorship to help with the costs. We are also in need of permanent sponsorship that would help the club with uniforms, track suits etc.

## Congratulations to:

In this section we will be looking to the outside world, to what people are achieving outside of trampolining. Each quarter we will do a small piece on a person or a activity which has effected a member/members of our squad. For the first quarter of this newsletter I would like to draw your attention to Emily Ramsey. This young lady is an up and coming star in not just trampolining but also lady's football goalkeeper. She recently won the cup with her football team and was invited to

trial with Manchester United. At the end of the trial United were that impressed that they offered Emily a place in their squad even though she is under the required age for there squad. Emily made the choice to turn down the chance as she is still young and wants another season with her current team, (plus she would have to give up trampolining!). So well done to Emily and we will watch her football career with much anticipation as well as her trampolining career.