

HARROW TRAMPOLINE CLUB



NEWSLETTER SEVENTY EIGHT – July 2011



SUMMER TRAMPOLINE SESSIONS

We would like to remind everyone that the trampoline sessions continue over the summer as normal.

Once again, Canons Sports Centre are offering a great deal on trampoline classes over the summer where they are offering 7 lessons for the price of 4 and you can book these sessions now.



Sundays

10:45 (5-9 years)

11:30 (Age 10-adult)

10th July

17th July

24th July

31st July

7th August

14th August

21st August

Wednesdays

6:00 (5-9 years)

6:45 (Age 10-adult)

7:45 (Adults only)

13th July

20th July

27th July

3rd August

10th August

17th August

24th August

You are all welcome to book these sessions, whether you usually come to Canons or to Harrow.

At Harrow Leisure Centre, for the summer term only we will be opening our drop-in sessions on Tuesday and Thursday evenings to our 5-9 year olds. The times are:

Tuesday 5:00 – 6:20 and 6:20 – 7:40.

Thursday 4:40 – 6:00

£4.20 per session

Saturday 9:40 – 11:40

Come for any part of the two hours or all of it for only £5.00

We hope to see as many of you as possible over the summer

T-SHIRTS AND HOODIES



We have a number of people wanting to order t-shirts who missed the last order. If you are one of those people, please see Jan or Kelly for an order form asap as we are placing another another order this week.

SUMMER COURSES

We have three separate summer courses at the beginning, middle and end of summer on Friday 29th July, Friday 12th August and Wednesday 31st August so hopefully we can accommodate everyone. If you would like to book a place, please see Jan or Kelly.

MONTHLY ACHIEVEMENT AWARD



Although Emma appears the most deserving for the achievement award for **May** we have decided it should go to **Joseph Vaughan** as Emma did not maintain her somersaults and is still working on them.

Three people were nominated for May

1. **Joseph Vaughan** – Joseph comes trampolining on Saturday mornings and he has nominated himself for doing good stopping.
2. **Noam Vaughan** – Noam also comes trampolining on Saturday mornings and he was nominated for passing badge one.
3. **Emma Daggett** – Emma says “After a very long time I can now somersault on my own. When I did them with support I was scared but Kelly told me to go in the rig because they were good. I have now gained a lot of confidence.



We only received one nomination for **June** which goes to **Reanna Gregory**.

Reanna now comes trampolining three times a week, to both Harrow and Canons and has recently joined the Squad. She says “*I completed my badge 5, badge 6 and my basic skills medal, all in one month*”.

Congratulations Reanna, you are a very worthy winner.

THE NOMINATION FORMS ARE AVAILABLE FOR EVERYONE TO FILL IN DURING THE MONTH TO NOMINATE EITHER YOURSELF OR SOMEONE YOU THINK SHOULD RECEIVE THIS MONTHLY AWARD

WELCOME TO THE SQUAD

We would like to welcome Rasharn Akinlade, Aaliyah Dadzie, Reanna Gregory and Ife Njock-Barnes to the Squad. We hope you enjoy being a member of team and look forward to seeing you at the next competition in October.

If anyone else would like to compete, please see Jan or Kelly for details.

LONDON YOUTH GAMES



The teams for the London Youth Games teams for both Harrow and Brent went to Crystal Palace and 106 competitors competed from 28 London Borough's. First place went to Kingston Upon Thames with a score of 159.6. Harrow came 15th with a score of 135.8 and Brent came 21st with a score of 128.5.



Individual marks were as follows:

HARROW

Tianna Lee	35th	47.0
Noah Gill	41st	45.8
Lewis Nagle	86th	39.4
Amanda Tropp	100th	33.1

BRENT

Shadi Fakouri	61st	43.3
Katie Tropp	64th	42.9
Ashleigh Tropp	67th	42.3
Mikaeda Sawyers	72nd	41.8





Congratulations to Kelly for passing her driving test

LONDON REGION SQUAD TRIALS

On Sunday 19th June, Noah attended the London Squad Trials at Harlington Sports Centre, accompanied by myself, his father and my mum.

The trials allowed people to compete at both individual and syncro trampolining as well as double mini tramp. Noah competed in the individual trampolining for a place in the London Squad team.

The trials were split into two groups - Elite, for those competing at FIG A, FIG B and NAT C and the Development group consisting of Grades D, E, F and G. Noah, who is currently Grade E, jumped exceptionally well, especially in his voluntary routine where he confidently performed a one and three quarter front somersault to back, followed by barani ball (one and a quarter front somersault returning to feet). This paid off as Noah finished in an amazing 9th position with a score of 48.5 out of all 36 competitors and 4th out of the 17 Grade E's.

Despite his excellent performance however, Noah was not selected for the team but well done anyway.

Written by Kelly Booth

BADGE PASSES



3 STAR AWARD

Orli Meyer
Ellie Stone
Abi Levy
Ruby Sillars
Daniel Lee-Ajala
Louise Jarvis
Aaliya Rehemtulla
Aamani Ruparell

6 STAR AWARD

Priya Patel
Leo Yiallourous

BASIC SKILLS MEDAL

Aaliyah Dadzie
Emma Daggett
Josh Neil
Zoe Tearle
Rory O'Shaughnessy

1 STAR AWARD

Hannah Begg
Harleen Panesar
Lexi George
Krish Visavadia
Jamie Hall
Jamal Begg

4 STAR AWARD

Apiraa Jasotharan
Mia Curtis Fox
Jordan Cunningham
Tali Batsir
Jordan Cork
Aaliya Rehemtulla
Calum Traynor



2 STAR AWARD

Casey Rigby
Lexi George
Orli Meyer
Laila Talukder
Yasmin Talukder
Simran Panesar
Zoe Burr
Ciara O'Shea

5 STAR AWARD

Khalil Chaudhry
Aimee Soller
Michaela Thompson
Dillon McLaren

BRONZE MEDAL

Tara O'Shea
Reanna Gregory