

# HARROW TRAMPOLINE CLUB

NEWSLETTER SIXTY SEVEN – May 2009



## ACHIEVEMENT OF THE YEAR AWARD

Firstly, we would like to say well done to Shannon, Thiviya, Peter and Matthew Choy, Emily, Rachel Lewis, Matthew Angelides, Rianna, Henna-Deva, Rian and Terrell who were all nominated to receive this award.

Having so much talent within the Club made choosing who should receive the award immensely difficult, hence you had to wait until now to find out who received it.

When deciding who most deserves the award, we don't only look at the moves you learnt but also the journey you made to get there. We use your Squad folders for this where we have your goal sheets, competition results and drill sheets. We also consider your attitude during training sessions as well as the skills and badges achieved during the year.

Some of you worked steadily through your drill sheets, achieving lots of new moves whilst others overcame psychological barriers, learning moves that you thought were far beyond your capabilities and we recognise all these achievements. We did notice some of your folders were far more up to date than others and as this presented us with our biggest dilemma when making our final decision.

From the 11 nominations there were 3 who immediately stood out and after further consideration, we reduced this to 2 as one person joined the Squad in the summer, so we decided it would be unfair to include them in an annual achievement award.

After months of deliberation, discussions and secret challenges set to the remaining two, they remained neck and neck and we still couldn't come to a decision.



We decided to take a break from our decision making for a few weeks, then re-evaluated everything, looking at all the positive achievements and taking into consideration where there were shortcomings before finally making our decision.

So, the Achievement of the Year Award for 2008 went to someone who, after returning to trampolining following a terrible accident went from strength to strength. Last year he competed in the majority of competitions, bringing home two trophies. He achieved 4 of the 6 goals he set himself for 2008, which included a full twisting back somersault, rudi (1½ twisting front somersault) and both of his long term goals, one of which was a double back somersault out of the rig. To achieve this, he went through a traumatic psychological battle while working through a countdown sheet of 50 perfect somersaults in preparation for removing the belt and it was a big day for everyone when in September, Matthew Choy came up to us and said "I've done my 50 so I want to take the belt off" ... and then did.

Our thanks go to Rowan Nicol for all the support and reassurance he was able to offer during this stressful time for Matthew.

## PERSONALISED CLUB T-SHIRTS



For those of you who missed the recent order of t-shirts, we will soon be placing another order so please ask one of the coaches for an order form.

# LONDON GRADING - HARLINGTON 29 MARCH

Well done to Emily Plunkett who qualified to Grade E and to Paula O'Halloran who missed qualifying to Grade F by 0.1

## Under 11 Girls Regional G

9th	Rianna Gohil	42.1	Team 2nd
11th	Thiviya Sivakanthan	41.6	Team 2nd
13th	Henna Deva Shah	39.3	Team 2nd
16th	Shannon Swift	34.4	Team 2nd
18th	Sarah Lewis	8.1	
	Daisy Eagleton	Withdrawn	



## Under 15 Girls Regional G

16th	Monique Munro	43.8	Team 4th
17th	Rachel Lewis	42.6	Team 4th
22nd	Rachel Goldstein	42.6	Team 4th
	Jessica Harty	Withdrawn	
	Danielle Swift	Withdrawn	



## Under 15 Boys Regional G

2nd	Rian Jacobs	67.8	
6th	Terrell Jacobs	65.5	Team 1st
7th	Beeshman Sivakumaran	65.4	Team 1st
8th	Matthew Angelides	65.1	Team 1st
10th	Noah Gill	39.1	Team 1st
	Lewis Nagle	Withdrawn	



## Over 15 Ladies Regional G

11th	Paula O'Halloran	44.9	Team 5th
14th	Jan Harley	44.2	Team 5th
21st	Nicola Berkley	42.1	Team 5th
	Olivia Desborough	Withdrawn	

## Under 15 Girls Regional F

1st	Emily Plunkett	78.3	
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## Under 15 Girls Regional E

5th	Abigail Humphreys	65.6	
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## Under 15 Boys Regional E

4th	Peter Choy	59.5	
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## Over 15 Ladies Regional E

3rd	Bharti Chauhan	71.8	Team 1st
4th	Martha Mills-Perkins	68.3	Team 1st
6th	Daniella Moszoro	69.4	Team 1st
	Sarah Chisholm	Withdrawn	



## Over 15 Ladies Regional D

1st	Kelly Booth	79.7	
	Alexandra Nolan	Withdrawn	
	Nadine Coton	Withdrawn	

## Over 15 Mens Regional D

2nd	Matthew Choy	77.9	
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# DOUBLE MINI TRAMP



*The DMT equipment*



*Monique Munro doing a front somie dismount*

On Saturday 9th May we had a Squad outing to Harlington Sports Centre where we experienced an exciting afternoon of DMT with Linda Lawrie.

We all had an amazing time and the parents who came to watch were really impressed. Comments afterwards included:

*"It was really fun but really scary but then I was really good at it"*

*"It was really fun and different and I never thought I could do it"*

*"One and a half hours is not over yet!?!"*

*"I went first and landed on my bottom which hurt but by the end I could do a front somersault"*

*"It was really cool, I learnt stuff so quickly and I found it quite easy"*

*"I definitely want to do it again, really soon"*

*"It was really fun and daring"*

*"It was excellent and really good"*

*"When I first jumped on the edge to practice jumping off I never thought I would be able to somersault off at the end of an hour and a half – wow"*

## BADGE PASSES

### 1 STAR AWARD

Annika Mehta  
Harshil Mehta  
Alex Strauss-Jones  
Samantha Berkoff  
Diyana Shah  
Aanya Gardi  
Rianna Khakhria  
Benjamin Jenks  
Samuel Jenks  
Jamie Cooper  
Tulsi Shivaanand

### 4 STAR AWARD

Oliver Harta  
Sandhya Sivakanthan  
Ayana Louisy  
Priyanka Gundecha

### 5 STAR AWARD

Komal Shah  
Rashuan Akinlade  
Elisabeth Joyce  
Rowan Nagle

### 2 STAR AWARD

Asha Dudhia  
Rimi Dudhia  
Rahil Mehta  
Minal Shah  
Ciara Daukintis  
Diyana Shah  
Anhnika Mehta  
Sam Deal  
Zan Farooqi  
Kaira Patki  
Shay Patel  
Toby Deal  
Kush Patel

### BRONZE MEDAL

Shannon Swift  
Louisa Sober  
Riyanna Morjaria  
Bhavna Datta  
Benjamin Sparke

### GOLD BADGE

Emily Plunkett

### 3 STAR AWARD

Rachel White  
Lara Turner  
Priyanka Gundecha  
Matthew Ng  
Julia Lukasik  
Siddhant Patki  
Kush Patel  
Asha Dudhia  
Sam Deal

### 6 STAR AWARD

Gaby Segal  
Riya Mehta

### SILVER MEDAL

Henna Shah

### GOLD MEDAL

Matthew Angelides  
Noah Gill

## MONTHLY ACHIEVEMENT AWARD



The achievement award for **April** goes to **Matthew Angelides**

Matthew is one of our most dedicated Squad members, training regularly at Harrow Leisure. During April he worked tirelessly to improve his front somersaults to develop them into a barani. His positive attitude during training not only helped him to achieve this move to a high standard but also allowed him to develop his back somersault to a standard where he could safely perform it on his own. He is now able to link two back somersaults together.

Well done Matthew – keep up the excellent work.



The achievement award for **May** goes to **Bansri Dodhia**

Bansri trains with the Squad at Harrow Leisure Centre and has struggled for a long time to gain confidence. She has been ready for many months to perform a back somersault independently and after a long process involving many teaching techniques including hand support, the somersault belt and finally, a video camera, together with lots of encouragement from her Coaches, she has finally realised that not only are back somersaults easier than front somersaults but that she can do them a lot better!

Well done Bansri and we look forward to your next big achievement.

## WWW.SAYNOTO0870.COM

Do you have a telephone package where you can make free calls but you are still charged for calling 0845 and 0870 telephone numbers.

If you log on to this website, you can enter the 0845 or 0870 telephone number you wish to call and it will give you a landline alternative.

It is very effective and most major companies are registered.

Save the site to your favourites today.

### **FOR SALE**

Glitter club leotard. Will fit a child approximately 8-11 years  
Excellent condition – like new. See Jan for more details.

## LONDON YOUTH GAMES

Trials took place for the London Youth Games on April 25th and those selected for the team are Alex Nolan, Matthew Choy, Nadine Coton and Rebecca Hallam from Queensmead.

The reserves are Peter Choy (first reserve), Lewis Nagle, Martha Mills-Perkins and Matthew Angelides.

Congratulations also to Kelly Booth, Shadi Fakouri and Rianna Gohil who were selected to represent Brent.

## TERRY JACOBS

Thank you to everyone for your donations to Cancer Research following the sad death of Terry. You will be pleased to know we sent a cheque to Jenny and the boys for £347.75 along with our best wishes.

## 5k RACE FOR LIFE



On June 28th, a group of our parents are taking part in the RACE FOR LIFE (for females), in memory of Terry Jacobs and to raise money for Cancer Research UK. It was something Terry was keen for us to do.

We will be part of 3750 women who will walk, jog or run 5k to help smash the fundraising target of £310,500 for Cancer Research UK.

There is already a group of ladies registered from the club including myself and Jen Jacobs, Alyson Angelides, Karen Fakouri, Jenny Choy, Nadine and Kelly but we would love to have more of you join us. It will be a very social morning and not a competitive event. If you are interested in taking part or sponsoring us, you can contact me on 07801 427889 or email [jacqui@staggeringwines.co.uk](mailto:jacqui@staggeringwines.co.uk)

The event will take place on Sunday 28th June at 11am in Cassiobury Park, Watford. Once we have a list of all who are going we will organise meeting up and we will probably need to be there around one hour before the start.

If you interested in finding out more about the event you can visit [www.raceforlife.org](http://www.raceforlife.org)

Hope you can join us.

***Jackie Plunkett***

*In loving memory of Terry Jacobs*  
*Sunrise 20th February 1963 – Sunset 10th April 2009*