

# HARROW TRAMPOLINE CLUB

NEWSLETTER SEVENTY THREE – July 2010



## ACHIEVEMENT OF THE YEAR AWARD



The winner of the Harrow Trampoline Clubs Achievement of the Year Award for 2009 goes to someone who has, in true spirit of this award, impressed all the Coaches in all areas of Squad life.

This year's winner is highly dedicated; which was shown by the whopping 170½ hours of training they had signed off in their folder during the year!

Looking back at their 2009 goal sheet and drill sheets was a true testament to just how far this person developed last year- achieving all goals set and passing both gold awards.

Many people would agree that this year's winner has come on in leaps and bounds but few will realise just how far this journey has been!

At the start of 2009 their short term goal for March was to do a front somersault without support but by the end of 2009 they could also do tucked, piked and straight back somersaults as well as back somersault to seat and back landings. In addition to this they can link somersaults, do baranis in all shapes, crash dive ball out, lazy back, corkscrew and double cat twist, not forgetting the double back somersaults and one and three front somersaults they are learning in the overhead rig!!

As a regular competitor and respected team member this person has moved their way up the competition ladder and has managed to qualify to grade F with a tariff of 2.9 and was recently selected to represent the Borough of Harrow at the London Youth Games.

As many of you will have guessed by now, this year's award goes to..... *NOAH GILL*

Congratulations Noah

## TRAMPOLINING OVER THE SUMMER AT HARROW LEISURE CENTRE

Trampoline sessions continue to run, as normal, over the summer holidays so we are hoping to see as many of you as possible.

If you come the 5-9 year classes you are welcome to come to our drop in sessions over the summer holidays at Harrow Leisure Centre.

**Sessions cost £3.20 per hour and are:**  
**Tuesdays - 4:45 and 5:45 and 6:45**  
**Thursdays - 4pm and 5pm**

# TRAMPOLINING OVER THE SUMMER

## AT CANONS SPORTS CENTRE

Canons Sports Centre are offering a special deal where you can book up 7 sessions and pay for just 4. This costs just £18.00 for 5-9 years and £20.00 for 10+ and adults. The dates you can choose from are as follows:

<u>Sundays</u>	<u>Wednesdays</u>
11th July	14th July
18th July	21st July
25th July	28th July
1st August	4th August
8th August	11th August
15th August	18th August
22nd August	25th August

## LONDON GRADING - HARLINGTON 6th JUNE

Well done to Monique Munro who qualified from Grade G to Grade F and to Peter Choy who qualified from Grade E to Grade D. Commiserations to both Noah Gill and Beeshman Sivakumaran who missed their qualifying marks by only 0.2.

Many thanks to Olivia Desborough, Rathy Sivakanthan and Jan Harley who gave up their day in order to judge and to Jenny Choy and Sue Munro who were competition marshals.

With only 12 entries we were very short of supporters and the general opinion seems to be that as a Club, we should revert back to the old system where we remain at the competition all day in order to give support to our Club Members and reduce the entry fee.

The results are as follows:

<p><b>Over 15 Boys Regional E</b></p> <p>2nd Peter Choy 75.6 Qualified</p>	<p><b>Under 9 Novice</b></p> <p>5th Sandhya Sivakanthan 44.9</p>
<p><b>Under 11 Girls Regional G</b></p> <p>6th Sophie Harris 42.1</p>	<p><b>Under 15 Boys Regional F</b></p> <p>2nd Noah Gill 71.5</p>
<p><b>Under 15 Girls Regional G</b></p> <p>2nd Monique Munro 70.0 Qualified</p> <p>13th Keryn Miller 43.8</p>	<p><b>Over 15 Boys Regional G</b></p> <p>2nd Beeshman Sivakumaran 68.0</p> <p>4th Jonny Gomm 60.6</p>
<p><b>Under 15 Boys Regional G</b></p> <p>3rd Kit Gillman 67.2 Team 1st</p> <p>4th Benjamin Sparke 66.2 Team 1st</p> <p>5th Lewis Nagle 65.6 Team 1st</p>	<p><b>Under 19 Mens Regional D</b></p> <p>2nd Matthew Choy 75.8</p>

## LONDON YOUTH GAMES



The London Youth Games took place at Crystal Palace this year on Saturday 19th June.

Noah Gill, Matthew Choy, Alex Nolan and Tianna Lee (from Queensmead) were selected to represent Harrow with Shadi and Rianna competing for Brent. 28 London Boroughs took part and Harrow finished 10th with Brent close on our heels in 14th place.

There were 110 competitors with Nicola Richmond from Bromley finishing in 1st place with an overall score of 56.0.

Our results are as follows:

25th	Matthew Choy	48.5
35th	Alex Nolan	47.2
44th	Tiana Lee	46.6
47th	Noah Gill	46.4
62nd	Shadi Fakouri	43.3
72nd	Rianna Gohil	41.4



## BEESHMAN ON COACHING COURSE

Beeshman attended a Level 0 Coaching Course at the beginning of June which qualifies him to both teach and examine the moves up to and including hands and knees forward turnover and forward turnover to back landing.

The course took place at a small youth club in Greenwich and was run by your very own Jan Harley who, after three years of training to be a Course Tutor was finally let loose with her own course.

*The course was very enjoyable.*

*We arrived after a terrible two hour journey (because the Blackwell Tunnel was closed and when we did finally arrive I did not feel like staying as the venue wasn't exactly pleasant as they were decorating and there were scaffold towers in the hall and plastic all over the floor.*

*However once started the day was packed with fun and learning. I feel that what I learnt there not only helped me to become a Coach but also helped me a lot to improve some of my own moves as I now realise what I was not doing so well.*

*Overall it was great and I would love to do another course again!!*

***Written by Beeshman Sivakumaran***

# SUMMER SQUAD SESSION AND PICNIC



Well the weather was certainly good for us and even though the Squad session did clash with the England vs Germany football match, a good time was enjoyed by all who stayed.

The Squad session focused on phasing and we worked with hand weights to strengthen those arms and shoulders before doing some double tuck jumps and aerial wriggle twisting.

Everyone worked really hard and was more than ready for the picnic after we had presented the Achievement of the Year Award trophy and shield to Noah.

After we had all eaten so much we felt sick, it was decided that the “adults” should play the “kids” but despite Rianna showing off her excellent bowling skills, the “adults” still won!!



# MONTHLY ACHIEVEMENT AWARD



The achievement award for **May** goes to **Emma Daggett**

Emma trains at Harrow Leisure Centre on Saturday mornings and during May she worked extremely hard on her routine in order to pass badge 6.

She worked so hard at this during the half term course and she impressed her coaches so much that she was invited to join the Squad – she passed badge 6 too!!

Well done Emma and we hope you enjoyed your training with the Squad.



The achievement award for **June** goes to **Beeshman Sivakumaran**

Beeshman trains at Harrow Leisure Centre on Tuesday evenings and as you know, during June he qualified to be able to test badges. He also worked very hard on his routine and despite missing the qualifying mark for Grade F by only 0.2 he still really impressed us at the competition.

He also worked very hard last month on the phasing and kicking out of his somersaults and also learnt tuck barani. He is now trying to link back somersault and barani together and can already link front and back somersaults so it shouldn't take long!

Well done Beeshman.

## BADGE PASSES

### 1 STAR AWARD

Samir Shan  
Aman Mavani  
Millie Bacchus  
Grace Klinger  
Jasmin Anand  
Elin Carvalho  
Maya Pereira  
Jordan Cunningham  
Hursh Anand  
Elias Fawad  
Amara Louisy  
Finn Bacchus  
Saachi Pahwa  
Jayden Wardley-Rose  
Leo Yiallourous

### 2 STAR AWARD

Daniella Donoff  
Benji Donoff  
Jodie Richards  
Naomi Graham  
Aryamaan Girish  
Samir Shan  
Louise Quinnell  
Abigail Adekoya  
Ria Chadha  
Jeea Chadha  
Daven Kauppayamootoo  
Hursh Anand  
Aman Mavani  
Millie Bacchus

### 3 STAR AWARD

Deena Soul  
Charlotte Gill  
Samantha Hall  
Jodie Richards  
Sophie Burr  
Naomi Graham  
Apiraa Jasotharan  
Millie Bacchus  
Dorenton Anton

### 6 STAR AWARD

Priyanka Gundecha  
Sophia Hall  
Tulsi Shivaanand  
Komal Shah  
Emma Daggett

### 4 STAR AWARD

Abbie Soul  
Jodie Richards  
Samantha Hall  
Rory O'Shaughnessy  
Charlotte Gill  
Jack Ryan  
Kyah Jade Morris  
Sophie Jacobs  
Deena Soul  
Jodie Goldthorpe  
Rimi Dudhia  
Sophia Hall

### 5 STAR AWARD

Sophia Hall  
Tulsi Shivaanand  
Jodie Goldthorpe  
Deena Soul  
Bethany Hillary  
Alex Strauss-Jones  
Rimi Dudhia

### BRONZE MEDAL

Lauren Matthews

### GOLD BADGE

Noah Gill

### SILVER MEDAL

Beeshman Sivakumaran  
Keryn Miller