

HARROW TRAMPOLINE CLUB

NEWSLETTER SEVENTY SIX – March 2011



MEET SOME OF YOUR COACHES

Charlotte - Kelly - Olivia - Jan

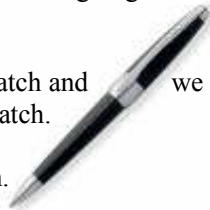
SIGNING IN SHEETS

Can we please remind you to make a note on the signing in sheet if the person collecting is not the same person who has dropped off your child.

After each class, we check the signatures match and to parents where the two signatures don't match.

we are having to make a lot of telephone calls

Many thanks for your help and co-operation.



JEWELLERY



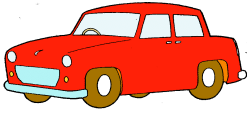
May we remind you that ALL jewellery should be removed when on the trampoline, this includes small stud earrings. If there is any reason why they cannot be removed (for example newly pierced ears) then they should be covered with tape. If this rule is not adhered to then it will invalidate your insurance.

MEMBERSHIP CARDS



For those of you with Club Membership, you will have received your new membership cards for 2011. We would like to thank Lewis Nagle who offered to design and make the cards for us this year. We hope you like them.

CONGRATULATIONS



Congratulations to both Matthew Choy and Alex Nolan who have both passed their driving test.

Congratulations also to Daniella for passing the County Judge award.

She passed the practical (judging) exam with 83%, the written paper with 88% and the tariff exam with an amazing 100%. With marks like these I am sure you will see a lot more of her on the judging panel!!

Beeshman, Charlotte and Dionne Gill (Noahs mum) are all doing their Club judge award during March so we wish them all luck with this.

CLUB KIT FOR SALE

We have a child's club leotard for sale in virtually new condition. It is sparkly blue and white and would fit a young child approx age 5-9 years. If purchased new this would cost £30 but the owner is willing to accept £15.00 (or nearest offer) so this is a bargain.

We also have a club tracksuit jacket for sale – size 140. This would fit a small child age approximately 7 – 10 years. These jackets cost £25.00 new and the owner is looking for £10.00 (or nearest offer).

Please ask Jan if you would like to try on either of these items. (Colour pictures on website.)

OTHER LEOTARDS & SHORTIES FOR SALE



Pink and black leotard
(only worn twice)
(size 38) - £25



Square neck navy blue
with gems
(size 36) - £10



Red leotard (size 36) - £15
Matching red shorts (size 36) - £5



Pink shorts - size 34 - £5



Navy blue shorts with stars
(very small size 38) - £5

These leotards will probably fit someone from age 12 but please ask Kelly if you would like to try on or purchase any of these items (colour pictures are on the website).

1 AND 2 DAY HALF TERM COURSE

With the two day course filling up so quickly and many of you disappointed, we decided to put on another one day course at the end of the week and it turned out that some of you were not happy with doing just two days and came for both courses!!



We had a great time as usual, especially at lunch break when we opened the nail bar, with more nail varnish to choose from than Boots.

The mini trampette was enjoyed by many of you for the first time and obviously lots of badges were passed during the week. A special well done to both Priya Patel and Kirstie Horsley who both passed two badges each.

We are holding the next course at Easter and details are now available from Jan or Kelly.

MONTHLY ACHIEVEMENT AWARD



The achievement award for **January** goes to **Jeea Chadha**

Two nomination forms were handed in for January:

Nishil Patel - *For completing a back somersault without support in one lesson. First with double hand support, then with single hand support and then unsupported.*

Jeea Chadha - *She has been trying to pass badge 3 for ages but struggled to learn swivel hips. However, she kept trying hard and finally passed her badge on 29th January.*



The achievement award for **February** goes to **Lewis Nagle**

We received four nomination forms for February and they were for:

Deena Soul – Deena says, *“before I couldn’t do even a forward roll or stand up but now I can do it and I even managed to pass my badge 6 too”*.

Lewis Nagle – Lewis says, *“I completed unsupported linking of somersaults and can now link back somersault, barani and put it into a brand new routine of 2.2 when my old routine was only 1.4. I also taught Thiviya (all by myself) how to link her somersaults and I managed to do this in only one 3 hour lesson”*.

Friya Shah – Friya says, *“I tried to do the hardest moves on my basic skills badge sheet and was pleased to pass the move that I thought was the hardest one, the seat drop to front drop”*.

Sophia Hall – Sophia says, *“I can do somersaults by myself with no mat and no support”*.

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

LONDON GRADING – 6th March



Under 11 Novices

4th 43.2 Sophia Hall
Withdrawn Sandhya Sivakanthan

Under 13 Novices

6th	43.1	Lara Turner	Team 2nd
8th	42.6	Emma Daggett	Team 2nd
13th	41.4	Olivia Neil-Trenchfield	Team 2nd
15th	40.4	Chloe Nugent	Team 2nd

Over 13 Novices

5th 43.2 Mollie Nugent

Under 15 Girls Assessment G

11th	44.3	Keryn Miller	Team 4th
14th	43.6	Sophie Harris	Team 4th
16th	43.3	Bansri Dodhia	Team 4th

Under 15 Boys Assessment G

5th 65.3 Kit Gillman
Withdrawn Lewis Nagle
Withdrawn Max Aldous

Over 15 Ladies Assessment G

13th 36.75 Olivia Desborough
Withdrawn Radifa Hussain

Under 15 Girls Assessment F

9th 44.3 Shadi Fakouri

Over 15 Ladies Assessment F

7th 67.9 Talia Miller

Over 15 Men Assessment G

9th 36.3 Beeshman Sivakumaran

Under 15 Boys Assessment F

1st 73.0 Noah Gill

Under 19 Ladies Assessment D

2nd 78.4 Alex Nolan



LEVEL 2 COACHING COURSE

Firstly, we would like to say well done to Charlotte, Kelly, Olivia, Nicky and Jonny for completing the level 2 coaching course and we would like to thank all of you who gave up your Sundays to come along and act as gymnasts for them. Without your help, we would not have been able to make the course the success it was.

They now have three months to practice their coaching skills before taking their exam in May and we wish them all every success.

LONDON YOUTH GAMES TRIALS

The trials for the London Youth Games teams for both Harrow and Brent will take place at Harrow Leisure Centre on Saturday 30th April. Warm-up at 12:30 for 1pm start and should be finished by 2pm.

Anyone is welcome to attend but you must be available for the competition on Saturday 18th June and be able to complete the set routine and have a voluntary routine with a tariff as high as possible. The set routine is as follows:

(Arm set)
Full twist
Straddle
Seat landing
Half twist to feet
Pike
Back landing
Half twist to feet
Half twist
Tuck
Front somersault

TASTER SESSION FOR PARENTS

As you know (if you read the last newsletter) Daniella is running the London Marathon on the 17th April for the charity 'Children in Crisis.'

To raise money for her charity she has organised a trampoline taster session at Canons Sports Centre on Sunday 27th March from 12:30pm to 2:30pm and they are asking for a donation of £5 per person. You don't need to have been on a trampoline before, just come along and have a go! As an extra incentive after the session they are going for a pub lunch / drink at the 'Man in the Moon' in Stanmore.

If you would like to come and try trampolining (without the kids) please let us know and we will pass your details on to Daniella

BADGE PASSES

1 STAR AWARD

Louise Jarvis
Ayham Al-Fawarah
Tali Batsir
Mia Curtis-Fox
Aya Al-Hussaini
Ruby Sillars

2 STAR AWARD

Calum Traynor
Reanna Gregory
Michaela Thompson
Kelise Prince
Jordan Ilan
Naomi Opiah
Ruby Sillars

BASIC SKILLS MEDAL

Meyer Russell

3 STAR AWARD

Priya Patel
Shannen Blackmore
Jeea Chadha
Jordan Cork
Calum Traynor
Michaela Thompson
Reanna Gregory

5 STAR AWARD

Priya Patel
Kirstie Horsley
Yannik Nelson
Charlotte Gill
Leo Yiallourous
Mia Roman
Rhea Parmar
Steven Kauppayamootoo
Millie Baccus
Abigail Adekoya

4 STAR AWARD

Priya Patel
Kirstie Horsley

6 STAR AWARD

Sophie Jacobs
Deena Soul
Rory O'Shaughnessy

BRONZE MEDAL

Olivia Neil-Trenchfield
Ciara Rice
Divina Songra
Rashaun Akinlade
Komal Shah
Riya Tailor

LONDON REGION AWARD NOMINATIONS

Despite all the wonderful nominations we received from you all, Harrow did not receive any of the London Awards this year. They were presented as follows:

COACH OF THE YEAR

This can be awarded for all aspects of coaching at any level.

Awarded to Sheila A'Bear, Team Nova

Sheila has been coaching at Team Nova for almost as long as the club has been in existence. She is one of the unsung heroes of coaching sport. From the very beginning she has led the club in the development of its youngest performers. Almost all the youngsters who have joined the club have had their initial skills grounded and honed by Sheila and many of our club's highest level performers began their careers with Sheila. It is a testament to her coaching of good technique that our youngsters have done well. It is also noteworthy that Sheila's young performers have remained in the sport for a long time. In addition, Sheila tended to be given youngsters whose behaviour could be considered to be challenging. Our club has a very high success rate of dealing with difficult young people with great success and turning them into performers, judges and coaches irrespective of their lives outside the club. It has always been the case that prior to competition, she has given significant yet largely unsung input to national level performers which has resulted in improvements between 0.5 and 1.0 a judge per routine – the difference being placed and finishing outside the finals. Every Team Nova finalist owes a debt of gratitude to Sheila for success. In her quiet, good-humoured yet forceful way, Sheila has been one of the most influential coaches ever at Team Nove. She will never be a publicly high profile coach but, over the years, has enabled thousands of young people to become successful trampolinists.

COMPETITOR OF THE YEAR

This can be awarded to a competitor of any ability.

Awarded to Anthony Ottley, Skywalkers

Anthony would be an outstanding gymnast for Competitor of the Year because of his success in competitions. On returning to the London Region in 2010 he came 1st in two competitions and whilst doing so he also gained the qualifying scores to progress from Grade E to National C. He was selected to represent London at the English Championships, where he and his partner came 5th in the men's Synchronised final. Anthony is an excellent role model. He strives to achieve excellence in everything he does and he inspires other gymnasts to do the same.

SERVICES TO TRAMPOLINING

This is awarded to someone who has given excellent voluntary service to the region.

Awarded to Christine Geary, Harlington Hawks

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SPECIAL NEEDS TROPHY

This is awarded to a special needs performer competing in an able bodied sport.

Awarded to Daniel Reed, Harlington Hawks

Another solid season – 3rd at National Finals. Has progressed to Regional F competitions. Selected for GMPD National Squad for 2011. Enjoys competing at all levels. Learned new skills.

THE ROHAN NICHOL MEMORIAL TROPHY

This is awarded to someone who makes a contribution in competing, coaching and judging

Awarded to Gary Halfteck, Queensmead

Competes at Nat C, judges at London events and coaches for Queensmead as a volunteer. Gives 100% effort in everything he does and is popular and reliable.