

HARROW TRAMPOLINE CLUB

NEWSLETTER SEVENTY SEVEN – May 2011



GREENWICH LEISURE LIMITED

You will have noticed some changes at Harrow Leisure Centre recently. This is because from 1st May 2011 Greenwich Leisure Limited won the contract to run the Leisure Centre on behalf of Harrow Council.

The biggest change is to the length of the sports hall bookings. Greenwich Leisure believes that by offering 40 minute sessions they can increase participation in sport. However, for trampolining it was agreed that 40 minutes was not enough, especially as we have to pack our equipment away. It has therefore been agreed that we will have double length sessions and although the cost has been changed, it remains the same per minute. Ie. You are paying slightly more but are having a longer session.

The new sessions cost £4.20 and the times are:

Tuesday 5pm – 6:20 and 6:20 – 7:40 and Thursday 4:40 – 6pm.

However, if our sessions are undersubscribed they will be cancelled.

The other big change is to the courses. The current courses will be unaffected but there may be some changes to the next courses in September. You will also now be able to book on line but this also means that so can everyone else!!

You will be given one weeks priority booking, as usual, but then booking will be open to anyone and once the course is full, we will no longer be able to add people on manually, as we have occasionally done in the past.

T-SHIRTS AND HOODIES



We are about to place another order for t-shirts and hoodies so if you are thinking about placing an order, please can you do so asap so you don't miss this order. Order forms from Jan or Kelly

TWO SWEATSHIRTS HANDED IN

Please can you check if you have lost your hoodies as one has been handed in and we don't know who it belongs to. *(Please can you make sure your name is in your hoodies and tracksuit jackets so if they are handed in we can return them to you)*

Also handed in, after the last day of the Easter course at Canons Sports centre, was a light blue GAP sweatshirt. Please can you check if this is yours.

NEW FIRST AIDER

Jonny has just completed a three day first aid course, dealing with cuts, fractures, sprains, strains, choking, CPR, medical illness and lots more.

A big congratulations to him as he passed with 100%

1 AND 2 DAY HALF TERM COURSE

The next two day trampoline course is being held at Harrow High School and is filling up quickly, so please see Jan or Kelly if you would like to book on to it.

MONTHLY ACHIEVEMENT AWARD



The achievement award for **March** goes to **Amber Flynn**

Five nomination forms were handed in for March.

1. Amber Flynn – Amber received the following nomination. *“She has cerebral palsy and can’t walk without the aid of her crutches or a wheelchair. Despite this, she joined trampolining and when she comes she forgets her disability and attempts all the moves (except straddle as she is unable open her legs). She is even working towards joining the Squad. The reason we are nominating her is because despite having a physical disability, she decided she wanted to learn to somersault and has managed to do them really well (currently with support) and even stand up at the end”.*

2. Sophia Hall – Sophia received the following nomination. *“On 6th March Sophia competed at the competition in Harlington and came a very respectable 4th place! Despite the long day, Sophia arrived first thing in the morning and was one of the last to go home. During the competition Sophia was extremely enthusiastic and helpful, offering to spot for everyone”.*

3. Joseph Vaughan – Joseph comes to the 5-9 years class at Harrow Leisure Centre on Saturday mornings and he says *“I have tried very hard to learn tuck jump and I feel I can now do it very well”*

4. Lara Turner – Lara says *“In this month I learnt both front somersault piked and barani”.*

5. Jamie Horsley – Jamie was nominated for his best behaviour ever at trampolining



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

Reanna 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

LONDON YOUTH GAMES TRIALS

The trials for the London Youth Games teams for both Harrow and Brent were held at Harrow Leisure Centre at the end of April. The teams are as follows:

HARROW

Noah Gill
Amanda Tropp
Thiviya Sivakanthan
Tianna Lee

Reserve

Lewis Nagle

BRENT

Shadi Fakouri
Ashleigh Tropp
Katie Tropp
Mikaeda Sawyers

Reserves

Lucia Simmonds
Katie Schuz
Naomi Goldblatt

LONDON GRADING – 6th March

Under 11 Novices

20th 5.2 Sophia Hall
16th 37.9 Tara O'Shea

Under 13 Novices

6th 40.9 Emma Daggett Team 1st
3rd 42.4 Olivia Neil-Trenchfield Team 1st
2nd 42.7 Chloe Nugent Team 1st

Over 13 Novices

7th 42.3 Mollie Nugent

Under 15 Girls Assessment G

25th 40.3 Lara Turner

Under 15 Boys Assessment G

3rd 70.4 Kit Gillman Qualified to Grade F
9th 44.2 Lewis Nagle

Over 15 Ladies Assessment G

6th 61.7 Olivia Desborough Team 1st
10th 34.6 Radifa Hussain Team 1st
9th 37.6 Nicky Berkley Team 1st

Under 15 Girls Assessment F

Withdrawn Thiviya Sivakanthan

Under 15 Boys Assessment F

1st 74.1 Noah Gill

Under 19 Men Assessment D

1st 78.3 Matthew Choy Qualified for National Grade C
2nd 74.7 Peter Choy

Over 19 Ladies Assessment D

1st 79.1 Kelly Booth Qualified for National Grade C



BADGE PASSES

1 STAR AWARD

Lucia Simmonds
Aaliya Rehemtulla
Abi Levy
Orli Myer
Ellie Stone
Laila Talukder
Yasmin Talukder
Jasper Federman
Saul Federman
Naom Vaughan
Simran Panesar
Ciara O'Shea

2 STAR AWARD

Daniel Lee-Ajala
Joseph Vaughan
Mia Curtis Fox
Tali Batsir
Emer Walsh
Louise Jarvis
Abi Levy
Aaliya Rehemtulla
Ellie Stone

3 STAR AWARD

Amber Patel
Mia Curtis Fox
Nathaniel Opiah
Naomi Opiah
Jordan Ilan
Mickell Stewart-Grimes
Tali Batsir
Kelise Prince
Daven Kauppayamootoo

6 STAR AWARD

Tara O'Shea
Reanna Gregory
Samantha Hall
Jodie Richards

4 STAR AWARD

Shannen Blackmore
Dillon McLaren
Ruby Dachtler
Khalil Chaudhry
Reanna Gregory
Michaela Thompson
Jordan Ilan
Dorenton Anton

5 STAR AWARD

Louise Quinnell
Ben Wakeley
Shannen Blackmore
Reanna Gregory
Abbie Saul
Maya Bedi
Ruby Dachtler
Elin Carvalho
Evie DeSouza

BASIC SKILLS MEDAL

Joseph Gavzey
Liora Resnick
Rebecca O'Goan
Katie Blower
Justine Buckman
Katie Schuz
Ife Njock-Barnes
Friya Shah
Reanna Gregory
Rachel Thomas

BRONZE MEDAL

Tulsi Shivaanand

SILVER MEDAL

Rachel White
Sophia Hall

JAN GOES TO CHURCH WITH THE QUEEN



As many of you know, I volunteer as a Station Reception Officer at Pinner police station and through someone I know who works with Royalty Protection, I was lucky enough to be invited to attend Easter Matins at Windsor Castle.

I dressed up in my Sunday best, arrived at St. Georges Chapel, handed over my invitation and was escorted to my seat – RIGHT NEXT TO THE QUEEN AND PRINCE PHILIP! It was so exciting to be sitting right next to the Queen, who was dressed in pale blue. Also present were Princess Anne, Prince Edward, Prince Andrew, Princess Eugenie and Princess Beatrice

Afterwards, I stood in the press enclosure and took some photos.



DANIELLA RUNS MARATHON



Since deciding to run the London Marathon in 2010, I have spent a year busy training and fundraising. All the hard graft of the previous year was put to the test on Sunday 17th April when I woke at 5am and started out towards Greenwich where I was to start the daunting 26.2 miles to the finish line.

As I warmed up I could feel the nerves mounting, what had I let myself in for? I made my way to the start line with the 37,000 other runners and watched the clock tick down to 9.45 when the race was to start.

The atmosphere was electric- the sights and sounds around me were overwhelming and I hadn't even started running yet!

9.45 and we were off (It took me 25minutes or so to cross the start line due to the sheer volume of people.) It was hard to settle into any sort of pace as there were people everywhere. However I soon managed to fall into a steady step and started clocking up the miles...

The first of many amazing moment was when I spotted my family and friends at mile 8ish. It was so exciting to see them

all in their handmade t-shirts with a big banner cheering frantically for me- I don't think they will ever truly know how much of a boost they were. I owe a lot of my achievement to their support-

Then came the long slog, miles 11-19 seemed to go on forever- The crowds cheered, the runners supported each other, my I pod blared out motivational songs and somehow I managed to keep going. Highlights during this section were the bands and cheerleaders along route; crossing Tower Bridge and being met with a tunnel of colour and cheers and crossing the half way mark. Low points included the 25minute toilet queue!!

At mile 19, I once again saw my friends and family and I was completely overwhelmed with pride that I'd got that far. But I couldn't stop yet I still had 7 and a bit miles left. The last stretch was tough; it took ever ounce of reserve energy, strength and willpower not to give up. I saw many people drop by the wayside some from sheer exhaustion, some from dehydration (it was a very hot day) and all I could think was that I had to finish...

The crowds over the last few miles were massive, the cheers were deafening, yet I could still pick out people shouting my name- this helped me keep moving. As I hobbled towards Embankment and the last mile I seemed to get another surge of energy, the end seemed to be in sight and I felt myself getting lighter and my tired feet able to move again, I approached Buckingham Place and big signs '800m left... 600m left...' I turned onto the mall and felt like an Olympic champion, I summoned up every last drop from the bottom of my reserves and sprinted towards the finish line. Never has 200m seemed so far!

I crossed the line!!! I had done it; completed the Virgin London Marathon in 5hours 25minutes and 05 seconds and I was still alive. In the euphoria and exhaustions that followed I was given a huge medal and goodie bag and managed to find my cheering team in time for a well earned orange juice!

I can honestly say that this was one of the most emotionally days I can remember and despite the pain, I loved ever moment. The sense of pride and achievement will stay with me forever.

In the process I have managed to raise (to date) £2300 for Children in Crisis, an amazing charity that helps provides educational opportunities to children. If you would like to donate, it is not too late and you can do so by going to www.justgiving.com/danni-moszoro