

HARROW TRAMPOLINE CLUB

NEWSLETTER SEVENTY NINE – September 2011



WELCOME BACK

It was lovely to see so many of you over the summer holidays, especially those of you who took advantage of the great offer from Canons, offering 7 lessons for the price of 4.



EARRINGS AND JEWELLERY

It has been brought to our attention that the British Gymnastics policy with regard to earrings is that they now cannot be worn under any circumstances and with immediate effect, **they can no longer be taped over.**

“Those children with newly pierced ears, who cannot remove their earrings are not allowed to participate in the sport”.



If anyone is wearing earrings or any other jewellery, it **invalidates the insurance for the whole class.**

HELLO AND GOODBYE



We would like to say good bye and good luck to Olivia who is off to Chester University to study Sports and Exercise Science with Psychology and to Alex who is going to Brunell University to study Psychology.

You may also see slightly less of Kelly as she is starting a new degree in Psychology at the London Metropolitan University.

We would like to welcome back Jen Fitzgibbon who graduated this year with a degree in English and welcome Beeshman, who has started coaching regularly on Saturday mornings.

MONTHLY ACHIEVEMENT AWARDS

The nominations for July are as follows:

- 1. Olivia Neil-Trenchfield** Olivia says she learnt Barani's in the space of only one lesson because she worked so hard on perfecting her front somersault beforehand.
- 2. Ruman Talukder** – Ruman is one of our mature adults and comes trampolining on Monday evenings at Harrow. During July he amazed himself by doing a front somersault without support. He said when he started trampolining last October that he never expected to do a somersault, in fact he didn't even particularly want to. It just goes to prove that trampolining is definitely not only for the kids – although both of his children have since started lessons!!
- 3. Mollie Nugent** – Mollie says *“On Tuesday I started learning back pullovers with two people supporting me and by Wednesday I could do them on my own to both feet and seat drop”*
- 4. Noah Gill** – Noah says *“I did a double back somersault on my own after practicing them in the rig for a very very long time!”*



The achievement award for **July** goes to **Ruman**.



We did not receive any nominations for August so the Coaches have chosen **Ahmed Zuben** to receive the award. Ahmed joined Harrow at the beginning of July and has come regularly over the summer, working hard to pass both his basic skills and bronze medals. He has also helped coach others on his trampoline while waiting for his turn.



The achievement award for **August** goes to **Ahmed**



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

SQUAD



If anyone would like to compete and is thinking of joining the Squad, please let Jan or Kelly know as soon as possible as we would like to invite you to our next Squad training session and to come and watch the next competition in October.

Anyone can complete, providing you can complete a 10 bounce routine, as you compete in age and ability.

If you then decide you would like to compete, we will prepare you and train you in time for the next competition in January.

BADGE PASSES



1 STAR AWARD

Jai Joshi
Mia Gershon
Umika Shah
Anushka Shah
Dhilan Kapoor

2 STAR AWARD

Jamie Hall
Jai Joshi

3 STAR AWARD

Yasmin Talukder
Leila Talukder
Zoe Burr

4 STAR AWARD

Ruby Sillars
Ori Meyer
Yasmin Talukder
Leila Talukder
Daven Kauppayamootoo

5 STAR AWARD

Ria Chadha
Jordan Cork
Aaliya Rehemtulla
Jordan Ilan

BASIC SKILLS MEDAL

Leo Yiallouros
Steven Kauppayamootoo
Ruby Dachtler
Jodie Richards
Ahmed Zuberi
Faisal Muman
Bethany Hillary
Samantha Hall
Normie Bobbroff
Ronke Ogunnusi
Kirstie Horsley

6 STAR AWARD

Kirstie Horsley
Ayana Louisy
Oliver Harta
Yannik Nelson
Shannen Blackmore
Steven Kauppayamootoo
Ruby Dachtler



BRONZE MEDAL

Katie Schuz
Ahmed Zuberi

SILVER MEDAL

Kit Gillman
Olivia Neil-Trenchfield