

## **EDITORIAL**

Martin Laws

It feels like such a long time since I have written an editorial for the Trampoline News (it is mate – six months to be precise Ed.) and in fact it has been. My grateful thanks to John Beeton for covering so well for me in the last two issues whilst I concentrated on the preparations for the European and Olympic Games.

I cannot start anywhere else but the Olympic Games. Our team, as always, so fully prepared. An event like no other.

I have, over the years experienced many World and European events. I had thought that I understood the Games, until I was there. Nothing can prepare you for that first experience. The event is magical, and like nothing else I have experienced. I would urge you all to put this event in your calendar, if you can ever afford to go as a spectator or volunteer. Don't doubt that the cost is worth every penny. I was amazed, particularly at the volunteers from all over the world who travel and stay at their own expense, just to be part of the Games, and what it stands for. They were wonderful people. I know, that regardless of my competitors, I will certainly be intending to attend as many in the future as I can! Remember, London 2012 is just around the corner, and if we do get these Games, there is a golden opportunity for us to be involved if we want to.

I will not go into detail here as there are other articles on the subject, but I have to say, congratulations to both Gary and Kirsten, their Clubs, the coaches involved, and indeed British Gymnastics, for trying so hard to make certain everything was as good as it could be for all involved.

Now that we have started into a new Olympic Cycle, much has, and is going to change. The first time period is one of great flux and we should all expect many changes over the first year at the very least.

Firstly, the financial situation. The great results from the Olympic Games has hopefully, secured us World Class funding (unlike many other disciplines and sports) and our international programme should now continue at this unprecedented high level. BG have undergone a dramatic change in membership fees, which, whilst we are perhaps unhappy with the cost, has at long last created a two tier membership process for those who compete, and for those who don't. We are still working on trying to agree where this membership should fit into our

Competitive structure, which is more comprehensive nationally, than most other disciplines. Unfortunately, negotiations have been hard and complex, and we still haven't reached a final conclusion in time for this membership season. Please rest assured, we are doing our level best to clarify things, and we will report back to Regions at the earliest opportunity.

Rules are being changed and written internationally as we speak, in preparation for the new phase of international structure. We do know that the international set routines, and some Difficulty rules will change, and an article detailing the changes was included in the last Newsletter. Work has now begun on how these changes can be incorporated into British events. More of this later.

Qualifications will need to be updated and work has begun on the new coaching certificate, which will replace our current structure, and should make things clearer in terms of relating to other disciplines, and indeed cross sport qualification levels. Government has led the way here, with a long term goal of setting up sport coaching as a recognised profession, which I welcome, as more and more of our members start to earn a living from sport. We will need of course, to do some "updating" in this process, so please keep a record of all your personal development courses, as they may well be of use later next year. Judging too is in negotiation to carry out similar reforms. The good news is that the drafts so far (that I have seen) appear to be based more on trampolining as a model, rather than some of the more complex sport structures. Hopefully, the changes will not be too drastic for us. GymMark is constantly being updated and gain, I urge you all to start work on this accreditation, if you have not already done so. This very week I heard of a Local Authority in the South demanding this kind of kite mark before allowing clubs to use their facilities, and I believe this is a sign of what is to come in the future.

There are many more items and issues in the pipeline, which makes this kind of Newsletter so important to all of our members. I would urge you all to circulate this Newsletter as widely as possible for all of our members to read, and for those who aren't in membership, to know what they are missing.

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**The next meeting of the NTTC will be held at the Novotel, Heathrow Airport on Sunday 14<sup>th</sup> November 2005, starting at 1030 hrs.**

**If anyone has any item that they would wish the NTTC to discuss, then please contact Martin Laws, or any other member of the NTTC prior to this date. Ed**

## Paul Luxon a tribute from Down Under

After publication of TRAMPOLINE NEWS No 27, the following letter was received from **Judy Perrin (Jones)** living in Sydney, Australia:

“Thank you John for the August edition of Trampoline News. You may know that, here in Sydney, we have a small expat group of English Trampolinists all living in very close proximity, and therefore keeping in touch.

We heard with great sadness, of the loss of Paul and would like, if possible, through the next edition of Trampoline News to record our feelings about a great friend, a great trampolinist and a great coach, without whom our sport will be the poorer. Having seen Denis bounce at the 2001 World Age Games here in Sydney, it is very clear that Paul will live on through his son.

Frank, originally from Liverpool, is now a professional circus performer and remembers Paul as his greatest synchro partner. David, from the North East, and I from North Cheshire, now coach together, and both remember Paul through coaching courses – mine – those famous Crystal Palace weeks with Paul, Pat, Les, Mike, Rob, Dennis, Jack, John, Sue, Bert and many others – which invariably ended with Paul’s dad, John, pushing me onto a slow moving train at Euston just in time! I was happy to meet up with Paul again on a trip home in 2001.

We all send our love to Paul’s family and hope that they can find some comfort in the many kind words which will have been, and which will continue to be said about Paul”.

Judy Perrin (Jones), David & Sue Armston, Frank Kearns, Sydney, Australia

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## Olympic Results

**Gary Smith, Jumpers**, is to be congratulated on his 7<sup>th</sup> place in the final of the men’s event in Athens. His performance was greeted with nothing but praise from all in the sport, and richly deserved. Gary’s progress since the World Championships in Hanover has been nothing but sensational, and clearly a lot of hard work has been done in the training gym by both his personal and national squad coaches. Well done Gary.

Whilst Gary was taken all the plaudits, **Kirsten Lawton, Bracknell**, was really unfortunate not to make the finals of the women’s competition; and having finished in 3<sup>rd</sup> = place after the prelims, miscalculating the number of moves in her vol. Except for this error, Kirsten would most certainly have been in the final.

The support from the large British contingent was tremendous. I am certain that all will have left Athens with good memories, and now saving hard for **Beijing CHI 2008!**

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## COACHING

Cathy Page

**Tutors seminar** – the annual Tutors seminar was held at **Loughborough** in early September with discussion on the following:

**Mechanics** – revision for the mechanics at Coach level have been made for the Resource Pack. Revisions for the Examination paper will be made during the next 3 months so that the revised mechanics terminology and understanding can be introduced at Coach level in January. Revision to the higher level papers and resource packs will be made during the next year. Most of the tutors are now aware of the changes. **Jake Bailey** and **Richard Ollerenshaw** have worked exceptionally hard to produce these new resources.

**Examinations** – revisions have been made to many of the exam papers to eliminate ambiguities. There has been a more standardised approach to the practical examination produced. **Jack Kelly** and **Rolland Portsmouth** have headed up these changes.

**Physical Preparation** – trampoline has been slow to develop “off bed” physical preparation (flexibility, strength, power, speed etc). However, this is now being rectified gradually. Hopefully, all courses, at whatever level, are now giving accurate information on what is required at the various levels. The proficiency awards are also being developed at Awards 11-15 to include appropriate physical preparation. The national squad is also developing physical preparation ‘norms’ which should be part of all training at above basic levels.

**Cruising** – this is a technique for coaching kinaesthetic awareness and vision in middle twisting double somersaults, but which is relevant from the basic levels. At the lowest level, the basic move, which the Canadians called “cruise” is a front drop, half twist to front drop. This is not a half turntable, which rotates around the side somersault axis, but is based on front drop to backdrop straight. The visual awareness of the bed, and feel of the move, are really important.

**The new syllabus for the UK Coaching Certificate** – suggestions for the Assistant Coach to be included in the UKCC were debated and will be further discussed at the next Trampoline Coach Education Committee Meeting in October.

**Club Coach** – the following problems were identified: Bringing pupils on a club coach course who are either inadequately prepared or able, far beyond the syllabus; lack of

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Experience in use of the rig and whether to use fixed hand or moving hands – the rig module not being compulsory.

**National Coaching Certificate NCC** – this is now called **UK Coaching Certificate (UKCC)**. There are five (5) awards – Assistant Coach, Coach, Club Coach, Senior Club Coach and High Performance Coach. The International Performance Coach would become modular and not part of the UKCC.

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## COMPETITIONS

Craig Bellis

At the September meeting of the Competition Committee, a number of changes to the present rules were discussed and decided upon. These will come into force with effect 1<sup>st</sup> January 2005.

- Abolish the Arbitration Panel in line with FIG
- Allow sleeveless leotards for females
- Adopt the FIG World A compulsory rules with an additional requirement that the difficulty of the two moves must be a minimum of 2.3 (qualification scores will also be amended for this group)
- Senior Groups to have 2/3 rd Finals and Zero start for Final round at all Grade 1 events.

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## INTERNATIONAL EVENTS 2005

It is planned that national squad members, both senior and youth, will be able to participate in the following international events during 2005:

- \*18-20 Mar – Aalsmeer Flower Cup, Aalsmeer NED
- \*01-03 Apr – 4 x Countries (GBR FRA GER DEN) Gillingham
- \*26-29 May – FIG World Cup (2005-2006 series) Sofia BUL
- \*03-05 Jun – 4 x Nations (GBR DEN CZE GER) Prague CZE
- \*09-12 Jun – FIG World Cup (2005-2006 series) FRA
- 15-17 Jul – 7<sup>th</sup> World Games (SYN) Duisburg GER
- \*02-04 Sep – GBR v GER Youth Match, South Shields
- 15-18 Sep – World Championships, Eindhoven NED
- 21-23 Sep – Age-Group Competitions, Eindhoven NED

**\* TO BE CONFIRMED**

We are also endeavouring to arrange a senior international match in 2005 against Canada. However, finding a suitable date is proving more difficult than first thought. A planned DMT international match against Portugal has had to be shelved in the meantime, due to the lack of funding. However, we would hope to have this event in 2006. **Ed.**

# FIG CODE OF POINTS

PROPOSED CHANGES 1 JAN 2005

Since the publication of the August edition of TRAMPOLINE NEWS, the FIG TG TC have added the following proposed changes to all three disciplines:

## 6. Dress for Gymnasts

### 6.2 Female gymnasts

Leotards with or without sleeves

### 6.6 National emblem or Federation emblem

At FIG events a national emblem has to be worn (this must adhere to the appropriate FIG Regulation) otherwise there will be a penalty of 0.1 points, which will be deducted from the total score of any of the routines where the violation occurred. This decision is made by the Chair of the Judges Panel.

## DMT

It is also proposed that the TUM difficulty, as published in the August issue of TRAMPOLINE NEWS be used for DMT, minus aerials, flic-flacs, round-offs, handsprings etc. **Ed.**

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## OLYMPIC FINAL: MEN

I have been requested to publish the “difficulty” scores for the men’s Athens Final, as a matter of interest. I have decided to go one better and produce all of the judge’s marks!

### 01 Yuri NIKKITIN UKR

8.3 8.6 8.5 8.4 8.4 16.2 41.50 points

### 02 Alexander MOSKALNKO RUS

8.2 8.5 8.4 8.4 8.2 16.2 41.20 points

### 03 Henrik STEHLIK GER

8.2 8.2 8.4 8.4 8.4 15.6 40.80 points

### 04 Dimitri POLYARUSH BLR

8.0 7.0 8.1 8.1 8.2 16.0 40.20 points

### 05 Alexander RUSKOV RUS

8.0 8.1 7.9 7.8 7.9 16.4 40.20 points

### 06 Nuno MERINO POR

8.1 7.9 7.9 7.7 8.1 16.2 40.10 points

### 07 Gary SMITH GBR

8.1 7.9 8.0 7.8 8.2 16.0 40.00 points

### 08 David MARTIN FRA

8.1 8.0 8.0 8.1 7.8 15.8 39.90 points

Gary Smith’s performance is now legendary, but it is also interesting to note the performance of Nuno Merino POR in these finals. Gary and Nuno are certainly ones to watch in the future, with the following twelve months producing others to challenge the old brigade - as well as a 17.0 difficulty score on the horizon!

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# Youth Team Success in Germany

The Annual GBR v GER Youth Match resulted in a resounding victory for our young team members, despite the curtailment of the numbers involved in this years match, owing to financial restraints placed upon our hosts in 2004.

This resulted in both the under 15 and 18 team being reduced to 6 x members (3 x boys / 3 x girls) in each category.

Team Results:

**Under 15 Girls:** GBR 186.30 points GER 178.60 points

**Under 15 Boys:** GBR 178.50 points GER 169.20 points

**Under 18 Girls:** GBR 189.90 points GER 187.20 points

**Under 18 Boys:** GBR 193.70 points GER 195.00 points

Overall Result:

**GBR 931.70 points**

**GER 877.60 points**

Individual Results:

**Under 15 Girls**

**01 Danielle Pietruszka 94.60 points**

**02 Yasmin Gumbs 91.70 points**

**03 Katie Ianson 89.70 points**

**Under 15 Boys**

**01 Liam Abrahams 89.50 points**

**03 Paul Warwicker 89.00 points**

**04 Thomas Foreman 86.40 points**

**Under 18 Girls**

**01 Hannah Davies 95.50 points**

**03 Stacey Dann 94.40 points**

**05 Caitlin Thomson 91.80 points**

**Under 18 Boys**

**01 Tom Lewis 97.50 points**

**03 Jem Camble 95.10 points**

**04 Nick Joyce 94.30 points**

This was a tremendous win for our young team members, with four of the youngsters competing at this level for the very first time. Jem and Stacey were made team captains for the event and rose to the occasion, working and supporting both the gymnasts and coaches. This was also the first event that Jem had competed in wearing contact lenses, and all appeared to go well.

Congratulations to all. **Ed.**

## NATIONAL SQUAD NEWS

Sharon Wood

The Youth Squad team (Under 15) travelling to **Uppsala SWE** on the 8-10 October has been selected as follows:

**Gymnasts:** Katie Ianson, Asha Philip, Laura Williams, Cara Jamieson, Paul Warwicker, Liam Abrahams, Thomas Freeman and James Davies.

**Coach:** Sharon Wood

**Judge:** Kevin Dixon-Jackson

**Physio:** Belinda Smith

We all wish the team every success.

The Senior Squad members travelling to **Moscow RUS** for their training camp 24-31 October consist of the following members:

**Gymnasts:** Claire Wright, Katherine Driscoll, Jaime Moore, Amanda Parker, Gary Smith, Gary Short, Brian Camp, Brooke Milliner and Paul Noblett.

**Coaches:** John Beer, Sharon Wood

**Physio:** Colin Paterson

The World Class testing dates for 2005 are 16-17<sup>th</sup> July.

FIG Age Group Competitions (formerly WAGs): the selection criterion and application forms will be sent to all clubs prior to Christmas. It should also be noted that the upper age limit for this event is 17-18 and NOT 17+. **Ed.**

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## NORTH WEST TRAMPOLINING AWARDS

Recipients for the **Charlie Turner – Sports Personality of the Year 2002** and **2003** were **Eric Lyon** and **Peter Edge** respectively.

**Eric Lyon** has been involved in trampolining for many years, both as a competitor and coach. Qualifying as a coach in 1995, Eric has recently been awarded HPC. Prior to joining Wrenbury Wasps, he was with Kingsway TC and then with Altrincham. Eric was given his award for his courage in coming back to top levels in trampolining after a serious accident several years ago, which resulted in having to spend 2 years away from the sport.

**Peter Edge** has been in trampolining almost since the beginning, and at 44 years of age is a regular Grade 1 competitor since the grading system was introduced. He coaches at Aerodynamic TC and receives his award for showing the way for adult performers in a thoroughly dedicated manner.

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## Awards cont.

Recipient's of the **2002 and 2003 Services to Sport Awards** went to **Trevor, Sarah and Michelle Scott** and **Bernard Milnes** respectively.

**Trevor, Sarah and Michelle Scott** have been involved in trampolining as a family, ever since the girls were quite young, with Michelle reaching Grade 1 and lately DMT in 2004. Trevor has been a mainstay of the Stockport (formerly Priestnall) TC for a number of years, whilst helping out the North West as their Treasurer for a number of years. Their's is a service which isn't noticed by the general competitor and club, but without which no competition can go ahead.

**Bernard Milne** is better known to people as the father of Simon Milnes – international competitor. However, you do not receive an award as prestigious as **Services to Sport** for being anyone's father, let alone Simon's father! Bernard is the current Treasurer of the NorthWest – a position that he excels in. He also judges regularly at NorthWest events.

Many congratulations to all of the above on their awards. Well done. **Ed.**

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## Aalsmeer Flower Cup 2005

The 16<sup>th</sup> Aalsmeer Flower Cup will be held on **Saturday 19<sup>th</sup> March 2005** in the **De Bloemhof, Aalsmeer NED.**

Further information can be obtained by contacting:

The Secretary: **Petra van Zijverden, Aletta Jacobsstraat 28, 1433 PE Kudelstaart, The Netherlands.**

**Tel: +31 297 342267**

**Fax: +31 297 364831**

**Email: [flowercup@trampolining.net](mailto:flowercup@trampolining.net)**

**Web: <http://jump.to/flowercup>**

293 gymnasts participated in the 2003 event, from 17 countries: AUS BEL BLR CAN CZE DEN FRA GBR GER IRE NED POL SCO SUI SWE and USA.

**EUROTRAMP** will provide the competition equipment, which can be purchased after the event through the organiser.

The Aalsmeer Flower Cup is organised bi-annually and previous results (1995 1997 1999 2001 2003) can be obtained by contacting the organisers.

## DMT TRIAL DATES 2005

In light of proposed changes being made to DMT difficulty in the FIG Code of Points 2005, finalisation of the Selection Criteria for both the World Championships and Age Group Competitions (formerly WAGs) will be made at a later date. In the meantime the trial dates for both events have been confirmed as follows:

**1<sup>st</sup> Trial:**

23.01.05 – Phoenix Flyers, Cheshant, Herts

**2<sup>nd</sup> Trial:**

17.04.05 – DMT Mid-Season, WIS, Cardiff, Wales

**3<sup>rd</sup> Trial:**

19.06.05 – Controlled Competition, Jumpers Rebound Centre, Gillingham, Kent

Once Selection Criteria for these trials have been agreed, all will be notified.

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## FIG WORLD RANKING LISTS

It is being proposed by the FIG., that results from *National Championships* will NOT be counted towards the overall Ranking Lists in future.

There is also a proposal to change the *number* of World Cup Events / Tournaments Category A and B annually. At present it is possible to have a *maximum* of 6 events in Cat A and 6 events in Cat B., the new proposal will suggest that, *in principle* there can be the same number of events, but more if required.

There is NO World Ranking List for DMT.

There is no proposal to change the number of points allocated for each event counting towards the Ranking List.

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## Email address

With my imminent retiral from HM Services early in the new year, it would much appreciated if all emails could now be sent to my home address [john@jbeeton.freeserve.co.uk](mailto:john@jbeeton.freeserve.co.uk). Of course, I can still receive messages at my office address for a little while longer (end of November), but it would be helpful if all correspondence could now sent to the above address.

Thank you **Ed.**

