

TRAMPOLINE NEWS No 29

December 2004

Editor: John D Beeton: john@jbeeton.freemove.co.uk

EDITORIAL

Martin Laws



Dear all,

Let me be the first to wish you a Happy Christmas and great New Year, in this, our December issue of Trampoline News.

I would also, on behalf of all trampolinist, wish to congratulate **John Beeton** on his re-election to the FIG Gymnastics Trampoline TC for a further four-year term of office. John serves us all well and looks after our interests within the FIG, as well as keeping us all up to-date with our discipline.

As all eyes now start to focus on 2005, we will be opening the year with the Technical Conference in January. Whilst **Cathy Page** is working away to ensure yet another success, I can tell you that what is already planned looks good, and it will be an event not to be missed! With a number of key speakers specifically invited to discuss trampoline issues, we are also planning to update Judges on rule changes, and launch our new Development Plan and strategies for the next five years! Please keep your eye on the BG website for updated information, and make sure you book early to avoid any disappointment.

We have made a few changes in the structure of the Trampoline Technical Committee, to prepare us for the new year, and some members have moved on. My thanks firstly go to **Richard Ollerenshaw**, who made such great inroads into setting up our communications sub committee, and for his excellent skills in developing the Foundation Coaching Network. If you still haven't had a chance to view this, please log onto <http://www.bg-coaches.org>.

We welcome **John Varga** to his new role of Chair of Communications, and this group will be placed reporting to the new Development role on the Technical Committee. We are also planning to launch a Technology Integration Sub Committee, also reporting to the Development role. These two sub committees will, we hope, form the corner stone of our strategy for development of our sport above and beyond the fantastic achievements during our early integration with BG.

My thanks must also go to **Donna Grist**, who has retired as Minutes Secretary to the Technical Committee, and has kept us all informed since she took the job in 2001. We will miss her.

Joanna Shackleton has been co-opted to take over the lead role for Development on the TC., and **Robin Atkins** has stepped back to the support role, as more and more pressure is placed on all our Development Officers this and next year.

As the elections in January carry four Trampoline TC positions, please make sure your Regional committees are having their say about who they want to see elected in such vital roles. The four positions are:

Chair, Judging, World Class Liaison and Development

The new British Gymnastics Whole Sport (formerly One Stop Shop) Plan is also due soon to be released and we are looking forward to seeing how this will benefit Trampolining and looking forward to **Beijing**.

Again, a very merry Christmas, and I look forward to seeing you all at events in 2005.

DAVID WARD-HUNT CUP

Jumpers Rebound Centre and the **Black Lion Leisure Centre, Gillingham** joined forces on the weekend of 6th and 7th November, to host the largest international trampoline competition, held in the UK during 2004.

The David Ward-Hunt Cup, under the direction of Jumpers Trampoline Club, attracted over 500 entries in the four TRA, DMT and TUM categories, with competitors from BEL, SWE, POR, NED, JPN and WAL competing alongside club entries from all over Great Britain.

David Ward-Hunt died in 1999 and was a great ambassador for the sport of Trampoline Gymnastics, both nationally and internationally. This event celebrated the life and achievements of David and philosophies of international participation and friendship.

The weekend was a great success; both celebrated and enjoyed by all that attended. Each of the four disciplines were split between junior and senior groups, and included British Olympic Finalist, **Gary Smith**

NEWS FROM SCOTLAND

The Trampoline Technical Panel (TTP) of Scottish Gymnastics, held their AGM on 11th September 2004, with the following members being elected:

Brian Wilson – Chairmen (new)
Alistair Stewart – Secretary (new)
Robert Turner – Judging (new)
Ron Brooks – Treasurer (former)
Patricia Morrison – Competitions (former)
Mike McGhee – Coaching (former)
Bruce Craig – National Squad Coach (former)

The NTTC wishes to congratulate all of the above on their election, and wish them well in the future. **Ed.**

FIG CONGRESS – ELECTIONS

The NTTC would like to congratulate the following members of British Gymnastics on their re-election at the 75th FIG Congress, held in **Antalya TUR** during the latter part of October past:

Brian Stocks – Member, FIG Council
John Atkinson – Chair, FIG Sports Aerobics TC
Patricia Wade – Chair, FIG Sports Acrobatics TC
John Beeton – Member, FIG Trampoline TC

The Trampoline Gymnastics TC now consists of the following members:

Horst Kunze GER – President
Nikolai Makarov RUS – 1st Vice President
Tatiana Shuyska UKR – 2nd Vice President
John Beeton – GBR – Member / Secretary
Ulf Anderson SWE – Member
Vladimir Zemen – CZE – Member
Christoph Lambert FRA – Member

TRAMPOLINE GYMNASTICS CODE OF POINTS (Draft 1 b – June 2004)

DOUBLE MINI-TRAMPOLINE

18. SCORING

(Two types of mark are used, 'A' type mark, which is the total of the degree of difficulty in one pass, and 'B' type mark, which is the total given by the Execution Judge in one pass.

The total score for a pass is based on one 'A' mark plus three 'B' marks).

18.1 Degree of Difficulty

The difficulty of each element is calculated on the following basis:

- 18.1.1 Only elements terminating on the feet will be evaluated.
- 18.1.2 Each _ twist (180°) (with the exception in §18.1.4.2) 0.2 pts
- 18.1.3 Each somersault (360°) 0.5 pts
- 18.1.4 Single somersaults or less:
 - 18.1.4.1 Single somersaults done in the piked or straight position, without twist, will receive a bonus of 0.1pts
 - 18.1.4.2 In single somersaults with more than 1 twist (360°), the difficulty of twist will be as follows:

- Each _ twist or more than 1 (one) twist (360°) 0.3 pts
- Each _ twist or more than 2 (two) twists (760°) 0.4 pts
- Each _ twist or more than 3 (three) twists (1080°) 0.5 pts
- Each _ twist or more than 4 (four) twists (1440°) 0.6 pts

18.1.5 Side somersaults and elements without twist or somersault rotation have no difficulty value.

18.1.6 Multiple somersaults – with or without twist:

18.1.6.1 Double somersaults performed in the piked position will receive a bonus of 0.4 pts and triple somersaults in the piked position will receive a bonus of 0.8 pts.

18.1.6.2 Double somersaults performed in the straight position will receive a bonus of 0.8 pts and triple somersaults in the straight position will receive a bonus of 1.6 pts.

18.1.6.3 In double somersaults, the value of the element, including any twist will be tripled. The bonus for pike or straight position is then added to give the total value of the element.

18.1.6.4 In triple somersaults, the value of the element, including any twist will be tripled. The bonus for pike or straight position is then added to give the total value of the element.

18.1.7 In elements combining somersault and twist, the difficulty values for somersault and twist are added together.

CHANGE OF TITLE

NOTE: Please be aware that the FIG no longer recognises the nomenclature WAGS. This event will now be referred to as the **FIG Age-Group Competitions**. In future, successful competitors in this event will no longer be able to refer to themselves as World Age Group Champion. **Ed.**

DOUBLE MINI-TRAMPOLINE

Selection Criteria

FIG World Championships and FIG Age-Group Competitions 15th–18th and 21st–23rd September 2005: Eindhoven, Netherlands

A National Ranking scheme will be used to determine who is invited to National squad training and team selection for specific competitions. Three of the four places on a team will be determined by National ranking, the remaining place will remain a *wild card* to be allocated by the National Squad Director.

To determine the national ranking we will order the prelim, final and overall scores of competitors who are known to be able to fulfil the criteria re: pass construction, at each competition and allocate 8 points to first place, through to 1 point for 8th place. If a competitor scores zero, they receive no points. We then take the best two sets of points for the prelim, final and overall score and add them together to determine the National ranking.

For example: if a competitor gets the highest prelim, final and overall score in two competitions they will end up with 8+8+8 + 8+8+8 = 48 points.

Minimum Criteria for World Championships (17 years and older in 2005)

Women: MUST have scored 69.4 in both Prelim and Finals

Men: MUST have scored 65.9 in both Prelim and Finals

All these criteria **must** have been met at one of the three qualifying competitions.

Minimum Criteria for Age-Group Competitions

The following scores are the minimum for each age group and must have been achieved in both prelim and finals, at one of the three qualifying competitions. We would like to see competitors in the 13-14, 15-16 and 17-18 categories completing at least one double somersault in each pass, and for the 17-18 Men to complete two double somersaults in each pass. However, this is not a requirement.

Girls:

11-12 59.0 pts

13-14 59.9 pts

15-16 60.7 pts

17-18 59.6 pts

Boys:

11-12 58.8 pts

13-14 59.5 pts

15-16 53.4 pts

17-18 62.3 pts

Please note that we can only be guaranteed 16 places at the Age-Group Competitions. More places may become available, depending on the number of gymnasts that compete more than one discipline. We will use the National Ranking scheme to select the first two places in each age group. The remaining places will be allocated to those gymnasts, which are closest to the Final's Qualification Score, at the previous World Age-Group Games, held in Hanover, GER in 2003.

Selection Competitions for World Championships and Age-Group Competitions

The team will be selected from those competitors that have met the minimum criteria using their National ranking points from the following DMT competitions:

22 Jan 05:

Phoenix Flyers DMT Competition – Lea Valley High School, Enfield

Please contact petergedhill@emailaccount.com for details

17 Apr 05:

DMT Mid Season Competition – WIS., Cardiff, Wales

Please contact waga@waga.fsbusiness.co.uk for details

19 Jun 05:

Controlled DMT Competition – Jumpers Rebound Centre, Gillingham, Kent

Please contact Nick_Earle@CompuServe.com for details.

Under 15s success in Sweden

With a reduction in the number of gymnasts participating in the annual GBR v GER Youth Match during the current year, an Under 15 international match was arranged between SWE v GBR in **Uppsala SWE** during the beginning of October past, resulting in a resounding win for the British team. From all accounts, this event was thoroughly enjoyed by both teams, and a number of new friendships blossomed. The result were as follows:

Team Result:

Great Britain - 553.00 points

Sweden – 533.00 points

Individual Results:

Girls

01 Laura Williams GBR 93.40 points

02 Katy Lanson GBR 92.20 points

03 Cara Jamieson GBR 92.00 points

07 Asha Philip GBR 65.50 points

Individual Results cont.

Boys

- 01 Liam Abrahams GBR 91.70 points
- 03 Paul Warwicker GBR 90.00 points
- 04 Thomas Foreman GBR 89.90 points
- 05 James Davies GBR 88.60 points

Our sincere thanks to the Swedish Gymnastic Federation for stepping in to fill the breach on this occasion, to allow our young squad members to continue with their international programme, at such an important time in their sporting career.

A return match for this age group is planned for 2006 in the UK.

2005 FIG JUDGES RULES

With the Intercontinental and International Judge Courses fast approaching for cycle 2005-2008, the following (abridged version) may be helpful for aspiring FIG Brevet Judges:

1. GENERAL

For all FIG disciplines there are four categories of judges – IV, III, II and I. Category IV is the first level for beginners. All judges who participate for the first time in an International Judges Course, can obtain the Brevet and Category IV (as an exception Category III, if he / she has obtained excellent results on the exam).

- 1.1 The FIG international judges brevet is valid during the entire judge's career (in so far as point 7.6 of the Technical Rules has been fulfilled).
- 1.2 To be considered as active during an Olympic Cycle, judges have to attend an official FIG Judges' course at the beginning of each respective cycle. The function of international judge is specific to the categorisation mentioned under Chapter 2 and the passing of an appropriate exam.
- 1.3 In order to move up one category e.g. from Category IV to Category III, from Category III to Category II and from Category II to Category I, the judges have to meet the relevant criteria as laid down in point 2 below.
- 1.4 To be eligible to participate in an International Judge's Course, the candidates have to meet the following criteria. To participate in an Intercontinental Judges' Course, candidates MUST:
 - Be a member of a National Gymnastics Federation affiliated to the FIG
 - Be designated by this National federation to participate in the Intercontinental or International Judges' Course AND
 - Have received no sanctions according to point 6.3.2 c
 - Know one official FIG language

- 1.5 Each TC determines the detailed rules for its discipline. These rules must be submitted to the EC FIG for approval.

2. CATEGORIES

Category IV

Conditions to obtain the Category IV

- Must have the highest National brevet, as well as being proposed by the relevant National federation for participation at an International Judges' Course
- Must have participated in an International Judges' Course, and have passed the theory **and** practical exams, with the minimum standard as set by each respective discipline.
- In exceptional circumstances, continental competitions

Eligibility – Judges for

- *International competitions registered by the FIG, as indicated by each respective discipline*

Category III

Conditions to obtain the Category III

- Must normally possess the Category IV or III in the last cycle
- Must have judged in two (2) international competitions during the cycle just completed
- Must have participated in an International Judges' Course, and have passed the theory and practical exams, with the standard as set by each respective discipline

Eligibility – Judges for

- *International competitions registered by the FIG*
- *Continental Championships and official FIG Competitions, as indicated by the rules for each respective discipline*

Category II

Conditions to obtain the Category II

- Must possess the Category III or II in the last cycle
- Must have judged in at least four (4) international competitions, during the cycle just completed
- Must have participated in an intercontinental or International Judges' Course, and have passed the theory and practical exams, with the standard as set by each respective discipline

Eligibility – Judges for

- *International Competitions registered by the FIG*
- *Continental Championships and official FIG Competitions, as indicated by the rules of each respective discipline*
- *Under special circumstances, is appointed as Course Leader at an International Judges Course, if so designated by the relevant TC*

Category I

Conditions to obtain the Category I

- Must possess the category II or I in the last cycle
- Must have judged in at least four (4) international competitions (including at least one (1) official FIG Competition) during the previous cycle
- Must have participated in the intercontinental Judges Course

Judges Rules cont.

Course and have passed the theory and practical exams, with the standard as set by each respective discipline

Eligibility – Judges for

- *International Competitions registered by the FIG*
- *Continental Competitions and official FIG Competitions as indicated by the rules of each respective discipline*
- *Expert Course Leader Instructor for International Judges' Courses, I so designated by the relevant TC*

3. JUDGES' BREVET AND JUDGES' LOGBOOK

Each FIG Judge receives a brevet and a judge's logbook, which is issued by the FIG Secretary General and signed by the President of the FIG (brevet), as well as by the President of the relevant discipline. The brevet contains the name, date of birth, the nation of the judge, the year in which the brevet was issued, and discipline. The logbook will be updated at each judges' course.

The judge's category, and all competitions in which judge has been actively judging, will be noted in the logbook, as well as any comments in respect of his / her work during international competitions. The President of the Superior Jury or the Chair of the Judges' Panel is responsible for the correct entries in the logbook.

Each judge has to bring their logbook and the brevet to each competition registered by the FIG. Furthermore, each judge should also be in possession of a current copy of the Code of Points of the relevant discipline.

4. OFFICIAL FIG JUDGES' COURSES

4.1 Intercontinental Courses

4.1.1 An Intercontinental Judges' Course for each discipline is organised every four (4) years. All subsequent courses are patterned after this course

4.1.2 The aim of the Intercontinental Judges' Course is

- To ensure that all participants have common understanding of the new rules and changes
- To organise theory and practical exams in order that the participants may obtain the judge's categories based on standard, as set by each respective discipline

4.1.3 Only Category III and higher judges are permitted to participate in the Intercontinental Judges' Course. The entry has to be made by the relevant National federation of the judge and needs the approval of the FIG

5. VARIOUS

5.1 The World List and the database of the international judges are regularly brought up-to-date by the TCs, in co-operation with the FIG Office.

6. AWARDS, SANCTIONS AND APPEALS OF JUDGES – FOR FIG OFFICIAL COMPETITIONMS UNDER JURISDICTION OF THE RESPECTIVE TC

6.1 GENERAL

6.1.1 The TC members are responsible for the education, control and surveillance of judge's work. They take any action necessary during competition competition. They investigate and take all action required during the competition and following analysis of videos after the competition.

6.1.2 the imposition of sanctions and awards are the same for all disciplines. The work of the judges are evaluated according to 5 criteria:

excellent, very good, good, weak, unsatisfactory

6.1.3. During the competition, a verbal warning may be issued for unacceptable behaviour. After the competition written warnings and / or sanctions, dependant on the severity of the case, may be levied against judges, whose behaviour or work is assessed as being in the unsatisfactory category. Generally, sanctions, with the exception of a verbal warning, can only be levied following a video analysis after the competition.

6.1.4 The judges given sanctions or warnings are permitted to appeal at the next higher level against the measure taken. Appeal for verbal warnings are not permitted.

6.1.5 The Federations are responsible as well for the actions and behaviour of their judges.

6.2 AWARDS

6.2.1 For excellent and very good judgement during official competitions – a letter will be sent to the judge (with copy to his / her federation), as well as publication in the FIG Bulletin .

6.2.2 For excellent and very good judgement at a minimum of two (2) FIG Official Competitions, during one Olympic Cycle: a FIG Cycle Diploma award will be given to the judge and a relevant award letter sent to his / her Federation etc.

6.3 SANCTIONS AGAINST JUDGES

6.3.2 Sanctions after conclusion of competition
Sanctions will be announced following the analysis and video review of the exercises, as well as the examination of the corresponding marks of all the judges by the TC, within a

Maximum six (6) months period after the conclusion of the competition.

The sanctions are as follows:

- d. written warning
- e. suspension of the judge for a certain period – proposed by the TC and confirmed by the EC/FIG.
- f. Exclusion and cancellation of the Brevet – proposed by the TC and confirmed by the EC/FIG

The sanctions are valid for all international competitions organised by the National federations, Continental Unions and FIG. The sanctions proposed by the Continental Unions for their own competitions, towards judges, must be confirmed by the FIG TCs.

NOTE: the above information, is in the main, an abridged version of the **2005 FIG Judges Rules**. If anyone has any questions, please do not hesitate to contact the Editor.

NEWS FROM THE FIG

All anti-doping controls carried out at the Athens Olympic Games proved *negative*.

At the close of 2004, **Norbert Bueche** will retire after having served gymnastics for over 50 years, 16 of which he served as **Secretary General**. According to the FIG *Flash* No 54 André Guiesbuhler, Deputy Secretary-General will replace him, on 1st January 2005.

The Trampoline World Cup Final on 2nd December 2004, will be attended by the President of the Algerian Republic, **Mr. Abdelaziz Bouteflika**.

Admission of five new members (Bahamas BAH, Botswana BOT, the Cook Islands COK, Mauritania MTN and Congo CGO) brings the FIG affiliated countries to 129, with 1 associated member.

FIG TRAMPOLINE WORLD CUP FINALS Algiers ALG: 2nd December 2004

As we go to print qualifiers for the **2004 Trampoline and Tumbling World Cup Final** will be gathering in **Algiers ALG** for the first World Cup Final to be held in Africa.

Great Britain has four gymnasts in TRA Finals and two in TUM Finals. The full list of qualifiers are:

Men's Trampoline: by start number

- 01 Djamel LOUCIF ALG
- 02 Nikolai KAZAK BLR

- 03 Olexander CHERNONOS UKR
- 04 Alan VILLAFUERTE NED
- 05 Alexander RUSAKOV RUS
- 06 Dimitri POLYARUSH BLR
- 07 Henrik STEHLIK GER
- 08 Yuri NIKITIN UKR

Women's Trampoline: by start number

- 01 Haruka HIRITO JPN
- 02 Claire WRIGHT GBR
- 03 Heather ROSS-McMANUS CAN
- 04 Natalia CHERNOVA RUS
- 05 Olena MOVCHAN UKR
- 06 Irina KARAVAEVA RUS
- 07 Anna DOGONADZE GER
- 08 Karen OCKBURN CAN

Men's Synchronised Trampoline: by start number

- 01 Alan VILLAFUERTE/Sven MOOIJ NED
- 02 Mark ALEXANDER/Simon MILNES GBR
- 03 Michel BOILLET/Ludovic MARTIN SUI
- 04 Alexander LEVEN/Alexander RUSAKOV RUS
- 05 Michael SERTH/Henrik STEHLIK GER
- 06 Takayuki KAWANISHI/Daisuke NAKATA JPN
- 07 Olexander CHERNONOS/Yuri NIKITIN UKR
- 08 Nikolai KAZAK/Dimitri POLYARUSH BLR

Women's Synchronised Trampoline: by start number

- 01 Mirjam STEINEBACH/Kim STIEKEMA NED
- 02 Haruka HIROTA/Naomi NISHIOKA JPN
- 03 Irina KARAVAEVA/Natalia KOLESNIKOVA RUS
- 04 Anna DOGONADZE/Jessica SIMON GER
- 05 Karen COCKBURN/Heather ROSS-McMANUS CAN
- 06 Galina LEBEDEVA/Tatiana PETRENIA BLR
- 07 Yulia DOMCHEVSKA/Olena MOVCHAN UKR
- 08 Kirstan LAWTON/Claire WRIGHT GBR

Men's Tumbling: by start number

- 01 Salim ZOUAOUI ALG
- 02 Andrei KABISHEV BLR
- 03 Alexei BANTIENKO RUS
- 04 Denis SERDIOUKOV RUS
- 05 Alexei KRIJANOVSKI RUS
- 06 Robert SMALL GBR
- 07 Huanian PAN CHN
- 08 Tseko MOGOTSI RSA

Women's Tumbling: by start number

- 01 Marion LIMBACH FRA
- 02 An DE WIN BEL
- 03 Emeline MILLORY FRA
- 04 Anna TERRENIA BLR
- 05 Elena BLUZHINA RUS
- 06 Kathryn PEBERDY GBR
- 07 Anna KOROBEYNIKOVA RUS
- 08 Olena CHABANENKO UKR

Golden Swansong for Lynsey Tee

Lynsey Tee claimed her 3rd Synchronised Gold (with Hiroi Tokuma) at the 2004 David Ward-Hunt Memorial Cup, together with Team Gold with Portsmouth, to end a glorious 20 year competitive year.

Lynsey joined Portsmouth Trampoline Club at its most famous in 1984 when Sue Shotton had just won Gold Medals at the FIT World Championships in Osaka JPN. Perhaps it is significant that she has chosen to end her career after a terrific partnership with Japanese internationalist Hiroi.

Not just a pretty face, Lynsey has a background of dance. Represented Portsmouth at hockey and is a mean netball player.

During her career, Lynsey has been an inspiration to other club members by her consistent determination and constant desire to improve both her performance and repertoire of skills. She has trained in Antibes with the French team, won the Nissen Cup in Switzerland and been an apparent fixture at British Nationals. She has a collection of national synchro medals, with a dozen different partners over the years, and whilst at Canterbury University, collected 3 BUSA Ladies titles.

Fortunately for trampolining, her expertise will not be lost as she will be training potential coaches now that she is a Tutor and Examiner – provided that it doesn't clash with the fierce support she and her mum give to Portsmouth Football Club.

We shall miss her. **Bert Scales.**

INTERNATIONAL JUDGE SELECTION 2005

Judges have been selected for the following international events during 2005. The list is subject to change.

11-13 Mar: GBR v CAN senior match GBR

Bruce Craig, Claire Thompson, Kevin Dixon-Jackson, Sally Slinger, Elizabeth Scales, Bert Scales, Peter Heames, *Martin Laws*

18-20 Mar: Aalsmeer Flower Cup, Aalsmeer NED

to be selected

08-10 Apr: 4 x Countries senior/youth match (GBR FRA GER POR) Gillingham GBR

Mike Phillipson, Peter Heames, Bert Scales, Steve Grist, Sally Slinger

27-29 May: 4 x Nations senior/youth match (GBR DEN CZE Rhineland) Kladno CZE

Donna Grist

02-05 Jun: FIG World Cup, Sofia BUL

Mike Phillipson

09-12 Jun: FIG World Cup, Levallois FRA

Bert Scales

15-17 Jul: IWGA World Games, Duisburg GER

Steve Grist

28-31 Jul: FIG World Cup (Dobrovolski Cup) Krasnodar RUS

Peter Heames

04-07 Aug: FIG World Cup, Ostend BEL

to be selected

26-28 Aug: GBR v GER Youth Match, Fenton Manor GBR

Bruce Craig, Claire Thompson, Martin Laws, Kevin Dixon Jackson, Peter Heames

15-18 Sep: World Championships, Eindhoven NED

TRA – Elizabeth Scales

DMT – to be selected

21-23 Sep: FIG Age-Group Competitions, Eindhoven NED

TRA – Martin Laws

DMT – to be selected

Russia Training Camp 24-31 Oct 2004

John Beer

Travel to the Russian Olympic Training venue (for many sports) went well until the coach transporting us from the airport to the venue broke down on the motorway. It transpired that one of the fan belts had snapped. The driver had a spare but I was too big. He did put it on but the engine kept overheating, so to compensate for this, every time he went down hill, he would switch the engine off, and coast down the hill to cool the engine! We eventually got to the venue after 2 and a half-hours, instead of 1.

The venue was vast, with our accommodation block on seven floors (one of a number) with many double and single rooms. The facilities were very comprehensive, covering many aspects of preparation for all sports. The sports that were training at the same time as us were: Rhythmic Gymnastics, fencing, football, handball and chess, as well as other sports in other parts of the complex. The food was adequate and wholesome, different from what the team was used to, but all ate well. There were one or two dippy tummies, but nothing serious.

The training took place in hall number two (of three in the complex) alongside the Russian fencing team. We had 4 Eurotramp 6x4 mm trampolines and shared the time on the trampolines with some of the Russian team. Their performers were split, as there would have been too many or 4 trampolines.

The day began at 7.45am with running, followed by jumping on the trampoline and simple skills, with the emphasis on execution, particularly the kick-outs. To aid this, moves were performed to front, barani, full, rudi, half-outs, _ backs, plus some were performing half-in half-out, rudi out and more. This session lasted _ hour, followed by breakfast. At 10.00am was a ballet class, taken by a former Boloshoi dancer, now a teacher. This lasted one hour and all found it hard work, but fun, and took a great amount from it, with regard to form and posture. Following the ballet, was two hours of trampolining, with lunch at 1300hrs. After lunch was a rest period, with trampoline training again at 1600hrs until 1800hrs, with dinner at 1900hrs. On two of the days, there was a sauna before dinner, and on the Thursday, swimming, followed by a sauna & Jacuzzi. The team was given Wednesday off to go sightseeing in Moscow, with one of the Russian team as our guide.

The major difference in the Russian approach and ours, is not the techniques (although there are some things I believe we can benefit from) but: a) the commitment of the performers, who take responsibility for what they do, and do not wait for a coach to tell them. They also do not sit around, but work on stretching: b) they are always prepared to work outside their 'comfort zone': c) they do not find or make excuses: d) it is the norm for everyone to be doing large numbers of sets and vols every session: e) the goes are kept short, with the next person ready to get on. The coach feedback was off the trampoline: f) whilst in a training session, the performers are much more disciplined. Having said this, I was pleased that the entire British group did join in the 'Russian spirit' and worked very hard in a similar way.

The journey back to the airport also was without incident. The bus broke down with fuel problems, but was sorted, by the driver, by a lot of banging on the engine, which coughed and sputtered, and started going again.

After such a hard working and productive camp, I would recommend more camps, both in the UK and abroad, with a higher work rate than we have now at our domestic camps. More time working on physical preparation, both on and off the trampoline.

From watching the Russians, they are not better, but work harder on the things that count, routine and associated work.

SQUAD NEWS

John Beer

The main goal for 2005 are: At the World Championships – two ladies in the final, one man in the finals, medal in ladies synchro, top five men's synchro, medal in ladies team, top five in men's team. We are still, I believe, stronger in the ladies, but our men are raising their game.

Due to a flare up of her back problem, brought on by a chest infection and coughing, **Claire Wright** had to pull out from the World Cup Finals (I thought she had a good chance of a medal), this also mean that Claire and Kirsten could not compete in the Synchro (here I expected them to win!!).

Criteria for membership of squads and team selection criteria will be published in the next few weeks.

Sue Lawton has resigned as an HPC coach but will remain a National Squad Coach on a voluntary basis.

MOSKALENKO ANNOUNCES HIS RETIREMENT (or does he?)

After having dominated the international trampoline scene for almost 15 years, **Alexander "Sacha" Moskalenko**, 5 times World Champion and the 2000 Olympic Champion, has announced his retirement from competitive trampolining. The 35-year old Russian was appointed **Chief of the Sports Committee** in the region of **Krasnodar** some two weeks ago. Thus, the world of trampoline gymnastics will lose its greatest performer ever.

Born on 4th November 1969, Moskalenko made his debut on the international scene at the 1989 European Championships where he, still relatively unknown, easily crushed all opposition, including the reigning World Champion, **Vadim Krasnochapka**. He then went on to win the 1990 and 1992 World Championships, prior to retiring, for the first time! His return to the sport in 1994 saw him capture his third World Championships that year, before retiring for the second time. The possibility of Trampolining becoming an Olympic event in 2000 saw the re-emergence of Sacha in 1999, and another World Championship title, followed in 2000 with Olympic Gold.

His Silver medal at the Athens Olympic Games, brought a retort from Moskalenko, at his press conference afterwards, that he would "see all in Beijing in 2004. Watch this space!

Undoubtedly the greatest trampolinist to have graced our sport, the "King" has abdicated and will be missed by all. **Ed.**

COACHING

Cathy Page

Tutor Seminar – scheduled for **Loughborough** 3/4th September 2005.

HPC Course – to be run in **Portsmouth** on w/e Jan/Feb with examination later.

- Season Greetings to all members -

