

TRAMPOLINE NEWS No 30

February 2005

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

EDITORIAL

Martin Laws

Dear all,

Welcome to this first edition of TRAMPOLINE NEWS 2005. My thanks to **John Beeton** the editor, for all his efforts to keep you all informed, and all those who have contributed to this important Newsletter. Please circulate this latest edition as widely as possible.

The National Technical Assembly was a great success, with speakers in a Trampoline specific program to supplement the comprehensive general program and the launch of the new Trampoline Development plan, which can be downloaded from BG's website. It is also pleasing to see more Trampolinists attending this year, and it is an important event now in the Trampoline year.

2004 was an extremely busy one as usual for the sport of Trampolining. A few changes took place within the NTGTC. The January 2005 elections saw existing members being re-elected: **Martin Laws (Chair)**, **John Beeton (World Class Liaison)** and **Mike Phillipson (Judging)** in addition, **Joanna Shackleton** is now a fully elected member for Development.

Congratulations to John Beeton on his re-election into the FIG Trampoline Gymnastics Technical Committee and his imminent retirement from work will not leave him bored!

Trampoline competitions in 2004 had an increase of participants from 2003, with in excess of 9000 members registered as trampoline competitors. Of this number approximately 900 competed in the national grade 1 or 2 competitions, with the remainder competing at regional or below levels. These figures do not include schools events. Double Mini Trampoline continues to grow with almost 150 competitors at the National Championships.

Mike Phillipson has continued to support domestic judging panels, and a new judging scheme is expected in early 2005. New exam papers have already been developed to incorporate the new 2005 FIG rule changes.

The Coach Education Panel has continued its massive workload under the watchful eye of **Cathy Page** and **Lloyd**

Readhead with over 2400 coaches gaining a new qualification during 2004. From only 65 tutors and examiners, this is a highly active and productive area. Whilst it is always pleasing to see the amount of new coaches joining the sport, this year we managed an increase to 1 in 10 advancing to club coach which is excellent news.

NTGTC would like to congratulate all of our squad members and their personal and squad coaches for keeping Great Britain at the forefront of the international scene. Your dedication has not gone unnoticed.

The future for our sport looks good, and with the co-operation of all trampolinists, we will most certainly go from strength to strength. As 2005 opens, it goes without saying that we have a great deal of work still to do, but I am confident that Trampolining will remain one of the most successful disciplines of British Gymnastics.

2005 is going to be an exciting year for Trampolining. I am certainly looking forward to the next twelve months.

NEWS

4-5 World Cup events are planned for 2006 in **CHI RUS USA CAN** and **GER**.

There is also the possibility that China will visit the UK in 2007 for two international matches, most probably in Manchester and Birmingham.

A FIG International Judges Course is planned for Great Britain during the weekend 27-30 May 2005. Mike Phillipson has details.

Lofer Fitness Training Camp

National Squad members, took part in a Fitness Training Camp in **Lofer AUT** during the month of January past and **John Beer** has very kindly produced a report – see **Page 6**. Squad Members who participated were: **Claire Wright, Kirsten Lawton, Jamie Moore, Katherine Driscoll, Amanda Parker, Mark Alexander, Gary Smith, Gary Short, Paul Noblett, Brian Camp**.

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7th World Cup Final in Trampoline and Tumbling: Algiers ALG

With last minute withdrawals of both **Claire Wright** and **Kirsten Lawton**, through injury, British Gymnastics were represented in these finals by **Simon Milnes** and **Mark Alexander** in the men's synchronised event, finishing fifth place behind the rank outsiders, **Kawanishi/Nakata JPN**.

Podium places in the various finals were:

Women's Individual Trampoline Final

01 Irina KARVAEVA RUS 40.00 points
02 Olena MOVCHAN UKR 38.30 points
03 Anna DOGONADZE GER 38.10 points

Men's Individual Trampoline Final

01 Yuri NIKITIN UKR 41.20 points
02 Alexander RUSAKOV RUS 40.60 points
03 Henrik STEHLIK GER 40.50 points

Women's Synchronised Trampoline Final

01 KARVAEVA/KOLESNIKOVA RUS 48.00 points
02 LEBEDEVA/PETRENIA BLR 46.70 points
03 DOGONADZE/SIMON GER 46.60 points

Men's Synchronised Trampoline Final

01 KAWANISHI/NAKATA JPN 49.90 points
02 SERTH/STEHLIK GER 49.80 points
03 CHERNONOS/NIKITIN UKR 49.80 points
05 ALEXANDER/MILNES GBR 49.10 points

Kathryn Peberdy rose to the occasion yet again, by finishing in 3rd place in the Ladies Tumbling Final, with **Robert Small** finishing in 6th place in the Men's Tumbling Final.

These first World Cup Finals in Trampolining and Tumbling to be held on Africa soil, although well organised, were spoilt with the tight security in place, both in and around the hotel and sports hall. Having to show ones' passport seven times on departure was a bit over the top, in my estimation! **Ed**.

NEW FIG SECRETARY GENERAL

André Guiesbuhler has succeeded Norbert Bueche as the new FIG Secretary General, from 1st January 2005. André is the former Secretary General of the FIT.

As Secretary General, he will have to make use of his vast experience in the months ahead to rally the membership to the challenges that are sure to come, especially in the aftermath of the major problems that faced gymnastics in the wake of the Athens Olympic Games. We wish him well. **Ed**.

BG Trampoline Gymnastics Code of Points Changes for 2005

Mike Phillipson

For all the Coaches and Judges, below is a quick guide of all the Code of Point's changes for BG competitions for the new Olympic Cycle 2005. These should be read in conjunction with the old Code of Points (2001-2004) which will be replaced early in 2005. Your club will receive a copy of the new code once it is printed.

Please read these changes AND the competition handbook, particularly for the minimum difficulty values in the compulsory routine at the men's and ladies Grade 1 competitions, and the penalties, which apply if the minimum difficulty value is not achieved.

General Rules Changes

These changes to the rules apply to all levels of competition, including recreational competitions.

Dress for Female Gymnasts

6.2 Sleeveless leotards are permitted. In a team event all members of the team **MUST** wear the same sort of leotard (e.g. all with sleeves or all without).

For details of what is an acceptable sleeveless leotard please see the 2005 Milano Catalogue page 2 Design Number 2 (Kirsten Lawton). Dance leotards or strapless leotards are not acceptable.

Spotters

9.3 & 9.5 At no time should there be more than 4 (four) spotters around the trampoline.

Arbitration Jury and Protests (11)

This rule has been deleted from the BG Code of Points.

*In case of obvious errors concerning the calculation of difficulty or execution scores, a team coach, gymnast or judge who recognises this should (at a suitable point) approach the Chair of Judges (CJP) **In a professional and friendly manner before the end of the round** to allow the CJP to clarify the score before the start of the next round.*

Warm Up

12.2 Abusing the right to warm up: if a gymnast abuses the right to warm up, the CJP may instruct the recorder to deduct **0.3 points** from the total score of that gymnast's following routine.

After the Final Landing

17.2 After the final landing.....the gymnast must stand upright for **approximately** 3 seconds.

cont. on Page 5

British Gymnastics

National Trampoline Gymnastics Technical Committee Strategic Plan:

April 2005-March 2009

This month the British Gymnastics National Trampoline Gymnastics Technical Committee launches their new **'Strategic Plan – April 2005-March 2009'**. The plan brings together a number of strategic policies produced by British Gymnastics, in a concentrated focus upon the discipline of trampoline gymnastics at a United Kingdom strategic level. With overall responsibility for trampoline gymnastics in the United Kingdom, this strategic plan will be facilitated by the National Trampoline Gymnastics Technical Committee.

The strategy will cover:

- Establishing UK level targets for all areas of activity within the discipline of trampoline gymnastics.
- Providing a clear vision for the future development of trampoline gymnastics.
- Prioritising resource allocation.

Recognising the British Gymnastics vision, this strategy will set out how the National Trampoline Gymnastics Technical Committee, working in association with British Gymnastics, the four Home Nation Associations and British Schools Gymnastics Association will fulfil this vision for trampoline gymnastics. The British Gymnastics vision statement will provide a foundation specifically for the discipline:

“To provide the opportunity for every individual with an interest or talent for trampoline gymnastics to be able to realise their full potential within the Sport. To be able to support and nurture its volunteers, staff and membership through the provision of professionally delivered services that consistently strive to improve against identifiable performance indicators”

The vision will be developed through seven key policy areas:

1. Professional Governance, Structures and Finance
2. A Culture and Structure of Innovation and Finance.
3. Quality Club Accreditation and Improvement.

4. Strategic Facility Development and Support.
5. Coach, Judge and Officials Development.
6. Performance, Excellence and Competition.
7. Long Term Strategic Planning.

It is the key that the National Trampoline Gymnastics Technical Committee takes advantage of the new opportunities to lead and develop the discipline over the next four years.

Annual Report of Coach Education Committee 2003/2004

Cathy Page

This report relates to the year from 1.10.03 – 30.09.04

General Review

[The number of new coaches has slightly gone down this year.](#)

This is disappointing compared with last year's dramatic increase but reflects that we are really at the limit of our capability with the number of tutors we have. The urgency is for more tutors so that those who currently tutor fewer courses at the lower levels and more at the higher levels.

It may also reflect the increase in hours of the Coach Award.

Mechanics – there has been a total revision of trampoline mechanics (terminology and understanding) which has been presented at the Tutors seminar for 2 years and Technical Conference last year. It will be presented to Coach level from Jan 1st 2005 and gradually the other awards as we get round to redoing the resource packs and exam papers. Jake Bailey and Richard Ollerenshaw have been responsible for the new developments, but with Fred Yeadon's co-operation and inspiration. Thanks to them.

A 2-hour pre Club Coach module for the rig has been introduced, and a brief resource for it has been written.

[Rosemary Bascombe has joined a pre-school committee to develop a pre-school module for trampoline coaches.](#)

Coach Level

Since the introduction of the 30-hour coach course – no problems have been reported. The resources are under review.

Club Coach

[The percentage of those going on a Club Coach has risen from 9.8% last year to 11.32%, which is about 1 in 10, which is good.](#)

Hopefully, it will continue to rise. There are still areas not running even one course each year. The logbook still isn't in circulation due to backlog of old ones, but the tutors have been instructed to give out the basic exercises to be done in the mentored learning period. There is also an urgent need to put mentored leaning at Club Coach and above on the map. Currently, most of the mentors take their duties fairly lightly and also have little time for supervising the trainees.

Senior Club Coach

There are about 5 Senior Club Courses run in England which will need increasing each year to cope with the increased take up of Club Coach. About one third of Club Coaches go onto Senior Coach. This year the number of passes went down but this may be due to many coaches who have done the course but who haven't completed either the mentored learning, or they failed one part of the theory, particularly the Common Core, which is extremely difficult for those new to BG and without a gymnastic background. Again, the new logbook is almost ready but there is a large stock so tutors will be given a sheet of requirements for the mentored learning.

Half-out Module

This module will gradually disappear as fewer of those who go on to HPC haven't already done the ½-out in their SCC course. As these get fewer, those needing it are encouraged to attend the relevant part of Senior Club Coach Course.

High Performance Coach

Following the Gillingham Course last year 6 people passed but 8 didn't feel ready to take the practical exam. It takes longer than 6 months to prepare pupils for this exam if they are working with those who are only at the 2 x half out level at the time of the course. Coaches really should not come on this course until the pupils are already doing 2 x ½ out and double back in their routines. They will then be ready to progress further.

A second mid week course was held at Gillingham in July with 16 participants. The exam for this course will be in March. A further course is running at weekends in January/February 2005 in Portsmouth. Unless there is a large demand, the Gillingham July course won't run this year.

International Performance Coach

The IPC course is completed and ready to be examined in March/April this year. It is not certain whether the next course will take the same format or whether we introduce the 'moves' into the HPC enabling coaches working with top level performers to coach and train these moves.

Teachers Course

There have been over 500 Teachers award coaches trained in in-service teacher's weeks and in-service courses.

Disabilities Courses

The module and stand-alone courses continue. There were 133

Passes between them

Double Mini Tramp Courses

Only one course at Club Coach level was held and none at any other level. There are 5 tutors who are qualified to tutor all levels to HPC level but they are all too busy to run courses.

Rosemary Bascombe is training as a tutor.

Tutor Training

One the tutors/examiners list there is 65 current tutors and one examiner who do not tutor. Of the 65, 4 are disabilities tutors only, and 4 DMT tutors only. We have 4 new trampoline tutors in the past year, but 4 who have been taken off the list balance this. Some of the remaining is also very inactive for various reasons! We will need many more when Assistant Coach is introduced. At Club Coach level there are 29 tutors, every region except the West Midlands having at least one. There are 2 new Club Coach tutors and 3 new Senior Club coach tutors. These can be one of the two examiners required at this level. We need more to move up to HPC and IPC levels. One trampoline tutor induction day was held – 8 potential tutors attended.

Tutor/Examiner Seminar

An excellent seminar was held in September at Loughborough. The next will be held on 3/4th September 2005 at the same venue.

High Performance Conference

A High Performance Conference was held alongside the BG National Technical Conference at Lilleshall in Jan 04 – the topics covered were Mechanics, Physiology of Trampolining, Neurolinguistics as an aid to understanding your performer, twisting and somersaulting, 'Pretty girls in little boxes'. It was suggested that regions organise lower level conferences – the NW has, but I haven't heard of any others?

Changes to the Code of Practice

There have been a few small additions to the Code relating to the trampoline set-up, core stability and use of the rig.

[The latest edition is June 04, which is on the website.](#)

Coach Education Panel

The Coach Education Panel met on 1st October 03, 4th February 04, 23rd June and 20th October 04.

Decisions made in 2003/04 related to Tutor accreditation's, approval of new resources, new exam papers, arranging for annual Tutor seminar, rig module for pre club coach course, deciding on skills to be examined on Coach, Club Coach and Senior Club Coach courses, arranging high level courses, looking at syllabus changes for the new UKCC, revising the Code of Practice and of course, arranging speakers for the technical conference.

Trampoline Coach Education Development Plan 2002-2005

Cathy Page

Aims – to increase the number of coaches by increasing the number of tutors at all levels, but also to increase the understanding/skill of new coaches.

Tutor Training

To have at least 4 coach tutor/examiners per region by 2005 – SE, EM, Y, WM,W, SW all do not have 4 trampoline tutors as yet.

To have at least one Club coach tutor per region – only WM without.

Coach Training

New coaches – at least 1500 per year – **achieved 2003, slightly short 2004.**

Club Coaches to reach 10% of the coaches trained i.e. 150 in 2003; 170 in 2004; **149 achieved 2003; 159 in 2004.**

New Senior Club Coaches to increase to 80-100 in the next 2 years; **not achieved.**

IPC course to run Nationally alternate years depending on demand; **1 run so far.**

Resources

2003 – review Code of Practice by June – **achieved July 2003.**

- **Print Senior Club Coach manual by April** – **achieved summer 2003**
- **Complete HPC and combine with teachers resource 2003** – **continued summer 2003**
- **Review Club Coaches Resources 2004**
- **Prepare tutor/examiner resource book** – **draft done 2004**
- **Exam papers under constant review**
- **Revise Coach Log Book by June 2003; Club Coach log book by Dec 2003** – **both achieved by Dec 2003**

Links

Link decisions from Coach Education Committee into GymNews/GymNast – **achieved after most meetings.**

Link Proficiency Scheme closely to Coach/Club Coach – **information incorporated into resource pack for Coach**

Link IPC training closely with Squad training.

Administration

Plan the calendar in each region for the whole year to allow Club Coach, Senior Club Coach and HPC development.

Address the Accidents, which are reported to see if modifications need to be made to the Code of Practice – **not done, no information on accidents forthcoming from insurers.**

Seminars

Held Coaching Seminars at HPC/IPC level Nationally and encourage Regional seminars at Senior Club/Club and Coach level. 2003-05; Coaching Seminar at HPC/IPC achieved Jan 2004; and Jan 2005; NW Region 2004.

Development of Assistant Coach

Most BG disciplines are going to have to develop a grade similar to Coach. We will be developing an Assistant Coach. Put on standby till after National Coaching Certificate sorted.

BG Code of Points cont. from Page 2

Assistant CJP

19.1 & 24 In individual competition there is no assistant to the CJP.

In BG competitions it may be necessary to appoint an assistant chair where the trampolines are in one line of three/four panels and it would be unfair to ask a Chair of Judges to walk round all the trampolines to get to their place at the far bed.

In synchronised trampoline competitions an Assistant Chair of Judges will sit beside the difficulty judges.

The Ass. CJP will assist the difficulty judges and check the pair in synchro performs the same elements at the same time. The ACJ will also observe the far bed for penalties at the end of, or during the routine.

Duties of the CJP

20.13 decide about penalties (12.2).

20.14 decide before the end of a round, when approached by a team coach, gymnast or judge, about obvious numerical errors in the calculation of difficulty, or numerical errors concerning execution or synchronisation scores.

20.10 inform the synchro judges of additional deductions if a synchro pair does not make the same landing.

If one gymnast in the synchro pair stops and the other makes a small jump, the chair shall decide: if the gymnasts did not perform the same landing (i.e. both do an out-bounce or both stand still, this would merit a 0.2 points deduction by the synchro judges) or the gymnast performing the small jump has an end of routine deduction for an uncontrolled finish.

At Grade 1 Competition (Men's/Ladies) only

First Routine (Compulsory)

In the first routine (compulsory) the routine will carry a difficulty mark for 2 (two) specific elements within the routine. These must be asterisked by the gymnast or coach on the competition card.

In the first routine all elements shall be different and shall have at least 270° somersault rotation

Missing an element in this routine (e.g. missing a somersault out) **1.0 point** deduction.

Repeating an element in this routine (e.g. two elements the same) **1.0 point** deduction.

Not performing the elements in the written order **0.2 points** (in total NOT per change)

[all the above deductions will be from each execution judge]

Second Routine (Voluntary)

If a gymnast repeats one or both of the elements from the first routine, which they asterisked and performed in the first routine, they will not receive the difficulty mark for these elements in the second routine. (E.G. you only get the difficulty mark for those specific skills **once**).

Final Routine

Gymnasts may repeat any of the elements performed in the first and second routine.

The finals will be done in reverse order of merit from the first two rounds with scores being **zeroed**. (I.E. all competitors in the finals start with a zero score from the previous rounds).

Lofer

John Beer

Travel:

For those travelling from Stanstead all was fine with the plane being on time. The delegation was joined at Stanstead by Zoltan just returned from Hungary. On arrival in Salzburg collection of the Mini-buses was easy with all paperwork ready. The journey to **Lofer** took about one hour with the rain in Salzburg turning to snow as we climbed towards Lofer. On arrival **Richard Simons** met us, gave us the room allocation (all the rooms in the building were full and some of the ski team had to be found other accommodation) followed by a meal.

The return journey was equally easy with the only drawback being we had to leave at 0600 hrs. The centre staff did provide breakfast for us before departure!

Accommodation

The building being an old hotel was well suited to large groups. Most rooms were en-suite and were well appointed. We were given a double and triple for the girls, a single and a quad for the boys and two doubles and two singles for the staff. The boys and one staff (me) did not have en-suite but shared facilities. The building contained a large dining room, an athlete's lounge, a medical room, meeting room, sauna, gym and computer facilities. Very similar to the Olympic camps may have attended.

Training:

Every morning outdoor activities took place that included

running, fartlek and other interval training (the first morning was the exception all the group were taken on a 2½ hour walk up the mountains, this in itself took some "puff" but was made even more difficult with all the groups spending the first 1 and ½ hours throwing snowballs at each other. On all the runs Simon Brevik (the sports physiologist) used heart monitors to check the performers level of work. Some of the team worked harder than others because they were not as fit to start with but over the period all showed a significant improvement. Following the morning activities, two-hours in the gym consisted of weight training and circuits (all set and monitored by Simon). For two days in the first week, and one in the second, we travelled to **Rif** (just outside Salzburg) to use a trampoline. This was used as part of a circuit training course (it was felt some trampolining was required to prevent the performers timing from suffering, nothing technical was done, only power work) emphasis was on stamina throughout the body as opposed the strength (as this was being done in Lofer). We were due to swim on each visit to Rif but due to problems at the centre this was not possible. We did however manage to swim in the second week in a pool in Kitzbule. All activities were made more difficult due to the altitude and all felt very tired after each session. On Friday 7th and Monday 10th the group were taken skiing for the day. Most had never skied and found it very hard to start with, but all learnt to one level or another. Skiing was the most difficult exercise for all, as far as cardio-vascular fitness was concerned. It was also very demanding on the muscles of the legs and trunk, thus benefiting the team in many ways. It was also an excellent team building exercise as all were faced with the same challenge and all helped each other, mixed with their natural competitive spirit. At the end of each day the sauna was available to relax the tired and sore muscles.

All the team were given two half days off with no planned activities.

Should anyone require a full timetable of activities I can make one available.

Medical Support:

Roz the Physio was in great demand at the beginning and end of each day, not finishing until 11.00 some days. The original list included two Physios but only one came. I believe this was a mistake and two were needed. With 20 performers all needing treatment Roz did a fantastic job. We had no serious injuries, only a few strains, pulls and bruises. None prevented the performers from attending all training sessions, though some sessions were attended for those injuries, done in consultation with Roz, Simon and myself.

Conclusion:

A very worthwhile exercise, with what I hope will be performers who start the season very fit and strong and continue to improve (Simon has set programmes for all and will be monitoring them every six weeks) up to the World Championships. The advantage of such a camp are many but with a good start on fitness early will allow longer and better training from the outset. One interesting point raised by Zoltan was, after last year's camp, he found less had colds and the like during the following year.

SQUAD NEWS

Sharon Wood

The first youth squad of 2005 took place on 22nd and 23rd January. **Jack Kelly** attended for the first time in his role as High Performance Coach and **Erika Thorne** as a personal coach. The sessions were good with a lot of emphasis on preparation for the forthcoming season.

The selection for the **Flowers Cup in Aalsmeer NED** is as follows:

Junior Girls: Lucy Ryall, Imogen Gunner, Laura Williams, Katy Ianson, Emma Scanlon.

Junior Boys: Nathan Bailey, Joe McAdam, Steven Williams, Mathew Wright, Michael Freeman, Luke Rendell.

Senior Men: Brooke Milliner, Paul Noblett

Coaches: Sharon Wood, Jack Kelly, Erika Thorne

Judges: Sally Slinger

Physio: Phil Waterworth

DMT NEWS

Nick Earle

DMT Trial for World Championships and FIG International Age-Group Competitions (FIG IAGCs)

The first of three trials for these competitions was hosted by **Phoenix Flyers** on **Saturday 22nd January**, alongside a Grade 2/3 competition, with 67 Grade 1 competitors trialling, 45 Grade 2 and 37 Grade 3 competitors.

To facilitate such big numbers the competition followed the same format used at the **David Ward-Hunt** competition, with one DMT being used for warm-up, and 2 panels judging the competitors on a second DMT.

The competition took slightly longer than planned with the last pass ending at just after 5pm, one hour later than scheduled, but I think that everyone would agree that the competition ran very smoothly.

My thanks must go to all of the judges who performed an amazing job.

Congratulations to **Andrew Freeman** who scored the highest form score of 29.4 (9.8s without difficulty) and **Philip Dodson** who competed the highest difficulty pass 8.0, and the highest score for a pass 36.3 (9.7w with 7.2 difficulty).

A total of 19 competitors met the minimum criteria for the FIG IAGCs. However, only one competitor (Philip Dodson – Salto)

Met the criteria for the Senior Team.

Full results and the current ranking are available from <http://www.bg-coaches.org/results>

The next trial will be held at the DMT Mid-Season competition in Cardiff on 17 April.

International Judge Selection 2005

Mike Phillipson

Judges have been selected for the following events during the current year:

18-20 Mar: Aalsmeer Flower Cup, Aalsmeer NED

Sally Slinger

08-10 Apr: 4 x Countries, Gillingham GBR

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

20-22 May: 4 x Nations, Kladno CZE

Claire Thomson

01-05 Jun: FIG World Cup, Sofia BUL

Mike Phillipson

08-12 Jun: FIG World Cup, Paris FRA

Bert Scales

15-17 Jul: FIG World Games, Duisburg GER

Steve Grist

04-07 Aug: FIG World Cup, Ostend BEL

Donna Grist

04-07 Aug: Fliffus Cup, Ostend BEL

Kevin Dixon-Jackson

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

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

15-18 Sep: World Championships, Eindhoven NED

Biz Scales – TRA

AN Other – DMT

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

Martin Laws – TRA

AN Other – DMT

CHANGE OF EMAIL ADDRESS

Please note my new Email address for all correspondence from 1st March 2005-03-23

John@jbeeton.wanadoo.co.uk

I [retire](#) from Military Service on the 4th March and intend disappearing for the rest of the month!

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4 x Countries International Trampoline Match

Great Britain v France v Germany v
Portugal

Jumpers Rebound Centre
Saturday 8th April 2005
Starting at 2 pm

Featuring

Olympic, World, World Games,
World Cup and European Athletes
from all four Countries

Entry: Adult £5 Child £3 (under 12)

For further information contact: Liz Laws,
Jumpers Rebound Centre, Gillingham, Kent
Telephone: 0118 987 2924

Russian Open Age-Group Championships

Trampoline – Tumbling – Double Minitramp
29th March – 1st April 2005

St Petersburg, Russia

AGE GROUPS

11-13, 14-15, 16-17, 17-18, 17+

Entry Fee (per gymnast) EUR 20

Definitive entries by 01 Mar 05
Nominative entries by 10 Mar 05

Hotel Accommodation “Pulkovskaya” and “Russia” hotels

Double Rooms – EUR 30 per person per night
Single Rooms – EUR 50 per person per night

Further information from: www.trampoline.ru

33rd International Trampoline Competition of Friendship (Youth Olympic Hopefuls Competition)

Kladno, Czech Republic, 3rd September 2005

Competition

a) TRA – Individual

Senior ladies: 17 years and older (born 1988 and before)

Senior men: 17 years and older (born 1988 and before)

Junior girls: 12-17 years (born 1988-1993)

Junior boys: 12-17 years (born 1988-1993)

b) TRA – Synchronised

Senior ladies: 17 years and older (born 1988 and before)

Senior men: 17 years and older (born 1988 and before)

Junior girls: 12-17 years (born 1988-1993)

Junior boys: 12-17 years (born 1988-1993)

Further information can be obtained by contacting the following:

www.trampolinycstv.cz

TECHNICAL COMMITTEE MEMBERS 2005

At the conclusion of the British Gymnastics Technical Conference and elections, held at the end of January 2005 in Lilleshall, the NTTC now consist of the following members:

Chair: Martin Laws 2005 for 2 years

Judging: Mike Phillipson 2005 for 2 years

World Class Liaison: John Beeton 2005 for 2 years

Development: Joanna Shackleton 2005 for 1 year

Competitions: Craig Bellis 2005 for 1 year

Coach Education: CATHY Page 2005 for 1 year

Congratulations to candidates who were successful. **Ed.**

FIG INTERCONTINENTAL JUDGES COURSE

Prague CZE

31 Jan – 04 Feb 2005

British Gymnastic Judges who attended this course are to be congratulated in successfully retaining their brevets. Results were:

Claire Thomson: TRA DMT and TUM

Mike Phillipson: TRA and DMT

Peter Heames: TRA and DMT

Claire is to be further congratulated for upgrading her TRA brevet to Category II Judge. The NTTC wishes to congratulate all of the above.

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