

TRAMPOLINING

This breath-taking sport is now well known across the world, and the most modern trampolines can project a trampolinist to such heights that the top stars can touch 10 metre-high ceilings and perform multiple somersaults and twists with ease. As well as being a sport in its own right, it is widely recognised as a training tool for many other gymnastic disciplines and sports such as, diving, freestyle skiing etc.

Disciplines:

Individual, Synchronised and Double Mini Trampoline. Internationally tumbling also comes under Trampoline, but in the UK this discipline is under Sports Acrobatics.

A Trampoline (individual or Synchronised) competition is made up of three routines: Compulsory (set) Round/ Voluntary Round/ these make the Preliminary rounds and lastly a Final Voluntary Round. Each routine is made up from 10 skills and must start and finish on the feet.

For Double Mini Trampoline competition there are four passes, the first two in the Preliminary rounds and two in the Final round. Each pass consists of one skill performed in one of two areas, Mount or Spotter plus a dismount skill making two skills per pass.

History:

Trampolining can be seen as a reflection of man's desire to defy gravity. Early civilisations devised various methods of sending a person into the air, such as using outstretched animal skins to throw them up and safely catch them on their descent. Circuses have used a number of methods to propel performers into the air for a variety of somersaults.

The modern trampoline came about through the intervention of modern technology. George Nissen of the USA in his garage built the first prototype apparatus in 1934. As well as being a source of great fun at recreational level, the trampoline has also been used by the Air Force and later by Space agencies to acclimatise their pilots and astronauts to aerial activity.

Competitive trampolining began in the USA after World War 2 in 1947. The activity spread to Europe in the 1950s, inspired by visits from George Nissen. Display teams travelled to all continents in the 1950s and 1960s, a time when many national federations were formed. Nissen opened a factory in England in 1956 and Scotland was the first to establish its National Federation in 1958. In the same year the first Nissen Cup was held in Switzerland, an event that continues to this day.

During 1959 the British Gymnastics Association (BGA) set up a sub committee for Trampolining under Syd Aaron MBE. The sport was an immediate success and in 1963 The British Trampoline Association (BTA) was formed.

The International Trampoline Federation (FIT) was formed on 4th March 1964 in Frankfurt and March 21 of the same year, the Royal Albert Hall in London welcomes the first World Championships. Judy Wills and Dan Millmann (USA) are the first World Champions. European and Pan Pacific Championships soon followed.

USA athletes dominated in these early years, but today many nations share in the top honours.

In 1965 The British Trampoline Federation (BTF) and the English Schools Trampoline Association (ESTA) and in 1974 both organisations merged under the BTF banner.

1980 the BTF organised the first Hermesetas World Cup in London and the first FIT World Cup took place in 1993 and sparked a tremendous interest in the sport.

In 1996, at the first Olympic gymnastics Gala in Atlanta, Trampolining was performed and only a year later it was granted Olympic status by the IOC. This required the FIT to merge with the FIG, a tricky business that was successfully accomplished at the end of 1998 ensuring the sport's debut at the 2000 Olympic Games in Sydney.

From 1999 to December 31st 2002 the BTF and BGA remerged under the BGA banner to ensure Trampolining in Great Britain is a fully recognised Gymnastic discipline.

The first British Olympians in Trampolining were Lee Brearley (Manchester) in the Men's and Jaime Moore (Northampton) in the Women's event in the Sydney 2000 Games.

Most successful British trampolinists to date:

Great Britain has always been one of the most successful countries in Trampolining and remains a country others measure themselves against.

Male (Individual Trampoline)

Dave Smith – 1964 World Bronze Medallist

Dave Curtis – 1967 & 1968 World Silver Medallist

Mike Williams – 1967 World Bronze Medallist

Paul Luxon - 1972 World Champion, 1967 & 1971 European Champion

Stewart Matthews- 1980 World Champion, 1978 Silver Medallist, 1979 European Champion, 1977 Silver Medallist

Carl Furrer- 1982 World Champion, 1981 European Champion, 1983 Bronze Medallist

Female (Individual Trampoline)

Erica Phelps – 1980 World Bronze Medallist

Sue Challis (nee Shotton) – 1984 World Champion, 1982,90,92 World Bronze Medallist, 1983 & 1993 European Champion (83 joint with Andrea Holmes) 1981 & 1989 Silver medals

Andrea Holmes- 1986,88,90 and 94 World silver Medalist, 1983, 1985, 1991 European Champion

Claire Wright – 2001 World Bronze medallist; 2001 World Games Silver Medallist (Synchro), 2002 World Cup holder (in Synchro, together with Kirsten Lawton)

Kirsten Lawton – 1997 European Bronze Medallist; 2001 World Games Silver Medallist (Synchro), 2002 World Cup holder (Synchro) together with Claire Wright.

Female (Synchronised Trampoline)

Lynda Ball & Barbara John – 1965 World Synchro Bronze Medallists

Sue Vine & Wendy Coulson – 1967 World Synchro Bronze Medallists

Jane Pullen & Diane Bullen – 1968 World Synchro Silver Medallists

Pat Lewis & Janet Yates – 1970 World Synchro Bronze Medallists

Sue Shotton & Kyrstyn McDonald- 1984 World Champions in Synchro

Andrea Holmes & Sachelle Halford- 1988 World silver medalists- Synchro
Andrea Holmes & Lorraine Lyons- 1992 World Champions- Synchro
Claire Wright and Kirsten Lawton- 1997 European Championships - Silver, 2000 European Championships - bronze, 2001 World Games - silver, 2002 European Silver, 2002 World Cup Final- Gold

Male (Synchronised Trampoline)

Dave Curtis & Mike Williams – 1968 World Synchro Silver Medallist, 1969 European Synchro Bronze Medallist
Paul Luxon & Bob Hughes- 1972 World Champions in Synchro
Stewart Matthews & Carl Furrer- 1980 World Champions in Synchro, 1978 Bronze, 1979 European Silver Medallist
Alistair McCann & Geoffrey Fogg – 1982 World Synchro Bronze Medallists
Simon Milnes & Mark Alexander – 2001 European Synchro Bronze Medallists, 2002 European Silver

DMT

Alistair Fogg – 1987 European bronze Medalist DMT

British Teams

Ladies 1984 & 92 World Champions; 1982, 86,88,90 Silver Medalists, 1994 Bronze Medalists. 1983 European Champions; 1987,91,95 European Silver Medalists; 1981,85,89,93 & 2002 European Bronze Medalists.

Mens 1982 World Silver Medalists, 1983 European Silver Medalists, 1981 & 2002 European Bronze Medalists.

DMT 2002 Men's European Silver medalists

Olympics

At the 2000 Sydney Olympic Games **Lee Brearley** celebrated his and his Sport's Olympic debut with his 6th position in the Men's Individual competition and **Jaime Moore** was 12th in the Individual Women's competition.

2002 British Champions

Senior Ladies and Over 18 Girls- **Claire Wright** (Edgbarrow)

Senior Men & Over 18 Boys- **Paul Smith** (Edgbarrow)

2002 Senior Team Champions: Mens – Edgbarrow, Ladies- Edgbarrow

CLAIRE WRIGHT- PROFILE

DOB:	5/08/1979
Place of Birth:	Frimley
Club:	Edgbarrow
Started trampolining:	1986
Personal coach:	Sue Lawton (Claire has trained with her since she was 7)
Coach in the Uni (UWIC):	Jake Bailey
National Coach:	John Beer
First International:	GB v Germany 1991
Education:	Secondary School: Marist Convent, The Rosary, Sunninghill, Ascot
	Farnham Sixth Form College
	The University of Wales Institute Cardiff

Claire is the only child of Bernie & Colin Wright, who are two of the most respected gymnastics coaches and club managers within British Gymnastics. They are running the Rushmore Gymnastics Academy and organize the annual Honeywell International in Women's Artistic Gymnastics.

"Claire is dedicated to her sport and very hard on herself", said the National coach John Beer. " She trains with a 110% and likes competing. She is also a very good skier and loves practicing many other sports in her leisure time. She becomes the life and soul of every party- she loves dancing and is an excellent entertainer".

In January 2002 Claire put together a 3rd highest difficulty routine in the world of 14.4 points.

Best Achievements:

1990 2nd place Individual World Age Group Championships

1993 1st in the Under 15 British Championships
 Competed for GB Youth Trampoline Team
 Selected for Senior Ladies GB Trampoline Team/ International Events
 Reserve for the Senior European Championships

1994 1st in the U18 British Championships; 3rd in the Ladies
 World Championships- Team Bronze; individual- 21st
 Bronze medal in the Individual Age Group Championships
 Member of the GB Team- Silver medallist Junior European Championships;
1st place in Europe- Individual Compulsories
1st in the GB v Germany Youth Match

1995 British Over 18 Synchro Champion and Under 18 Individual
 Champion
 European Bronze medallist with partner Sue Challis
 GB Team Silver medallists

1996 World Championships, Vancouver (CAN)- 15th Individual, 7th
 Synchro, 5th Team
 European Youth Championships, Russia- Synchro- 1st place

1997 World Cup, Portugal- Individual 3rd, Synchro 2nd

1998 European Championships, Germany- Individual- 4th, Synchro-4th,
 Team-2nd

World Cup Poland- Synchro-2nd

World Cup Switzerland- Synchro-1st

World Cup Denmark- Synchro- 1st

World Cup France- Synchro-1st

World Championships Australia- Individual-6th, Team-5th**1999**

World Cup series competition, Prague, CZE, November- Silver medal Synchro, with Kirsten Lawton)

World Championships Sun City, South Africa- 5th (Synchro, with Kirsten Lawton) & 5th Team

World Cup Final, Tavira (POR)- Silver medal in the Synchro event (together with Kirsten Lawton) and 6th in the individual contest

2000

Received FIG pin for achievement at World Championships

World Cup series competition, Gosford, (AUS)- February- **Gold** Medal Synchro event (with Kirsten Lawton)

Sport Personality of the University of Wales Institute, Cardiff

2001

British Champion for the first time!

22nd World Championships in Odense, Denmark –

World bronze medallist in the Individual contest; 2nd in the Women's Synchro Qualifications, (together with Kirsten Lawton) and 5th in the final ranking.

World Cup competition in Portugal, October- Bronze medal (together with Kirsten Lawton) and 5th in the individual ranking

2002

British Champion for the second time

European Championships – Silver medal / Synchro with partner Kirsten Lawton, St. Petersburg, Russia

World Cup Final winner with partner Kirsten Lawton in Hannover, Germany

PAULL SMITH - PROFILE

Date of Birth: 26/06/73
Place of Birth: London
Residence: Bracknell
Hometown: Bracknell
Club: Edgbarrow
Training Venue: Bracknell
Coach: Sue Lawton
Started Trampolining: 1985
Profession: Finance Consultant

First International: GB v FRA v ITA 1989

Best Achievements:

1995 & 1996 British Champion- Individual, Synchro & Team

World Cup Final'97- Individual 4th, Synchro-6th

Europeans'97- Individual 9th

Worlds'98- Individual 6th

Europeans'98- Team 1st

World Cup Final'99- Individual. 9th, Synchro 2nd

2002 - British Senior Champion, Senior Mens Synchro Champion
(partner Lee Brearley)

2002 European Team Bronze medal, St. Petersburg, Russia