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## EDITORIAL

Martin Laws

Dear Reader,

Many thanks to **JOHN BEETON**, the editor, for his ceaseless work on keeping us all informed of all Trampoline based news and updates. Please do your part and circulate this newsletter as widely as possible.

Wow! Nationals this year was an enormous event! Firstly, our congratulations to all our gymnasts, especially our Men's and Women's Champions: James Higgins (Northampton) & Kat Driscoll (Apollo). It was great to see that everyone's hard work and commitment has been rewarded by such excellent results by everyone. This was, by far, the biggest and the best National finals we have ever had! 570 different competitors competing in 755 different places! Wow! That's a lot of gymnasts! For the first time, we welcomed our GMPD finalists, who added to our extravaganza event. Another first for the year was the introduction of the BG (BritScore) scoring system, which enabled us to also record each routine or pass! This worked really well, and all were very please with the system. As an added bonus, everyone will be able to view their routines on the Gymnet members' portal, along with their scores! If you cannot find your routine, please accept our apologies, but hopefully something will be there of everybody's competition. As we were trialing this system and equipment, we know that a few routines were missed! However, we hope next year to be able to offer a text number where you can link to your routine and score immediately after competing! Next year, we will also be welcoming our Tumbling colleagues to the event to create a complete World Class calibre event! This sets us up perfectly for the World Championships in 2011 at the same arena, and that will be our qualifying event for 2012. Congratulations to all our competitors. Personally, I thoroughly enjoyed the weekend and hope that all that attended did too!

To organise an event of this stature takes a special team of people. I am sure you will all join me in my thanks to Wayne & Pam Smith, along with all their volunteers for, once again, committing such a lot of time and effort into producing the biggest spectacle of our competition year. Without such dedication and investment of their time, it simply would not be possible.

Looking back, it is interesting to note that I made mention in the August 2008 editorial that we would be entering the next phase of the competition structure. We certainly have hit a few bumps along the road of change, but I feel that we are now heading to

the clear road and the next season, with a few tweaks around the edges, will see a much smoother ride. Thank you all for your patience and continued commitment to our much loved sport.

Following sunny skies always come rainy days! The economic climate has affected sport in a big way! With less grants being available to support sport, the NTTC & BG would like to reassure everyone that we will continue to work just as hard for you all to continue to raise the profile of our sport so that when the clouds begin to break up, we will still be at the forefront of British Gymnastics. I remain confident that our next season will set us up perfectly for that, once in a lifetime, season that will culminate in 2012.

Again congratulations to all our gymnasts, volunteers, judges, officials and officers. You form a very special family, which will continue to grow!



## World Games Kaohsiung, TPE 16-23 July 2009

The Great Britain team, comprising representatives of four British Gymnastics disciplines, returned from **Kaohsiung TPE** last week having made eight out of twelve Finals and with a haul of three Silver and three Bronze medals.

Highlight of the team's performance was the Silver medals won by **Michael Barnes** - Men's TUM, **Adam McAssey**, **Adam Buckingham**, **Alex Uttley** and **Jonathan Stranks** - Men's Four, **Rebecca Richardson**, **Candice Slater** and **Beth Young** - Women's Trio. Bronze medals were won by **Mollie Grehan** and **Maiken Thorne** - Women's Pair, **Katie Axten** and **Nicholas Illingworth** - Mixed Pairs and **Douglas Fordyce** and **Edward Upcott** - Men's Pairs.

**Jennifer Dawes**, **Rachael Letsche** - Women's TUM and **Philip Dodson** - Men's DMT all reached their respective Finals in 4<sup>th</sup>, 6<sup>th</sup> and 5<sup>th</sup> respectively.

Unfortunately, **Adeva Bryan** DMT and **Francesca Jones** RG failed to make Finals in their respective disciplines, despite valiant efforts by both women.

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## NOTICE

### Great Britain v Germany Annual Youth Match

Wellsprings Leisure Centre  
Taunton, England  
26<sup>th</sup> September 2009

1400-1700 hrs  
(doors open at 1330 hrs)

Adults: £5, Under 12s/OAP: £3  
Family ticket (4persons): £12

Note: Team Selection for this international match can be found elsewhere in this Newsletter. Ed.

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## World Games

### July 2009 Kaohsiung, Taiwan

Claire Thompson

28 gymnasts, coaches, officials and support staff – the ACRO/DMT/TUM delegation – followed the RG advance party to Taiwan via Hong Kong.

We arrived in time to have a full team turnout to fly the flag in support of Francesca Jones' Ball and Ribbon routines. No quiet observing, she heard we were there in force!

Overnight the Kaohsiung Arena was transformed to a full layout for the combined ACRO/DMT/TRA/TUM competitions and the serious business of warm-up and podium training began. Judges were assigned their duties and Physio, Louise Preston, set to work and was relentless in her support of every gymnasts' needs throughout the four days of training and competition.

Monday 20th, the first day of competition, first ACRO Pair and first medal and so it continued. Over the three days, Great Britain's five ACRO entries all won medals, with GBR topping the ACRO medal table.

Days 1 & 2 saw two ACRO events with a TRA event, Day 3 the final awe inspiring ACRO event (the Men's Groups) with two TRA events.

Day 2 saw Michael Barnes (GBR tumbler) win a well deserved Silver medal with outstanding execution scores and a triple back piked, which wowed a capacity local crowd of around 15,000. GBR Women tumblers, Jenny Dawes and Rachel Letsche, qualified in 2<sup>nd</sup> and 5<sup>th</sup> position from the prelims and finished in

a credible 4<sup>th</sup> (63.1) & 6<sup>th</sup> (59.8) position in their first Senior event.

Final day was the competition for the DMT medals. Adeva Bryan finished 9<sup>th</sup> (64.6) in the Women's event, with Philip Dodson qualifying in 5<sup>th</sup> for the Men's Final later that evening and finishing 5<sup>th</sup> (65.3) overall behind strong finalists with outstanding performances. As Great Britain had no representatives in the TRA events, we watched with interest the battle of experience and youth in long established and new partnerships for the synchro medals.

A fabulous team spirit and atmosphere. A friendly welcome throughout the city. Exciting competition, with a packed audience and the chance for some of us to see some local sights or other World Games sports (sumo, body building and climbing to name a few), made this a competition trip with many positive experiences for us all. Great Britain gymnasts contributed 6 medals (3 Silver & 3 Bronze) to GBR total medal haul of 19 (4 Gold, 6 Silver & 9 Bronze), making British Gymnastics the most successful UK governing body at the Games. Overall GBR was 5<sup>th</sup> in the total medal table for the ACRO/TRA/TUM/DMT events.

A proud, successful (if tired) team returned home, knowing it had been a job well done by all.

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## 4 NATIONS ANNUAL MATCH DEN v CZE v POR v GBR Roskilde, Denmark (13th June 2009)

The week prior to departure for this annual match, **Cara Jamieson** had to withdraw through an occurring injury. Owing to the time scale, it was decided not to replace her. The week prior to this withdrawal, a further two team members had to be replaced with reserves owing to having received serious knee injuries.

Despite the disadvantage of being one member short, the Great Britain team performed well in the match, finishing in Second place overall.

This was an excellent result for the young British team and all are to be congratulated for their endeavours.

### Results

**1<sup>st</sup> Denmark 372.6 points:** Praest, Andersen, Ehlers, Renner, Vidstrup, Walmod.

**2<sup>nd</sup> Great Britain 366.5 points:** Strong, Greaves, George, Davies, Bailey

**3<sup>rd</sup> Portugal 357.8 points:** Abreu, Lopes, Simoes, Conceicao, Campos, Robalo

**4<sup>th</sup> Czech Republic 348.3 points:** Frydrychova, Dufek, Bubenikova, Pelc, Anyzova, Solansha

## World Games Report Cont.

### Team Members

**HOD:** John Beeton

**Coaches:** Craig Lowther **TUM**, Nick Earle **DMT**, Neil Griffiths, Nicky Thorne **ACRO**, Nadya Aleksandrova **RG**

**Judges:** Claire Thompson **TUM**, Sally Slinger **DMT**, Judy Wootton, Andy Farley **ACRO**, Vicki Hawkins **RG**

**Physio:** Louise Preston

**Gymnasts:** Rachael Letsche, Jenny Dawes, Michael Barnes **TUM**, Adeva Bryan, Philip Dodson **DMT**, Mollie Greham, Maiken Thorne (Women's Pair), Rebecca Richardson, Candice Slater, Beth Young (Women's Trio), Katie Axten, Nicholas Illingworth (Mixed Pair), Douglas Fordyce, Edward Upcott (Men's Pair), Adam McAssey, Adam Buckingham, Alex Uttley, Jonathan Stranks (Men's Four) **ACRO**, Francesca Jones **RG**.

Unfortunately, GBR did not have a Synchro Pair in either the Men's or Women's competitions on this occasion.

This was an excellent World Games with accommodation, transport and competition venue being of the highest quality. My sincere thanks to all team members for their contribution in making the visit such an enjoyable one.

An additional report on the World Games by Claire Thompson appears elsewhere in this Newsletter. **Ed.**



## FIG World Cup Zielona Gora, POL 2-6 Sep 2009

The fourth and penultimate World Cup of the current series heads to **Zielona Gora, Poland** the week following the Belgian event with the British team departing London on 2<sup>nd</sup> September, returning home on 6<sup>th</sup>. Selection for this event is as follows:

**HOD:** Martin Laws

**Judge:** Peter Heames

**Coaches:** Tracy Whittaker-Smith

**Physio:** Steph Smith

**Gymnasts:** Laura Gallagher, Yasmine Gumbs, Cara Jamieson, Bryony Page, James Higgins, Steven Walsh, \*Steven Williams, \*Jack Helme

\*Ind+Syn

Good luck to all team members. **Ed.**



## FIG World Cup Ostend, BEL 26-31 Aug 09

The third World Cup in the present series will be held in the town of **Ostend, Belgium** during the latter part of August. The British team, for this event, will be accompanied by the Programme Director, **Georgina Sharples**.

**HOD:** Sharon Wood

**Judge:** Elizabeth Scales

**Coaches:** Tracy Whittaker, Bill Leach

**Physio:** Chris Dunne

**Gymnasts:** \*Cara Jamieson, \*Katherine Driscoll, Yasmine Gumbs, Laura Gallagher, James Higgins, Luke Rendell, Steven Walsh, \*Jack Helme and \*\*Steven Williams (self funded)

\*Ind + Syn

\*\* Syn only

**Note:** The winner of the annual World Cup *per discipline*, is the gymnast with the highest number of points on the World Cup Series Ranking List after the last event of the year (which for this series will be **Salzgitter GER**) as follows:

- If 8 World Cup Competitions take place per year, the best 4 are counted
- If 7 World Cup Competitions take place per year, the best 4 are counted
- If 6 World Cup Competitions take place per year, the best 4 are counted
- **\*If 5 World Cup Competitions take place per year, the best 4 are counted – current series**
- If 4 or 3 World Cup Competitions take place per year, all points are counted

In case of a tie in the World Cup Series Ranking List after the last competition of the year, the tie will NOT be broken.

## GBR v GER Youth Match Taunton, GBR 26 Sep 09

Two separate trials were held to select the Great Britain team for this particular event, with the Under 15s trialling at the **National Championships** in Birmingham during July, and the

Under 18s trialling at the **WAGCs Lilleshall** trials earlier, at the end of June.

### Team Selection

**HOD:** Mike Phillipson

**Coaches:** Brian Camp

**Judges:** Donna Grist, Kevin Dixon-Jackson, Martin Laws, Bruce Craig, Sally Slinger, Elizabeth Scales, Clive Morgan

**Physio:** TBC

### Gymnasts Under 18

**Girls:-** Sophie Lewis, Sasha Carter, Nicole Short, Zara Hall

travelling reserve – Emily Mulcahy

**Boys:-** Luke Strong, Bradley Hampson, Daniel Greaves, Scott Gregory

travelling reserve – Nathan Bailey

### Gymnasts Under 15

**Girls:-** Pamela Clark, Daina Rose, Natasha Short, Kate Overman

travelling reserve – Lauren Sears

**Boys:-** Daniel Fawcett, Jason Ryall, Phillip Jackson, Zachary Sheridan

travelling reserve – Joshua Read

All at British Gymnastics wish the team every success in their endeavours. Good Luck. **Ed.**

## **World Age-Group Competition St Petersburg, RUS 16-22 November 2009**

Two trials were held to select members for the Trampoline team for this event at the end of November, both at the **National Sports Centre, Lilleshall** with a large number of hopefuls attending the first trial during the month of June; and with a large reduction in numbers for the second trial at the end of July.

As one can imagine, to organise such trials it takes a great deal of effort on someone's part and I would particularly like to thank **Sharon Wood** for taking on the role of Head of Delegation for the team and volunteering to take on the responsibility in the main for organising the trials.

**Claire Thompson** took on the role of organising and appointing the judges for both trials, in the absence of the Judging Convenor through sudden illness, and we are indebted to her for managing to put together two panels of judges from amongst the

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## **Artistic Gymnastics World Championships 13-18 October 2009 The O2 London**

**To book tickets call: (UK) 0844 856 0202**

<b>Men's Qualifying Competition</b>	£22.00 (Gold)
Tuesday 13th October	£15.00 (Silver)
10am - 10pm	£10.00 (Bronze)

<b>Women's Qualifying Competition</b>	£22.00 (Gold)
Wednesday 14th October	£15.00 (Silver)
10am - 10pm	£10.00 (Bronze)

<b>Men's All Round Final</b>	£45.00 (Gold)
Thursday 15th October	£34.00 (Silver)
6.30pm - 9pm	£25.00 (Bronze)

<b>Women's All Round Final</b>	£45.00 (Gold)
Friday 16th October	£34.00 (Silver)
6.30pm - 9pm	£25.00 (Bronze)

<b>Apparatus Finals</b>	£60.00 (Gold)
Men's Floor, Pommel Horse & Rings	£45.00 (Silver)
Women's Vault & Uneven Bars	£30.00 (Bronze)
Saturday 17th October	
1pm - 4.30pm	

<b>Apparatus Finals</b>	£60.00 (Gold)
Men's Vault, Parallel Bars & High Bar	£45.00 (Silver)
Women's Balance Beam & Floor	£30.00 (Bronze)
Sunday 18th October	
1pm - 4.30pm	

### **Season Tickets**

	<b>Full</b>
<b>Gold</b>	£230.00
<b>Silver</b>	£170.00
<b>Bronze</b>	£120.00

## World Age-Group competition: cont.

current brevet judges, as well as a number of volunteer judges from amongst our National panel. The assistance of BG staff; and in particular **Matthew Greenwood** and **Amy Walmsley**, is also very much appreciated.

### Trampoline Team Selection

**HOD:** Sharon Wood

**Team Manager:** TBC

**Coaches:** Brian Camp, Olivia Sorbie

**Judges:** Bruce Craig, Claire Thompson

**Doctor:** Susie Northover

**Physios:** TBC

#### **Individual Trampoline**

##### 11-12 Girls

Chloe Liddle – Apollo

Daina Rose – Jumpers

Louise Whitters – East Kilbride

Sapphire Dallard – Renascence

Non travelling reserve: Jordan Arnold - Olga

##### 11-12 Boys

Zachary Sheridan - Olga

##### 13-14 Girls

Pamela Clark – East Kilbride

Natasha Short – City of Liverpool

Megan Pettit – Edgbarrow

Kate Overman - Edgbarrow

Non travelling reserve: Rhianna Andrew - Evolution

##### 13-14 Boys

Jason Ryall – Olga

Sina Abolghassem – Olga (*wild card selection*)

Philip Jackson – Abbey Flyers (*wild card selection*)

Daniel Fawcett – South Tyneside (*wild card selection*)

##### 15-16 Girls

Natasha Carter – City of Salford

Sophie Gardner – NTGA

Nicole Short – City of Liverpool

Sophie Lewis – Edgbarrow

Non travelling reserve: Sophie Singleton – City of Liverpool

##### 15-16 Boys

Luke Strong – City of Liverpool

Nathan Bailey – Ringwood and Bournemouth

##### 17-18 Girls

Louise McCartney – East Kilbride

Emma Scanlon – City of Salford

Rebecca Ogilvie – East Kilbride

Emma Smith – Aerodynamic (*wild card selection*)

Non travelling reserve: Penny Mitchell - NTGA

##### 17-18 Boys

Nicholas Davies – Abbey Flyers

Bradley Hampson – City of Liverpool

Daniel Greaves – City of Liverpool

Liam Abrahams – Edgbarrow

Non travelling reserve: William Howell - NTGA

#### **Synchronised Trampoline**

##### 11-12 Girls

Sapphire Dallard / Jordan Arnold – Renascence / Olga

##### 13-14 Girls

Kate Overman / Megan Pettit – Edgbarrow

Natasha Short / Katie Buitendyk – City of Liverpool

##### 15-16 Girls

Nicole Short / Sophie Singleton – City of Liverpool

##### 15-16 Boys

Luke Strong / Nathan Bailey – City of Liverpool / Ringwood & Bournemouth

##### 17-18 Girls

Emma Scanlon / Natasha Carter – City of Salford

Rebecca Ogilvie / Louise McCartney – East Kilbride

##### 17-18 Boys

Daniel Greaves / Bradley Hampson – City of Liverpool

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## **DMT Team Selection World Age-Group Competition St Petersburg, RUS 16-22 November 2009**

DMT has announced the names of those who will represent Great Britain at the forthcoming WAGCs in **St Petersburg RUS** during the month of November.

**HOD:** Sharon Wood

**Team Manager:** TBC

**Coaches:** Nick Earle, Lorraine George

**Judges :** Bill Leach, Martin Laws

**Doctor:** Susie Northover

**Physios:** TBC

##### 11-12 Girls

Sapphire Dallard – Renascence

##### 13-14 Girls

Georgia Downing – Hitchin Salto

Lydia Yates – City of Birmingham

Sophia Beavan – Propulsion

##### 13-14 Boys

Oliver Rowlands – Hitchin Salto

##### 15-16 Girls

Kate Haldon – Propulsion

##### 15-16 Boys

Nathan Bailey – Ringwood & Bournemouth

##### 17-18 Girls

Chloe Haldon – Propulsion

Georgina Varley – Jumpers





## FIG World Cup Salzgitter, GER 09-13 Sep 09

The final event in the current World Cup series has been allocated to the town of **Salzgitter, Germany**. This will be the **fifth** and last event in the series, and the third in successive weeks.

A special Award Ceremony will be held at this event, as the last World Cup Competition of the year, in which the World Cup Winner will receive the World Cup.

The British team for this event has been selected as follows:

**HOD:** John Beeton

**Judge:** Sally Slinger

**Coaches:** Tracy Whittaker-Smith, Nigel Rendell

**Physio:** Chris Dunne

**Gymnasts:** Katherine Driscoll, Amanda Parker, Yasmin Gumbs, Bryony Page, James Higgins, Steven Walsh, Nicholas Joyce, Luke Rendell

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### “SPARTACUS THERMI SPRINGS CUP”

A.G.E.M.S. SPARTACUS announces the «SPARTACUS THERMI SPRINGS CUP» that will take place from 9<sup>th</sup> to 11<sup>th</sup> October 2009 in **Thermi Thessaloniki** and will be organised under the auspices of the **Hellenic Gymnastics Federation** and of the **Municipality of Thermi**, for Trampoline Individual, Trampoline Synchronized, Tumbling, Double Mini Tramp.

#### AGE GROUPS

1. Junior A: 8-10 years old (born in 1999-2000-2001) only for Trampoline and Tumbling
2. Junior B: 11-13 years old (born in 1996-1997-1998)
3. Junior C: 14-16 years old (born in 1993 - 1994-1995)
4. Senior: 17+ (born in 1992 and earlier)

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## Trampolining: A New Working Partnership

The National Trampoline Technical Committee and British Gymnastics World Class Trampolining Programme are pleased to announce a new working partnership, set to launch a seamless development pathway for the benefit of the whole sport.

As a major step forward in the provision of a progressive and sustainable pathway well beyond 2012, both parties have been working to progress the implementation of a new three-tier structure through the creation of a Junior and a Youth Development Squad to underpin World Class activities.

The proposed structure will harmonise and maximise the resources available from both the Technical Committee and World Class Trampolining, thus providing an opportunity to capture emerging talent in a development pathway at an earlier age. Working in partnership provides the benefits of a collaborative approach and subsequently a much greater alignment of the pathway. In addition to this, it creates an opportunity to cascade the benefits and expertise of World Class resources for the advancement of the whole sport.

Key to this new partnership will be the initial engagement of three part-time Technical Coaches – one to provide input at World Class level and two additional Development Coaches (selected through open recruitment) to shape and run a squad programme for some of the emerging talent.

Chair of the NTTC, Martin Laws commented:

*“I am very pleased that the NTTC are now involved in bringing the two major influences on our top class performance together, which I believe is our best way forward. With open and creative thinking, this has now been made possible and hopefully this is the start of a very successful partnership.”*

*“Trampoline, as a sport, now needs to set aside the past and pull together as a solid team of individuals with the one goal; that of World Class Performance as its ultimate objective. The building of solid pathways from low competitive levels, to the very top, will in the longer term benefit all our performers.”*

World Class Trampolining Programme Director, Georgina Sharples added:

*“We have held some very open and creative discussions in the past few weeks, and I believe we can all sense that this is an opportunity not to be missed.”*

*“It is incredibly important that we take this opportunity to put in place a structure that the whole of the sport can get behind, in unison. The results we can obtain, leading up to 2012, are of paramount importance, but equal to this is the need to have a strong plan for life beyond London. This pathway will be our legacy for the future and demonstrate to the wider Trampoline community that we are serious about guaranteeing long-term success.”*

**Martin Laws:** Chair - NTTC  
**Tim Jones:** Olympic Performance Director  
**John Beeton:** World Class Liaison – NTTC  
**Georgina Sharples:** Programme Director -  
World Class Trampoline

10<sup>th</sup> July 2009

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## **4 Nations Annual Match “Rainy” Roskilde, DEN 13<sup>th</sup> June 2009**

Stephen Grist

This was a very disjointed start to an event. Due to late performer changes, the team departed from 3 different airports and over 7 hours apart. Due to bad weather at Copenhagen, the Manchester and Heathrow flights were delayed, but thankfully the Gatwick flight departed on time allowing the remaining team members to join us at the restaurant in the evening.

The team accommodation was in a hostel located at the marina. The setting was very picturesque, with plenty of wildlife for Luke to befriend, and the standard of accommodation was cosy, but adequate. The venue was only 500 metres away, but very deceptive. A single storey graffiti covered structure on the edge of the park, had us concerned, but once inside and down 2 levels, the competition hall was very good, and well set out. The bad weather necessitated the hosts to transfer us by cars to the venue for training, and later to the restaurant for the evening meal.

A dry and sunny Saturday morning arrived and with our training session not until just before lunch, we allowed the performers to have a lazy lie-in. After breakfast, a public display of TeamGym kept all entertained until we walked to the venue for training. The session went very well, and the coaches were happy at the end of it. The other delegations all had teams of 6, so with our team down to 5 we were in for a tough competition day.

After a packed lunch at the venue, we proceeded on a leisurely stroll outside to the Cathedral, to get some fresh air before the competition began.

After a general warm-up, the competition began with 3 competitors from the Danish squad, who were trialling for places in the Danish team for the WAGGs. Denmark started the competition proper, followed by the Czech Republic, Portugal, and then Great Britain.

In the first group, Daniel got the team off to a strong start, and was backed up with good routines from Jordan and Luke. Unfortunately, Nathan touched the end deck at the end of his compulsory, but then Nick finished the round with a solid performance. Despite the mishaps, the Great Britain team was in Second place going into the final round.

All the teams were marched on and introduced to a small, but enthusiastic, audience.

Daniel put up a steady routine to start our challenge for the lead. Unfortunately, Jordan's did not go to plan. Luke bettered his second round score, as did Nathan, and Nick completed his. This was a great achievement for the three young lads when the pressure was on, because the boys knew that there were four scores needed to count for the result.

Unfortunately, the strength of the Danish team showed through and we were beaten into Second place by a total of 372.60 to 366.50. To lose by only 6.10 over 3 rounds to a team containing 2 senior performers, who had competed at World Cups this season, was a very good achievement by a team of young competitors.

The evening finished with a BBQ at the local yacht club, where Luke discovered the floating capabilities of jellyfish. The team retired earlier than most, due to an early start for the Manchester flight (breakfast for them was at 5.30) and they were all there. This time it was the Gatwick flight that was delayed, but the whole team was back in this country by 3.30pm on Sunday.

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## **World Championship Team Selection**

The Trampoline Programme Director, **Georgina Sharples** has announced the names of the six gymnasts who have qualified to represent **Great Britain** at the **World Championships in St Petersburg RUS** during the month of November 2009. These are:

### **Women**

Katherine Driscoll – Apollo  
Amanda Parker – Edgbarrow  
Jamie Moore – NTGA

### **Men**

James Higgins – NTGA  
Steven Walsh – NTGA  
Nicholas Joyce - Edgbarrow

Fourth place + reserve and coaches will be announced at the conclusion of the second and final trial on 20<sup>th</sup> September 2009.

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**The next meeting of the NTTC will be held on Saturday 19<sup>th</sup> September in Birmingham, starting at 1400 hrs.**

**Members are reminded that if they have anything they wish to be discussed by the TC, the item in question should be forwarded to the Chair, Martin Laws, in writing in the first instance, or to any Technical Committee member.**

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## INTERNATIONAL GYMNASTICS FEDERATION (FIG)

### TRAMPOLINE

#### A. Events and Quotas

MEN'S EVENTS (1)	WOMEN'S EVENTS (1)
Individual competition	Individual competition

QUOTA	QUALIFIED VIA IF	NOC UNIVERSALITY PLACES	HOST COUNTRY PLACES	TOTAL
Men	8 or 9*		3	12
Women	8 or 9*		3	12
TOTAL	17		6	24

\* The 9<sup>th</sup> qualification place will be taken from the gender in which a host country place is taken.

NOC QUOTA
Maximum of one (1) male and one (1) female athlete per NOC.

ATHLETE ELIGIBILITY
All NOCs as well as candidates for NOC universality places and the Host Country, must have participated in their Junior Continental Championship (or another qualifying continental event to be approved by the FIG) and must have reached a minimum standard to be defined by the FIG.
<u>Age eligibility:</u> 16 – 17 years (born between 1 January 1993 and 31 December 1994)
Athletes who have participated at FIG senior competitions or multisport games (including continental championships and world cup events) may not participate in the Youth Olympic Games.

#### B. Qualification System

PERFORMANCE & CONTINENTAL REPRESENTATION																					
The Junior Continental Championships or another qualifying continental event to be approved by the FIG (strictly following the FIG Rules for Juniors) in the year of the YOG is used to qualify. The quota (places) qualified via IF are allocated to the NOC.																					
The exact dates and locations of the qualifying competitions will be decided by the FIG by the end of May 2009 and communicated to the NOCs.																					
The following quota, based on one (1) gymnast per NOC, will be allocated at each qualification event:																					
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Europe</th> <th>Asia</th> <th>Africa</th> <th>America</th> <th>Oceania</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>TRA men</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2*</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> <td style="text-align: center;">9*</td> </tr> <tr> <td>TRA women</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2*</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> <td style="text-align: center;">9*</td> </tr> </tbody> </table>		Europe	Asia	Africa	America	Oceania	Total	TRA men	3	2*	1	2	1	9*	TRA women	3	2*	1	2	1	9*
	Europe	Asia	Africa	America	Oceania	Total															
TRA men	3	2*	1	2	1	9*															
TRA women	3	2*	1	2	1	9*															

\* including one place for the Host Country (either in TRA men or in TRA women)



### HOST COUNTRY REPRESENTATION

The Host Country will be represented with one (1) male or one (1) female gymnast (as mentioned above), provided that he/she has participated in the relevant men or women's qualifying event. This place will be granted to the best ranked male or female gymnast.

### C. Reallocation of unused quota places

#### UNUSED IF QUOTA PLACES

In case a qualified NOC decides not to use its men's or women's place for any reason, the next eligible NOC from the same Continent according to the results of the men's or women's qualifying event will be called upon.

#### UNUSED HOST COUNTRY PLACES

Should the Host Country succeed in directly qualifying one (1) man or one (1) woman gymnast at the qualifying event, the next eligible NOC from the same Continent according to the results of the men or women's qualifying event will be called upon.

In case the Host Country decides to withdraw its qualified male or female gymnast for any reason, the next eligible male or female gymnast from the Host Country according to the results of the qualifying event will be called upon.

In case the Host Country decides not to use its men or women's place for any reason, the next eligible NOC from the same Continent according to the results of the men or women's qualifying event will be called upon.

#### UNUSED NOC UNIVERSALITY PLACES

Any unused NOC Universality Places will be reallocated to the next eligible NOC(s) from continent(s) selected by FIG in order to ensure an appropriate continental balance in the distribution of NOC Universality Places.

### D. Qualification timeline

DATE	MILESTONE
January 2010 to May 2010	YOG 2010 FIG qualification period
	African Continental Qualification event (Place/Date TBC by the FIG)
	American Continental Qualification event (Place/Date TBC by the FIG)
	Asian Continental Qualification event (Place/Date TBC by the FIG)
	European Continental Qualification event (Place/Date TBC by the FIG)
	Oceania Continental Qualification event (Place/Date TBC by the FIG)
June – 14 July 2010	Reallocation of unused NOC universality places and final reallocation period for unused quota places
15 July 2010	Entries deadline (by name) for all sports



## Garden Trampoline Safety

### Should I buy a garden trampoline?

You can currently find many worrying stories on the internet about garden trampolines. In the USA, where a great many people have trampolines in their gardens, the American Academy of Paediatrics does not recommend the use of home trampolines because of the high injury rate.

Here in the UK, although demand has grown in recent years, these pieces of equipment are less commonly found in domestic gardens and trampolining activity is mainly practiced as a sport in clubs, schools and leisure centres where, as a supervised activity, it is much safer and has some huge benefits. Details of all clubs currently registered with British Gymnastics, the Governing Body for Trampolining, can be obtained by contacting the British Gymnastics Member Services department on 0845 1297129 ext. 395.

If you are considering buying a garden trampoline, you may wish to consider proper training activities for your children instead. Before making your decision, ensure you understand **all** the safety information and appreciate why clubs are the safest environment. Having a trampoline in the garden can be looked upon in the same way as a swimming pool, it can be great fun, but there is a need for training and rules. No parent would dream of buying a swimming pool and allowing their children unrestricted or unsupervised access or not teach them to swim before allowing them in. Trampolining is the same, great for you, great fun for your children but in the wrong hands potentially a danger. However, done properly, in a safe environment trampolining can be great fun.

### What injuries can arise for trampoline?

Injuries to children playing on trampolines outside club environments are on the increase, mainly because garden trampolines have increased in popularity. Injuries can occur to all parts of the body, including the neck, arms, legs, face and head. Head and neck injuries are the most serious injury associated with trampolines. Neck injuries usually happen when children try to do somersaults and land on their head or neck instead of their feet. Figures from the USA (the main source) indicate that the injury rate is highest for children younger than 6 years old.

### How are most injuries caused?

The USA figures indicate that almost 75% of injuries on trampolines in the USA result when more than one person is on the trampoline at the same time. What is more, when two people use the trampoline, the person weighing least is **5 times** more likely to be injured than the heavier person. Unfortunately, just having adult supervision is no guarantee that a child will be safe on a trampoline, unless the adult knows exactly what to avoid. More than half of all trampoline injuries occur whilst the child is being watched by an adult. Having spotters (to catch anyone falling) around the trampoline does help reduce some of the risk of injury. But Spotters need to be people big enough and strong enough to protect the jumper if they should get too close to the edge of the trampoline. Spotters are especially important when your child has friends over to use the trampoline, and anyone with a garden trampoline must recognise that they have liabilities under British law to others they allow using it. Nets should NOT be used to replace spotters as continuing adult supervision is essential.

# How can I make trampoline jumping safer?

If your child already uses a garden trampoline, here are some basic safety principles.

## Training:

The most important thing is to get them trained properly on how to use a trampoline! Take them to a club that has British Gymnastics qualified coaches. Choose your training sessions carefully, as many leisure centres operate outside of the Governing Body specifications and control. **GymMark**© is the British Gymnastics Governing Body kite mark for safe and effective clubs. Ask whether the provider has **GymMark**©. Not all of British Gymnastics registered clubs will have this, but it is a great indicator if you have the choice.

Watch what's happening and talk to the coaches, so you know the things to avoid. Such conversations with existing qualified coaches may be helpful but they are **not** a substitute for either correct training for your child or a suitable qualification for yourself.

## Location of the trampoline and safety features:

- Clear the area around the trampoline and do not set the trampoline near trees, fences, poles, or other playground equipment and don't have garden equipment (spades, forks, mowers) lying around close to the trampoline.
- Set the trampoline where an energy-absorbing surface (for example, tall grass) entirely surrounds it.
- Buy and use frame padding that covers the entire area of the spring system if it doesn't come with one.
- If possible, lower the height to ground level by putting the trampoline in a pit. If you do, you must allow air to flow in and out, or it will slow the trampoline down.

## Before using the trampoline:

- Set rules for trampoline use and discuss them often with your children and their friends if they have them over. *And make sure they are followed!!*
- Tell you're own and other children about the risks of not using the trampoline properly.
- Make sure all children using the trampoline remove any necklaces, jewellery etc and wear clothing that is not going to catch, including non-slip socks.

## Using the trampoline:

- Have someone properly train your child how to do skills. There are many safe and impressive skills that don't involve turning upside down.
- At all times, avoid any skill that involves being upside down, even if the child is trained!
- Never allow more than one person to use the trampoline at the same time.
- Do not allow bouncing followed by jumping off the trampoline.
- Have an adequate number of spotters around the edges of the trampoline.
- Become a member of British Gymnastics and learn how to coach and safely support your child's new activity.



<b>Dates</b>	<b>Title</b>	<b>Venue</b>	<b>Participants</b>	
28 - 29 August 2009	<a href="#">World Cup Trampoline and Tumbling</a>	OSTEND (BEL)	Senior	
4 - 5 September 2009	<a href="#">Trampoline FIG World Cup</a>	ZIELONA GORA (POL)	Senior	
11 - 12 September 2009	<a href="#">Trampoline FIG World Cup</a>	SALZGITTER (GER)	Senior	
18 - 19 September 2009	<a href="#">4th International Loulé Cup</a>	LOULÉ (POR)	Senior and Junior	
3 October 2009	<a href="#">37th International Trampoline Friendship Cup</a>	KLADNO (CZE)	Senior and Junior	
11 - 14 November 2009	<a href="#">26th Trampoline Gymnastics World Championships</a>	ST-PETERSBURG (RUS)	Senior	<a href="#">Website</a>
14 - 22 November 2009	<a href="#">19th Trampoline Gymnastics World Age Group Competitions</a>	ST-PETERSBURG (RUS)	Junior	
7 - 14 December 2009	<a href="#">The 2009 Doha Gymnasiade</a>	DOHA (QAT)	Junior	
19 - 20 March 2010	<a href="#">German Trampoline Open</a>	AACHEN (GER)	Senior and Junior	
6 - 12 April 2010	<a href="#">Trampoline European Championships</a>	SOFIA (BUL)	Senior and Junior	
14 - 26 August 2010	<a href="#">Youth Games of the I Olympiad</a>	SINGAPORE (SIN)	Junior	
11 - 13 November 2010	<a href="#">27th Trampoline World Championships</a>	METZ (FRA)	Senior	<a href="#">Website</a>
17 - 19 November 2010	<a href="#">Trampoline World Age Group Competitions</a>	METZ (FRA)	Age Group	
16 - 19 November 2011	<a href="#">28th Trampoline World Championships</a>	BIRMINGHAM (GBR)	Senior	
23 - 26 November 2011	<a href="#">International Age Group Competition</a>	BIRMINGHAM (GBR)	Age Group	