



September 2011

BRENTWOOD TRAMPOLINE CLUB Newsletter



Volume 1, Issue 1

Chrissie, Josh and Susanna storm National Finals



For national trampolinists, the culmination of their efforts throughout the competition season is to attend the National Finals and the icing on the cake is to make the finals day having ended in the top-8 following the preliminary rounds on the first day. For Chrissie, Josh and Susanna this was their chance to show just how good they were as the finals were held in the National Indoor Arena in Birmingham in July. For the past 3 years Chrissie, has made the Finals but missed out on finals day achieving a best result of 29th last year; this year, however,

she has stepped up a gear and was more confident having finalled consistently in the gala competitions she had attended making 4th place on a few occasions. For Susanna and Josh, this was to be their first experience having only graduated from regional competition last October. Competing in the NIA is a daunting experience as each group of competitors walk into the huge arena from behind the curtained training area to music and loud clapping from audience and officials alike and many find their nerves begin to take hold at this point.

This year all three overcame all nerves and put on a wonderful display on the qualifying day to impress the judges with their great form and saw all three move into finals day in top three places. Chrissie, in particular, had excelled posting all new personal best scores in her efforts to put past years disappointments behind her.

Finals day and there was plenty of time for nerves to build up as other finals went before them but finally time came for Susanna & Josh to compete in their respective groups, Chrissie had longer for nerves to build as her final was later in the day. All three, however, prevailed with Susanna becoming under-15 girls National C champion, Josh under-13 boys National C champion and Chrissie taking 3rd place in the under-19 girls National C with yet another personal best score. Our congratulations go to all three—we are extremely proud of you all!

Session Times:-

- Monday -5.45-7.15pm & 7.15-8.45pm
- Tuesday -5.45-7.15pm & 7.15-8.45pm
- Wednesday -5.30-7.00pm & 7.00-8.30pm
- Thursday-5.45-7.15pm & 7.15-8.45pm
- Saturday-2.00-3.30pm & 3.30-5.00pm

Please remember to arrive on time and

DON'T FORGET YOUR DRINKS!!

Competitions:-

- Easton Regional Grading—
 - 16th October 2011, Easton, Norwich
- Brentwood Open –
 - 30th October 2011, Brentwood School Sports Centre

For full competitions details, please see our website, www.brentwoodtc.org

Congratulations to Ainslie Plews ...

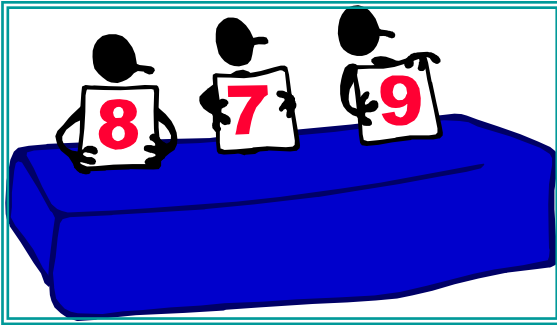


.. our June, Jack Petchey winner. Nominated for her friendly manner and hard work in training she has also been rewarded with recent competitive success. Ainslie has also started on her Level 1 Coach award and we look forward to seeing more of her around the club over coming years. We will be having another opportunity to vote for Jack Petchey winners this autumn. Please keep your eyes peeled for the nomination box which is located just inside the cupboard where the trampolines are stored. Be thinking of club members aged between of 11 and 21 who deserves some recognition for their kindness, hard work, cheerfulness etc.... This time round we will be voting for a leader as well. (he/she can be over 21!)

Please contact Celia Badley for all your Jack Petchey queries, questions and nominations.



How to Enjoy your Competitions.....



We have a grading competition coming up soon and more in the New Year. Our approach to competition will vary hugely from performer to performer.

Whilst we all want to win, trampolining is an individual sport. It is your best performance on the day, judged by a panel of judges, there is very little you can do to beat other performers than do your very best. It is like being a golfer needing to hole a putt to win, sounds simple but it still needs his skill and nerve to do it. However we can take action to ensure we give ourselves the best chance to do well on the day.

Obviously we all train hard and practice our routines for the competition day but there is much more you can do to ensure you give your best performance. Firstly take pride in your appearance and make sure all of your kit is clean and prepared, this is a presentation sport. Boys should only wear their whites to compete and warm up in shorts so as to keep them perfect. Make sure that you get in the right place to compete in your head. Running around the hall before it is your turn to compete is not good preparation, be careful of what and how much you eat before you compete, chips and ketchup might not be the best food for energy!

Find a space on your own and mentally picture yourself doing your routine perfectly! Go through how you will present and doing the routine with a perfect stop at the end. Visualisation is one of the best tools to focus on what you want to achieve. When you are called to get on and compete make sure you remember that this is your time, it is all about you. Take your time to prepare before you present and begin. You choose what bounce to start on so make sure it is a good one and remember when you are finished count to three! so many marks are lost for making small steps at the end of a routine.

Now if you have done your best it is up to the judges, there are five so any judge that sees the routine differently to others will be ruled out, just the three middle judges are scored. It is not often they get it wrong, if your mark is low then consider how to improve your routine, if it is high then lets hope you have qualified to the next grade. You are responsible for your own performance, people are watching you and you represent your club, our club. Make sure you make the club stand out to others by your good competition behaviour.

The top three will earn medals and others will be part of a team competition. At Brentwood Trampoline Club everyone who competes for the club has earned their place to be there. We are a club that support each other from the National performers to first time grading competitors, make sure you support your fellow club members, spot for them, be positive to them when their nerves might take over, celebrate their success and put an arm around their shoulder when they maybe get disappointed. Be there for each other and enjoy your day in the spotlight, this is what you have trained for. Good luck!



Are You Famous?.....You could be!!



"I'm Famous" is a family run company who work closely with the community raising awareness & funds for schools, youth sports and performance arts. They will be coming to our club on Saturday 29th October to take some photographs. We will be setting up for the Open Competition the following day so as well as getting in a last minute bounce, you can have some action shots taken as well. I'm Famous intend to take up to 8 professionally posed action photos of each participant against their 'green screen' background. Images can be viewed immediately on the monitors against a selection of bespoke dynamic backgrounds, with instant club branding & participant personalisation.

They can produce a range of framed photographs & posters (various sizes & prices) available on the day. They can also produce other items including mugs, t-shirts, mouse mats etc which are totally unique and are created, branded, assembled, printed & framed via their website.

..A Great Christmas Present for someone..

Please come along with your club leotard arriving at about 5.30pm and once we are all set up it'll be time to strike a pose and have some fun!

There is absolutely no obligation for anyone to buy.

Fish and Chip Supper/Quiz Night

We are arranging another social evening, after the huge success of our previous one, which was held at Vicki and Tom's house before they departed back to America, where we all enjoyed some scrummy fish and chips. It was such a success we have decided to do it all over again. This time we have the facilities at a local church hall.

We will of course be having a quiz and also, which is growing in popularity, especially amongst the children, a few games of BINGO!!

Please let me know as soon as possible whether you will be able to attend.

The details are :-

Date:- 17th September 2011

Time:- 6.30 –9.30 pm

Place:- Christ Church, Warley Hill, CM13 3AA (back off the road on the left as you go south, after the mini roundabout and before the Horse and Groom pub)

RSVP: lindsey.jane@ntlworld.com with numbers attending



Come and join us for our fish and chip supper



Star Leotards...our club leotard manufacturer

Star Leotards was established in 2006. Their aim is to create fresh young designs that are individually hand made in this country. They also try to source as much materials as they can from the UK. Until recently, they have been supplying local clubs in the East Anglia area but are now expanding and have recently launched their website. We cater for the needs of both clubs and individuals. If you see a design you like, but would like it in a different colour then you can drop them an email and they'll see what they can do. As they make all the leotards locally, they can easily change colours and designs. If the matching of colours is important then please ask for a swatch of the fabric via e-mail and they will be happy to supply this free of charge.

Star leotards are currently designing a new boys leotard which will be available soon. Please look out for further information on this in the next issue.

Star leotards are regularly at the club and will be in attendance at the Brentwood Open Competition on Sunday 30th October. If you need a new leotard before then, please contact Jenny on email info@starleotards.co.uk or check out the website at www.starleotards.co.uk

A club tracksuit is also in the pipeline and we are in the process of sourcing ideas for this.....further information in the next issue.

Competition Time

We are searching for the best name for our new Newsletter.

For your chance to WIN a

.....
Simply fill in the form opposite and drop your suggestions into the Competition box next to the Jack Petchey nomination box.

GOOD LUCK!!



Newsletter Gets New Name... and the winner is.....!!!

Newsletter Name Competition

Newsletter Name:

.....

My name:.....

Do The Judges Marks Leave You Wondering....??



Have you ever sat in the audience at your child's grading and thought "WOW! - that was an amazing performance!" only to be disappointed by the judges marks. How many times have you said to yourself "That deserved a much higher mark!"

Now its your turn to take matters into your own hands. If you are 15 and over you can become a club judge and give the marks that YOU think a performance deserves.

Please speak to Olive Law for further information



Basildon Trampoline Club is now establishing well with many new members. The promotion for the club has also led to new members for Brentwood Trampoline Club which has been a bonus. Whilst the new club is growing we are offering our club members the opportunity to bounce at Basildon Sporting Village on a Friday evening. We have two sessions, 5.15 & 6.45 and the sessions are in a bright, clean, lovely centre which everyone has really enjoyed. The trampolines are not to the BTC standard but this will change over time. The sessions are £5 each which is cheaper than non members who turn up on pay as you go.

We will keep building the club and new members that want to compete will compete for BTC until we decide otherwise. One thing not to miss is our 'Parent of the Week'. We are fed up with mums and dads telling us how you should do this and that so we make them have a go so they realise how hard it really is! So far Jane Lindsey has the best score whilst Lee Harris was quite shockingly poor!!!

**Why not follow us on
Facebook and Twitter for
up to the minute
information**

Brentwood Trampoline Club
Courage Hall
Brentwood School Sports Centre
Middleton Hall Lane
Brentwood
CM15 8EE

Web: www.brentwoodtc.org

Do you have a job or run a business that could benefit our club.

We recently obtained a Community Award from a parent's employer which will help to pay for some training courses for our younger judges.

If your business can help us, please speak to your child's coach.