



# LONDON TRAMPOLINE ACADEMY AUTUMN CUP 2019

12<sup>th</sup> October 2019 at Reynolds Sports Centre, Acton, W3 8EY

Our Annual Club Invitational Team Competition takes place on Saturday 12<sup>th</sup> October 2019 (9.30 – 5.00) at Reynolds Sports Centre, followed by a buffet and Disco at the Triangle Tennis Club, a 5-minute walk away.

All club members are welcome to participate, this is a really fun, social event open to everyone!

Competitors complete 2x routines, all events are team only and difficulty will not be counted. This is a **form only** event so everyone can enter. All teams will be mixed age and mixed ability – internationals will be in teams with beginners!

The day consists of:

- Trampoline competition including mini's (Team competition)  
*Mini's is for 6 years and under and consists of a routine of 5 skills*
- DMT competition (Team competition)
- Russian Roulette Synchro for fun as usual (if time permits dependant on entries)

There will be one individual trophy for the highest form score of the day (not including difficulty), all other trophies will be for teams. There will be a trophy for Overall Club Champions (combined Trampoline and DMT scores).

- Each Trampoline team is a maximum of 6 competitors, with 4 scores to count.
- Each DMT team will be a maximum of 4 competitors, 3 to count.

There will no finals although all DMT competitors will complete 4 passes. Each competitor must compete their normal compulsory routine as their set, their voluntary must not have a difficulty value of less than their compulsory routine. Difficulty will not be counted. Check with your coach what your routine is!

After the competition, there will be a disco and buffet until midnight at The Triangle Tennis Club, which is a 5-minute walk from Reynolds Sports Centre where the competition will be held.

- Trampoline entry fee is £9 per individual
- BBQ and Disco fee: £9 for over 14's; £6 for under 14's
- DMT entry is £free if you are entered in Trampoline and/or synchro

## Closing date September 20th

CLUB COMPETITION ENTRY FORM – please hand in at club or email [info@londontrampoline.com](mailto:info@londontrampoline.com)  
NAME .....

<b>TRAMPOLINE ENTRY - £9.00</b>	<b>DMT ENTRY - FREE</b>	<b>SOCIAL - £9.00/£6.00</b>
<b>Please tick for minis competition:</b>		<b>14+ (£9) – QTY:</b>
		<b>Under 14 (£6) – QTY:</b>
<b>Total £ enclosed:</b>		

PAYMENT:

PLEASE MAKE CHEQUES PAYABLE TO “NOVA”

BACs payment details: Nova Trampoline, NatWest Bank, Sort Code: 60-11-18, Account no.: 77069617

Affiliated to London Gymnastics and British Gymnastics

