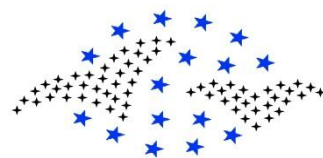


## Ringwood & Bournemouth Trampoline & DMT Club



Newsletter 01/2014

### January Regional Competition

Well done to everyone that competed at the weekend and tackled the new competition structure and routines. We were pleased to see so many going home with medals. A huge thank you to our officials Martin, Michaela, Mike, and Carmen.

### **RESULTS**

<b>NDP 1</b> Katie Atfield - 6th Ruby Guy -15th	<b>NDP 3</b> Olivia Horton - 3rd Alex Hutchinson - 3rd	<b>NDP 4</b> Harry Bonner - 1st Poppy Riding - 3rd
<b>NDP 5</b> Jack Atfield - 1st Bea Edwards - 2nd Emily Wilcox - 5th	<b>NDP 6</b> Oliver Simonot - 1st Dan Beale - 3rd Thomas Bailey - 8th Jess Bonner - 9th Jazz Doble - 4th Saxon Stableford - 2nd	<b>DMT</b> Dan Beale - 1st Bea Edwards - 2nd

Please be aware of competition entry closing dates, these are published on the website with the competition dates. If you wish to enter your child you need to send a 'competition entry request' via the contact us page of the R&B website. The new competition structure only allows movement up the grades at the beginning of a new year; competitors will then compete at their level for the remainder of the year. The only exception is at NDP 6 where you must qualify at a regional competition to enter NDP 7 or 8.

### **Calling all parents, we need your help!**

Are you interested in becoming more involved with the club? We are looking for people who are interested in coaching, helping at competitions, and someone to take over looking after the club clothing.

Coaching - Courses are available throughout the year for trampoline level one coaches and the club can part fund the cost of the training. All coaches are required to be British Gymnastics (BG) members, and hold a Safeguarding and Protecting Children (SPC) Certificate. Coaching courses are mostly funded by the club.

Competition officials and marshals - The club is always required to enter officials and marshals when we enter your children into competitions. The more children that enter, the more officials the club has to provide, if you're going anyway... Why not?

Clothing - Barbara Foster has been ordering, and dispensing Ringwood and Bournemouth clothing for a while now, and as her son Alex left for university (3 years ago), she feels it is time to pass on the baton. Please can you help? Speak to Rosie, Leigh or Heather at any session or email [info@rbtrampolineclub.co.uk](mailto:info@rbtrampolineclub.co.uk)

### **Double Mini Trampoline (DMT)**

Member numbers are looking good for trampoline, but we need more members involved in DMT. DMT is an extension of trampoline, and most of the same skills are applied, you do not have to be able to somersault to take part, and we want you to come and have a go. You can compete DMT on the same day as you do your trampoline competition, so you have two chances of medaling.

Check out the link to have a look at the top British men and women of 2012...

<http://youtu.be/TR72mXKe-G4>

Did anyone spot Rosie or Alissa?

At the moment DMT is run on Wednesday at Ringwood from 7-8 pm, you do not need to book, just turn up and have some fun. DMT is a pay as you go session and costs £4.

### **Training sessions**

We want to give every child a comprehensive, club trampoline session. Please, please, ensure your children arrive at the sports centre in good time to start warming up. It is disruptive to coaching and in turn reduces the quality of the session for that child. Conditioning and stretching is a vital part of a club session; it helps to strengthen specific muscles for trampolining, and ingrains good practice for the future.

### **Fees**

From august 2013 fees were published one month in advanced. Although some members still occasionally fall behind, this has really helped members keep up to date with payments. There are now many fewer members with outstanding fees, a big thank you to all for your efforts with this.

### **Contact points**

Please contact your coach with any issues you may have, otherwise please use [info@rbtrampolineclub.co.uk](mailto:info@rbtrampolineclub.co.uk)

**Welfare Officer** [mdruce@hotmail.com](mailto:mdruce@hotmail.com) Michelle Druce

**Head Coach & Secretary** [rosie@tdmt.co.uk](mailto:rosie@tdmt.co.uk) Rosie Bascombe

**Treasurer** [info@rbtrampolineclub.co.uk](mailto:info@rbtrampolineclub.co.uk) Leigh Murrell

### ***Bea and Dan with their DMT medals***

