

# TRAMPOLINE NEWS No 32

June 2005

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## EDITORIAL

Martin Laws

Dear all,

Welcome to this June edition of TRAMPOLINE NEWS 2005. My thanks to **John Beeton** the editor, for all his efforts to keep you all informed, and all those who have contributed to this important Newsletter. Please circulate this latest edition as widely as possible.

**Cathy Page** is already working on the National Technical Assembly 06 with speakers in a Trampoline specific program to supplement the comprehensive general program. Please make sure she is aware of sessions you feel are important. So far we have a session booked in the main programme to introduce DMT to the wider gymnastics disciplines, and **Mike Phillipson** is planning a judging update/conference.

Since the release of the **Trampoline Strategic Plan**, many have been active in pursuing its aims and objective across the UK. However if you have not yet downloaded this from the BG website (we are up to version 3 now) and discussed the issues with your region, please ensure you don't get left behind!

As we said in the last edition work has already commenced on issues within the plan and indeed in the whole world of our sport. Many changes are underway or in discussion for a myriad of reasons.

Already we have seen changes to:

**FIG Judging rules and process**  
**NTTC committee structure and reporting process.**  
**BG structures and process**  
**World Class targets, funding and programmes.**  
**Regional/Home Nation Development officers structure and priorities**

We said in the January issue that Trampoline competitions in 2004 had an increase of participants from 2003, with in excess of 9000 members registered as trampoline competitors. Well 2005 is well on the way to increasing again and is on target to gain the 2% increase required each year of the plan.

Despite many coaches voicing concerns over the increases in

BG membership and also the splitting into recreational and competitive membership, still our figures are rising and again on target to achieve the 2% increase for 2005.

With the budget cuts from World Class and internally, it is obvious that BG will have to source more income from its members. We can all speculate that membership will need to rise again to cover the £3m loss, however it would be a huge hike to gain that amount from 100k members. In order to reduce costs BG has gone through the normal rationalising of staff/budgets/business etc but we need to raise much more to cover these substantial losses. One sound way is to raise funds from those not yet involved in the organisation. Sales of merchandise are thankfully on the increase, but nothing like enough to cover the amounts required. We can ALL help this cause, which eventually helps us directly in limited increases in membership. Please sell the concepts, bring in new member organisations and welcome as many new members as possible to the Gymnastics family.

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## JUDGING

Mike Phillipson

Since the last report, three of our judges attended the **FIG Intercontinental Judges Course in Prague CZE** to gain the latest information and knowledge by the experts of the FIG on the alterations to the Code of Points and Technical Regulations, and of course, practice our judging.

**Claire Thompson** was upgraded to Cat 2 TRA and remains at Cat 3 for DMT. **Peter Heames** was upgraded to Cat 2 DMT and remains at Cat 2 for TRA. **Mike Phillipson** remains Cat 2 for DMT and Cat 3 for TRA.

All three candidates from Great Britain felt the course itself was much better than four years ago in Bratislava. The presentation of the Code of Points and Technical Regulations was much better, especially as we were able to download the paperwork well in advance of the course.

The venue in Prague was also much better (although rather cold). **Vladimir Zemen** and his team are to be congratulated on their organisation in Prague. The FIG Technical Committee was extremely helpful throughout the course, and it was good to see two new faces involved in the work of the FIG.

The International Brevet Course for Great Britain took place at Gillingham last weekend, with **John Beeton GBR** and **Vladimir Zemen CZE** as tutors. We were extremely lucky to receive the services of these FIG experts at this time, as the current TC members' programme is complete full until the end of the current year, what with courses and international events. A further report on the course is given elsewhere in this edition of Trampoline News.

Judge Course: we are holding courses at Gillingham (09-10 July) for County, Regional, Zonal and National level, hopefully to move people up the judging scheme, if they are appropriately experienced, and pass the course. It will also be an opportunity to look at judge tutoring as well. Most courses have about 7-8 applicants so far.

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## WANTED

Organiser/s to host the following planned international matches, on behalf of British Gymnastics during 2006:

### 4 x Nations Annual Match

GBR v DEN v CZE v GER

9-11 Jun 2006

plus

### Under 15s International Match

GBR v SWE v POR

6-8 Oct 2006

Funding will be available for both events, but organiser/s are also expected to obtain local sponsorship, to cover hall hire, reduced accommodation costs, small reception / entertainment etc., to help offset costs.

**Note: dates can be negotiated somewhat.**

All enquiries to myself in the first instance. **Ed.**

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## A BRAVE STEP FORWARDS

UK Sport has made it abundantly clear that it expects medals at the Olympic Games in order to get funding, Sport England has followed suit. However this concept can all change if we get the Olympics in London 2012, who will be the winners and losers of such intense focus. We are faced with stark choices and some gymnastics disciplines are already facing no funding

at all.

I do however want to remind everyone that under the BTF, that's exactly what we had, no funding. We didn't collapse as a sport and indeed we were very successful. However our newer squad members and families won't remember the days of fund raising just to get a club member in the GB team to a World or European Championships. In those days I remember looking at sports such as Athletics and wondering why we were excluded, today of course we are very much the "chosen ones", but how do we maintain this position?

The first course of action I believe is to understand just what is involved. If you bought a trampoline from a manufacturer, you wouldn't be happy if they deliver a springboard 4 years late! That's what we have actually been doing (metaphorically of course)! Funding Agencies fund for a reason, they effectively buy something, if we say we are going to provide medals, then that's what we should be doing. Currently we won't get funding unless we are medal prospects and the ONLY medal of interest is an Olympic one.

I would firstly like to congratulate all of our squad members, personal and squad coaches for keeping Great Britain at the forefront of the international scene. Trampolining has fared well under these heavy cuts in funding, however the pressure is now on from all funding agencies to become even sharper and bring home even more medals, with the ultimate of a medal in Beijing as a clear target. The prospect of failure simply cannot be considered if we are to remain funded at all! This has left us however with some major rethinking to ensure efficiencies and delivery is maximised in all high performance areas. This isn't all doom and gloom, we simply have to keep doing well what works and improve those areas that are holding us back.

I do believe we are capable of achieving, but we must ALL share targets, we must ALL share the responsibility if we are ALL to share the glory!

For the members of squad the implications are obvious, they must spend the money on the right things, funding is about training and events and both are key to improving. Through the last year various consultation stages were undertaken and this resulted in a list of issues to tackle:

- Fully centralised, not supported
- Personal coaches not sufficiently involved & recognised
- Global targets never cascaded and personal goals don't match up with WC goals
- Consistent support
- APAs for trampolinists, not value for money
- We have good enough coaches to deliver
- The most important aspect is coach education
- Sports science support in the trampolinists location
- Two HPCs doesn't cover the country

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## 2nd DMT Trial for World Championships and FIG International Age Groups Competitions (FIG IAGCs)

Nick Earle

The second of three trials for these competitions was held in conjunction with the **DMT & Synchro Mid-Season Competition** in Cardiff on **Sunday 17th April**.

This was the largest Grade 1/2 DMT competition held in the UK with 54 Grade 1 competitors and 60 Grade 2 competitors.

After some very careful measuring by **Steve Grist** we managed to squeeze 2 synchro panels with 4 trampolines and 2 DMT's into the main arena, with one DMT being used for warm-up and 2 panels judging the competitors on the second DMT. What's more the competition started on time, ran like clockwork, and finished exactly on time.

My thanks go to all the judges and marshals, but especially to **Martin Laws** and **Rosie Bascombe**, for keeping everything running so smoothly. For many people this was the first time they had experienced two panels judging one DMT and it does take a little getting used to.

I think that everyone would agree that the standard of the competition was very high and I would like to thank all the Coaches and Athletes for the time and effort that much have gone into preparing for this competition.

The highest form score of 29.4 set by **Andrew Freeman** (Top Flight) at the 1st trial remains unbeaten, with both **Dominic Swaffer** (Jumpers) and **Tom Jones** (Birkenhead) scoring 29.1. However, **Michael Scott-Beaulieu** (Jumpers) matched the highest difficulty pass of 8.0 set by **Philip Dodson** (Salto), and has set a new highest score for a pass with 36.6. I'm looking forward to the 3rd trial to see if we can set some more records for British competitors.

An additional 11 competitors met the minimum criteria for FIG IAGCs and Matthew Swaffer (Jumpers) joins Philip Dodson as the only competitors to meet the criteria for the Senior Team.

Full results and the current ranking are available from <http://www.bg-coaches.org/results>

The next trial will be held at the Jumpers Rebound Centre in Gillingham on Sunday 19th June.

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The next meeting of NTTC is scheduled for 04 Sep 05 in London. If you have items that you would wish the Technical Committee to discuss, please contact any of its' members. All items must be received by 16 Aug 05 at the very latest. Ed

## World Games

Great Britain will now also be represented at the World Games in Duisburg GER in DMT, which received a wild card in the ladies event. TRA / DMT Competitions are scheduled for 13-18 Jul 05.

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## COMPETITION REPORT

Craig Bellis

We are now more than half way through the competitive season in terms of the number of events. National Level competitions are still enjoying growing entry figures, especially in the higher grades. The Mid-season DMT event had another large entry and was a great success. There were two panels of judges judging on one piece of equipment. With the provision of separate apparatus for warm up this made the competition run very efficiently. This system was arranged by **Nick Earle** and **Steve Grist**, and is likely to be used for future DMT events.

It was extremely sad, yet again, to see such low numbers in the Synchro event. It is acknowledged that without the DMT events running concurrently, the Synchro event would most likely be economically unviable. It is hoped that the British Synchro Championships will see larger figures. The event has been moved from June to November, and is no longer at a time of year when people may be preparing for individual British Championships or exams. I do strongly feel that there is little incentive for clubs to excel at Synchro., as there are few opportunities internationally for established Synchro pairs, unless they are already being selected individually.

Grade 1 competitions have facilitated two selection events for World Championships and IAGGS (trampoline); two for World Championships and IAGGS (DMT) and one for World Cup Synchro. There are two further selection events, a Grade 1 on 14<sup>th</sup> May and the British Championships (trampoline).

The new rules for the senior groups, particularly the two-thirds finalists and zero finals rules have caused some confusion; this has led to an incorrect number of finalists being allowed to compete on two occasions. On one occasion at a selection event, it would have been possible for someone who was not entitled to take part in the final round to have taken maximum points. Luckily this did not happen. The minimum tariff requirement has also caused some confusion in its application where incomplete routines are involved. The rule has not been applied precisely as written at events so far this year; although it was applied in the manner it was intended. A note to the effect of how the rule should be applied will be distributed at the forthcoming Grade 1 event.

The organisation of the British Championships is reasonably advanced. There has been interest from outside parties for a sponsorship deal for this event for a substantial sum of money. I am trying to ascertain whether this lead will become reality, although I am now somewhat sceptical. I am currently in the process of securing television coverage for this event.

The entry figures for the second Grade 1 in **Macclesfield** on 17<sup>th</sup> March were very low due to a clash with the Flower Cup. The event in Holland is attended by a large number of British Clubs and also a British Gymnastics delegation. As a result, the Macclesfield entry was reduced by approximately one third. This almost made the event run at a loss, however due to some radical cost cutting this event should just break even. Reports from people who attended the event said that it lacked any atmosphere mostly attributed to the low entry. I will take further consideration with the timing of National Grade events in conjunction with the International calendar having seen the effect it's had on the event both as a competition and financially.

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## Coach Education

Cathy Page

### **Trampoline Coach Education**

**UK Coaching Certificate** – a syllabus is being prepared including the Assistant Coach and there will then be a need to rewrite /write resources. Some have already volunteered to help with this. Anyone interested in helping with this please email me.

**IPC assessment** - requirements for IPC exam spelt out and circulated to all candidates. Possible exam date 23 or 24 July.

**Prospective IPC candidates** - there is an IPC Common Core theory module at Lilleshall on 23/24<sup>th</sup> July. CV should be sent to Lloyd Reedhead.

**HPC** - the next HPC course is July 25-29<sup>th</sup> see separate advert for details.

**Practical exam moves** - a list of moves to be examined practically at Coach and Club Coach have been prepared and are almost ready for circulation to all examiners. At Senior Club and HPC there are certain criteria laid down. This will standardise the examination across the country.

**New tutors** - **Rosie Bascombe DMT; Tony Burton** – club coach examiner; **Richard Ollerenshaw** to become mentor; Roland Portsmouth is producing guidelines for mentoring potential tutors.

**Tutors/examiners seminar** - 3/4th September at Loughborough.

**Mechanics** – new terminology and explanations of mechanics has been introduced to Coach Award – and resources have been rewritten for the coach resource and Coach exam. Thanks to Richard Ollerenshaw and Jake Bailey for their work with this. They are now tackling the Club Coach Award.

**Award for Sports Centre Attendants** - on trampoline equipment to be put together as there is a demand from local authorities for this type of course.

Cathy Page ( [cathyathome@tcp.org.uk](mailto:cathyathome@tcp.org.uk) )

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## Trampoline HPC course

**Gillingham 25-29<sup>th</sup> July**

Attendance at all days essential. Cost £250

Coaches are invited to attend with their own pupils who should be able to do \_ outs, double backs, 1 \_ fronts and single twisting somersaults confidently

Application forms available from [cathyathome@tcp.org.uk](mailto:cathyathome@tcp.org.uk)

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## FIG RETAINS ITS HUMOUR

Having endeavoured to purchase a supply of FIG Polo Shirts over the years, I decided to send an email to the new Secretary General of the FIG.

“Dear Andr\_

1. I have been endeavouring to persuade the FIG Shop to obtain a supply of XL and even XXL Polo shirts for sale – especially for TRA. Despite promises over the “years” nothing has happened. Would it be possible for you to give a small reminder to your staff that not everyone in Gymnastics takes a S, M or L!

Many thanks

Your XXL friend

Readers will be amused at the reply from Andr\_.

“Dear Mr. XXL,

2. We have not only ran out of X; XL AND XXL but of almost all our Polo-Shirts and articles for sale. Stèphanie is, at this moment in time, buying and creating a new collection and I can assure you that YOUR SIZE will be available !!!

Your Swiss friend (X only)

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## Four Countries Competition

Saturday April 9<sup>th</sup> 2005

Judges report - Peter Heames Chair of Judges

Competition Jury

Execution:

**Bruce Craig** GBR  
**Aquilino Martins** POR  
**Sally Slinger** GBR  
**Heike Rath** GER  
**Cyril Cloud** FRA

Difficulty

**Bert Scales/Steve Grist** GBR

This was the first international held in Great Britain under the new **FIG Code of Points** for cycle 11 (2005-2008). The judges from POR, GER and FRA had all attended post Intercontinental (Prague CZE Feb 2005) courses and were aware of the new requirements particularly in relation to execution.

The judges and support officials were able to meet together to make our introductions. This was I felt, a very useful opportunity and allowed all to feel part of the “team”. It was also a useful opportunity to go through the way in which the competition was to be run. A number of variations to the COP would feature. Most interesting was that the seniors would nominate the two moves for difficulty but would not have these counted as part of the first routine total!

I used this opportunity to share with all the judges the new expectations regarding execution judging.

- An expectation that the whole range of deductions would be used with really poor elements receiving 0.4/0.5 It will be much harder to score in excess of 9.0
- Take-offs – amplitude
- Shapes – quality, depth and flexibility
- Twists to be completed before final half of somersault – especially in singles
- Exits – at the vertical, straight and held the end of the move.

I reminded the judges that we are not judges for our country and that it is essential that our marks reflect the performance independent of the competitor who is competing.

We were then able to go to the competition hall for some practice though, as usual, we generally were only able to assess parts of routines. Even so this did provide a good opportunity to compare judgments and settle nerves.

Throughout the competition the judging was remarkably consistent with only a small number of rogue spreads. Only three routines made it to around 27.0 which was entirely appropriate. Conversely there were a number of routines that justly received sub 21.0 totals for execution, especially in second and final routines.

As Chair there were quite a number of decisions to make regarding incomplete routines, crashes, mat touches etc which kept me on my toes!

The difficulty judging was very secure with only a few queries that were dealt with very efficiently. I was aware of the need to give them enough time to calculate/check routines so that ALL the judges were able to show their scores simultaneously. The competition ran very smoothly and almost exactly to time was pleasing.

Overall I felt that as a team, including the recorders (**Pam Driscoll** – computer and **Linda Tee** – manual) had worked very well together.

A very satisfying afternoon from a Chair’s perspective.

An even better afternoon when Great Britain won the event! **Ed.**

These issues were forefront as the new system was developed. The new system will have two managers Jack Kelly for the Beijing 2008 squad and John Beer for the development and 2012 squad. These roles will be underpinned by a full time analyst and administration support.

Personal coaches/clubs will operate in cluster groups, where hopefully no Trampolinists will have to travel more than 1.5 hours to reach a squad session. However it is acknowledged that those areas where performance numbers are low, may not be able to achieve this immediately. These cluster groups will come together once a month and personal programs will be set by the managers in discussion with the personal coaches and the Trampolinist themselves. The next month, the targets will be tested and progress analysed and so on. Four times a year all the cluster groups will combine for National squad's selections and team building will be the prime objectives.

Trampolinists, Coaches and Clubs will now share the responsibility to achieve stricter targets and will be rewarded for success. Where areas of deficiency are identified there will be support programs devised by the managers to correct the problem. Finally there is intended to be financial rewards particularly to the Trampolinist to achieve that all-important medal.

So where does everyone else come in this scheme? For those not involved in the WC schemes, coach education is viewed as the key component to improve the whole competitive base. Information and analysis, advice and programs will be provided to those in coach education to disseminate out to the whole membership. Whether you are recreational or competitive, it is vital that we introduce our new members to the sport in an effective and fun way. Therefore a long-term athlete development plan is being produced to give everyone a head start.

Finally if we can make our sport stand out in every corner of the UK then further funding will be available via sources such as Regional/County Sports Boards etc for the community work that we all undertake.

There is clearly much more to come and a great deal of work to be done, but I am confident we are laying good foundations for the future of our sport.

## F.I.G Age Group Games 2005 Eindhoven, 18<sup>th</sup> to 24<sup>th</sup> September

### Trampoline Team Selection

**Under 13 Girls**

**Under 13 Boys**

Sophie Burr  
Lucy Ryall  
Zoe Brookes  
Megan Lillington \*\*

Nathan Bailey  
Jordan George  
Fletcher Perry  
Alex Watson

Nicole Short – Reserve 1  
Benham – Reserve  
Emma Britton – Reserve 2

Mitchell

\*\*Megan Lillington to prove fitness at National Championships to secure selection.

#### **Under 15 Girls**

#### **Under 15 Boys**

Katy Ianson  
Lani Dacey  
Claire Stapenhill  
Williams  
Emma Scanlon  
Foreman

Joe McAdam  
Liam Abrahams  
Steven

Thomas

Katherine Kane – Reserve

Nick Davies – Reserve

#### **Under 17 Girls**

#### **Under 17 Boys**

Yasmin Gumbs  
Laura Gallagher  
Laura Williams  
Danielle Pietruszka \*\*  
Wright

Tom Lewis  
Chris Hall  
Luke Rendell  
Matthew

Cara Jaimeson – Reserve

Michael Freeman – Reserve

\*\* Danielle Pietruszka selected as 'Wild Card' on scores achieved and international success and experience.

#### **U19 Girls**

#### **U19 Boys**

Stacey Dann  
Hannah Lewis  
Hannah Davies  
Lisa Blackburn  
Katie Woodgate – Reserve

Nick Joyce  
Danny Creedon  
Jason Harvey  
Michael Wood

#### **Officials**

Sharon Wood	Head of Delegation
Sue Bramble	Team Manager
Bill Leach	Lead Coach
Tony Hull	Coach
Rosie Bascombe	Coach

All officials were selected on experience and qualification.

Any coaches who wish to be part of the delegation in the role of chaperones to the teams should contact Sharon Wood.