

# TRAMPOLINE NEWS No 23

December 2003

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## EDITORIAL

Martin Laws

Welcome to this December edition of TRAMPOLINE NEWS. My thank to **John Beeton**, the editor, for all his efforts to keep you all informed. Please circulate this Newsletter as widely as possible.

I could not begin this editorial without mentioning the success of the World Championships and World Age-Group teams. This year, the team was bigger than ever, and we certainly had some major successes. Congratulations to everyone involved. As Head of Delegation for the Worlds, I was proud of the team, and proud to be British! We have published a full report in the November GymNews, so if you haven't yet seen a copy, please get in touch with British Gymnastics.

We are coming to the close of the year and I would like to be the first to wish all a Merry Christmas and a Happy New Year.

I would also like to thank NTTC members for their countless hours of dedicated work on your behalf. I look forward to the January elections where we have two members, **Craig Bellis** (competitions) and **Cathy Page** (Coach Education) up for re-election, and of course, the new Development position. Interestingly, both Cathy and Craig are unchallenged, and no one has yet stepped forward to take on the challenge of the development role. I am certain by now you will all have gained an understanding of the sheer workload done on your behalf by the NTTC members, and that's putting people off. However, if anyone is interested in the development position, please contact me as soon as possible.....don't be shy!

I am informed that many of you haven't yet understood the importance of the National Technical Assembly, and that indeed, many haven't even recognised its existence at all (hard to believe I know)! We reported on this in the last Trampoline News, and it has featured in several GymNews publications.

I would encourage you all to take an interest in this event; although a few items are specific, most are deliberately of general interest, even if they are put on by other disciplines.

We are currently working on the programme for Trampoline, and the date is Lilleshall 24/25<sup>th</sup> January 2004 (please get it in your diaries now) and it is hoped the programme will bring many more Trampolinists to it than ever before. Please remember, this is your opportunity to meet and discuss your ideas, needs and feelings, as well as gaining valuable info.

I look forward to seeing you all soon.

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## BRITISH JUDGING RISES HIGH

It has long been acknowledged on the international trampoline circuit that the British Judging training system produces some of the best judges in the world. Over the years we have seen many like **Dave Ward-Hunt** and **John Beeton** take honours at FIT and FIG level. This, in my opinion, is due to the training schemes and the amount of competition that we have in Great Britain compared to other countries.

However, often within our own circles we forget this and coaches, judges and team managers often voice criticism. This, again, is partly due to high levels of training, but we also have come to expect such exacting standards.

The evidence however doesn't back up these claims. Internationally, the results show remarkable consistency of scoring, something many other sports would be proud of. The results below show scores given by virtually the whole pool of British international judges currently breveted.

It goes without saying that this kind of analysis could only be carried out at the highest international level where performers and events are far more consistent. Extreme care, or indeed avoidance of this kind of analysis, should be given at lower levels in our competitive structure because of the incalculable variables.

If we first look at others judged by UK and International panels,

**Nikitin** scored 70.0 (**28.7** set, **41.0** vol) in Manchester when on complete form and with a majority of British Judges. He scored 69.2 (**28.2** set, **41.3** vol) at World Championships when not quite on as good form....

Next, lets look at **Chernonos** 68.5 (28.2 set, **40.3** vol) in Manchester and 67.5 (27.4 set, **40.1** vol) in Worlds, again not quite as good as he was in Manchester.

If we look at the Ladies our own **Kirsten Lawton** scored 67.8 (**28.4** set) in Bracknell and 66.8 ( **28.2** set)at Worlds.

**Nuno Merino** scored 26.2 set and **40.0** vol at British Nationals

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## UKRAINIAN TEAM IN TOP FORM

The Ukrainian team produced a brilliant display of trampolining when they visited Salford last September, with **Yuri Nikitin** continuing his recent World Cup form by winning the men's individual event with an overall score of 111.80 points, with **Oleksander Chernonos** in second place, with a score of 108.90 points. **Simon Milnes** was the highest placed Great Britain team member, finishing in third place overall, scoring 107.10 points. Simon, partnered by **Mark Alexander**, then went on to take the men's synchronized event.

In the women's event, a badly depleted team, through injuries etc., saw the introduction of **Amanda Parker**, **Katherine Driscoll**, **Polly Osmond** and **Lauren Allen**.

Whilst the ladies were defeated quite convincingly, **Amanda Parker** held her own to finish in third place overall.

Men Individual  
GBR 289.80 UKR 323.70

Women Individual  
GBR 292.60 UKR 305.70

Men Synchronised  
GBR 136.70 UKR 133.50

Women Synchronised  
GBR 95.70 UKR 130.00

Team Result  
GBR 814.80 UKR 892.90

This was an extremely well organised event and Steve Moreton and his Salford team is to be congratulated on their efforts, which have received numerous plaudits.

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## *London Regional Elections*

The London Regional AGM was held last September, with the following members elected:

**Chair: Phil O'Reilly**  
**Secretary & Coaching Course Organiser: Maxine O'Reilly**  
**Treasurer: Marian Wood**  
**Minutes Secretary: Mrs S Sylvester**  
**Competition Secretary: Linda Lawrie**  
**Judging Secretary: Linda Lawrie**  
**Squad Director: Craig Bellis**  
**News Editor: Dawn Jacques**

## WORLD AGE-GROUP GAMES 2003

# 29 Finalists

# 5 Gold

# 3 Silver

# 7 Bronze

Finishing in second place in the medals table, the Great Britain team did their country proud at these **16<sup>th</sup> World Age-Group Games**, held in **Hanover GER** last October. Seldom, if ever, has Great Britain had so much success in such a high quality field in all four trampoline / tumbling / double-mini trampoline disciplines. The depth of talent in the team was tremendous and goes to show the amount of effort and hard work that both the gymnasts and their coaches put into their training schedules. All deserve out hearty congratulations.

The following team members finished in the top ten place in their class:

### TRAMPOLINE INDIVIDUAL

#### Girls

#### 11 / 12 years of age (54 entries)

1<sup>st</sup> Katie Ianson  
7<sup>th</sup> Imogen Gunner  
9<sup>th</sup> Emma Scanlon

#### 13 / 14 years of age (78 entries)

7<sup>th</sup> Yasmin Gumbs

#### 15 / 16 years of age (73 entries)

4<sup>th</sup> Hannah Lewis  
7<sup>th</sup> Stacey Dann

#### 17 + (60 entries)

2<sup>nd</sup> Amanda Parker  
3<sup>rd</sup> Katherine Driscoll  
9<sup>th</sup> Polly Osmond

## Boys

### 13 / 14 years of age (57 entries)

8<sup>th</sup> Christopher Hall  
10<sup>th</sup> Tom Lewis

### 15 / 16 years of age (71 entries)

4<sup>th</sup> Paul Noblett  
6<sup>th</sup> Jem Camble  
10<sup>th</sup> Dominic Swaffer

## TRAMPOLINE SYNCHRONISED

### Girls

#### 11 / 12 years of age (19 entries)

2<sup>nd</sup> Sian Meldrum / Katie Ianson  
6<sup>th</sup> Imogen Gunner / Emma Scanlon

#### 13 / 14 years of age (26 entries)

1<sup>st</sup> Roxy Milliner / Caitlin Thomson

#### 15 / 16 years of age (24 entries)

6<sup>th</sup> Lauren Allen / Stacey Dann

#### 17 + (20 entries)

5<sup>th</sup> Polly Osmond / Rebecca Stanley

### Boys

#### 11 / 12 years of age (14 entries)

4<sup>th</sup> Paul Warwicker / Thomas Freeman  
7<sup>th</sup> Liam Abrahams / Philip Spencer

#### 13 / 14 years of age (19 entries)

1<sup>st</sup> Andrew Freeman / Michael Freeman  
9<sup>th</sup> Luke Rendell / Tom Lewis

#### 15 / 16 years of age (25 entries)

4<sup>th</sup> Paul Noblett / Jem Camble  
5<sup>th</sup> Dominic Swaffer / Nicholas Joyce

#### 17 + (21 entries)

4<sup>th</sup> Brooke Milliner / Philip Dodson

## DOUBLE-MINI TRAMPOLINE

### Girls

#### 11 / 12 years of age (43 entries)

9<sup>th</sup> Imogen Gunner

#### 15 / 16 years of age (43 entries)

7<sup>th</sup> Kirsty Ward

### Boys

#### 13 / 14 years of age (38 entries)

3<sup>rd</sup> Andrew Freeman  
10<sup>th</sup> Michael Freeman

#### 16 / 18 years of age (48 entries)

3<sup>rd</sup> Dominic Swaffer

## TUMBLING

### Girls

#### 11 / 12 years of age (36 entries)

5<sup>th</sup> Rachael Letsche  
6<sup>th</sup> Michaela Parker  
10<sup>th</sup> Holly Bennett

#### 13 / 14 years of age (38 entries)

1<sup>st</sup> Sarah Turner  
2<sup>nd</sup> Laura Houson  
3<sup>rd</sup> Jennifer Dawes  
5<sup>th</sup> Zara McLean

#### 15 / 16 years of age (31 entries)

1<sup>st</sup> Samantha Palmer  
3<sup>rd</sup> Zoe McLean

#### 17 + (25 entries)

3<sup>rd</sup> Victoria Mitchell  
4<sup>th</sup> Nicola Green

### Boys

#### 11 / 12 years of age (25 entries)

7<sup>th</sup> Oliver Parson  
9<sup>th</sup> Christopher Hassell

#### 13 / 14 years of age (35 entries)

7<sup>th</sup> Gary aspinall  
8<sup>th</sup> Peter Mewse

#### 15 / 16 years of age (48 entries)

5<sup>th</sup> Charlie Burrows

#### 17 + (31 entries)

Glenn Smith

A truly memorable visit to Hanover. The NTTC would like to congratulate all gymnasts, coaches, chaperons and supporters for their input into the success of the British team. **Ed.**

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**Lot drawings** for the Olympic competitions will be carried out during the Test Events due to be held in Athens GRE during March 18<sup>th</sup> or 19<sup>th</sup> for Artistic and Trampoline. The Rhythmic draw will take place on either March 5<sup>th</sup> or 6<sup>th</sup> 2004.

## Double-Mini Trampoline – Selection Criteria European and European Youth Championships 5<sup>th</sup> – 13<sup>th</sup> June 2004 – Sofia, Bulgaria

A National Ranking scheme will be used to determine who is invited to National squad training and team selection for specific competitions. Three of the four places on a team will be determined by National ranking. The remaining place will remain a **wild card** to be allocated by the National Squad Director.

To determine the National ranking, we will order the preliminary, final and overall scores of competitors who are known to be able to fulfill the criteria: pass construction at each competition, and allocate 8 points to first place through to 1 point for 8<sup>th</sup> place. If a competitor scores zero, they receive no points. We then take the best two sets of points for the preliminaries, final and overall, and add them together to determine the National ranking.

For example: if a competitor gets the highest preliminary, final and overall score in two competitions, they will end up with **8+8+8 + 8+8+8 = 48 points**.

### Minimum Criteria for Senior Competitors

#### Men

- MUST have scored 62.0 in both Prelims and Finals
- MUST have completed 4 double / double passes

#### Ladies

- MUST have scored 60.5 in both Prelims and Finals
- MUST have completed 3 passes with a double somersault and one double / double pass

All these criteria must have been met at the same competition in at least one of the three qualifying competitions.

### Minimum Criteria for Youth Competitions

#### Boys:

- MUST have scored 60.0 in both Prelims and Finals

#### Girls:

- MUST have scored 59.0 in both Prelims and Finals

MUST have completed 4 passes with a double somersault. A single somersault, with at least a double twist, will be accepted in place of a double somersault.

All these criteria must have been met at the same competition, in at least one of the three qualifying competitions.

### Selection Competitions for European and European Youth Championships

The Senior and Youth teams will be selected from those competitors that have met the minimum criteria using the National ranking scores from the following DMT competitions:

#### 11 Jan 04:

Salto DMT competition – Luton, Bedfordshire. Please contact [lorraine@saltogym.com](mailto:lorraine@saltogym.com) for details.

#### 21 Mar 04:

European's controlled competition – Gillingham, Kent. Entry will be by invitation. Please contact [Nick\\_Earle@CompuServe.com](mailto:Nick_Earle@CompuServe.com)

#### 18 Apr 04:

Mid-Season DMT competition – Cardiff, Wales. Please contact [waga@waga.fsbusiness.co.uk](mailto:waga@waga.fsbusiness.co.uk) for details.

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## Kirsten gains Olympic Qualifier for Great Britain

**Kirsten Lawton**, by finishing in 6<sup>th</sup> place in the World Championship Ladies Individual Final, has managed to secure an automatic place for British Gymnastics in Athens next August.

Kirsten performed exceptionally well through the individual event, and a tie-breaking rule only just prevented her from the 5<sup>th</sup> place spot, and only 0.2 points from a medal position.

Congratulations Kirsten. Ed.

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## WORLD CHAMPIONSHIPS BRITISH RESULTS

Whilst the trampolinists were focused on obtaining an Olympic place, the tumblers were busy destroying the opposition in the tumbling events, taking both gold medals in the team events; and along with **Kathryn Peberdy's** Silver Medal in the ladies individual competition, had their most successful world championships ever.

Whilst all were celebrating Kirsten's success, there were also many tears for **Claire Wright**, who was denied a final placing at the very last hurdle, finishing in 9<sup>th</sup> place overall.

Results of the various events were as follows:

### TRAMPOLINE

**Ladies Individual** – 68 entries

**06 Kirsten Lawton**

**09 Claire Wright**

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**Ladies Individual – cont.**

19 Aurora Necco  
47 Natalie O'Connor

**Men Individual – 93 entries**

22 Paull Smyth  
24 Gary Smith  
85 Simon Milnes  
90 Mark Alexander

**Ladies Synchronised – 21 entries**

05 Kirsten Lawton / Claire Wright (qualified in 6<sup>th</sup> place)  
14 Aurora Necco / Natalie O'Connor

**Men's Synchronised – 29 entries**

06 Simon Milnes / Mark Alexander (qualified in 8<sup>th</sup> place)  
18 Gary Smith / Paull Smyth

**Ladies Team – 14 entries**

05 Great Britain (qualified in 3<sup>rd</sup> place)

**Men's Team – 18 entries**

16 Great Britain

**DOUBLE-MINI TRAMPOLINE**

**Ladies Individual – 29 entries**

26 Stephanie Coyte

**Men's Individual – 45 entries**

27 Chris Fordham

29 Mathew Swaffer

30 Toby Eager

42 Philip Dodson

**Men's Team – 11 entries**

07 Great Britain

**TUMBLING**

**Ladies Individual – 29 entries**

02 Kathryn Peberdy (qualified in 2<sup>nd</sup> place)  
04 Charmaine Salla (qualified in 7<sup>th</sup> place)  
10 Julie Cheung  
11 Donna Maclean

**Men's Individual – 59 entries**

05 Damien Walters (qualified in 7<sup>th</sup> place)  
07 Robert Proctor (qualified in 5<sup>th</sup> place)  
17 Robert Small  
31 Christopher Porter

**Ladies Team – 5 entries**

01 Great Britain (qualified in 2<sup>nd</sup> place)

**Men's Team – 14 entries**

01 Great Britain (qualified in 2<sup>nd</sup> place)

Excellent results overall from the British team.

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## OLYMPIC UPDATE

Trampoline events will be held in the **OCO Olympic Indoor Hall** (Athens Olympic Sports Complex) on Friday and Saturday 20<sup>th</sup> and 21<sup>st</sup> August 2004. The Athens Olympic Sports Complex, seating capacity of 15,000, is located at **Maroussi**, a suburb of Northern Athens. The same venue will host Artistic Gymnastic and Basketball quarterfinals, semi-finals and finals.

**Training Sites:**

**Dekeleia Training Complex**, approximately 0.5km from Olympic Village – 2 x trampolines.

**Key Dates: 2004**

30 Jul – Olympic Village Opens

06 Aug – Technical Officials Village Opens

13 Aug – Opening Ceremony

14 Aug – Artistic Gymnastics competition begins

20 Aug – Trampoline competition begins

21 Aug – Trampoline competition ends

23 Aug – Artistic Gymnastics competition ends

24 Aug – Gymnastics Gala

26 Aug – Rhythmic Gymnastics competition begins

29 Aug – Rhythmic Gymnastics competition ends

29 Aug – Closing Ceremony

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## WORLD CHAMPIONS 1964-2003

**Trampoline Individual**

**Men**

1964 Danny Millman USA

1965 Gary Irwin USA

1966 Wayne Miller USA

1967 David Jacobs USA

1968 David Jacobs USA

1970 Wayne Miller USA

1972 Paul Luxon GBR

1974 Richard Tison FRA

1976 Richard Tison FRA and Eugeni Janes URS

1978 Eugeni Janes URS

1980 Stewart Mathews GBR

1982 Carl Furrer GBR  
 1984 Lionel Pioline FRA  
 1986 Lionel Pioline FRA  
 1988 Vadim Krasnochapka URS  
 1990 Alexandre Moskalenko URS  
 1992 Alexandre Moskalenko RUS  
 1994 Alexandre Moskalenko RUS  
 1996 Dmitri Poliarouch BLR  
 1998 German Khnytchev RUS  
 1999 Alexandre Moskalenko RUS  
 2001 Alexandre Moskalenko RUS  
 2003 Henrik Stehlik GER

#### Ladies

1964 Judy Wills USA  
 1965 Judy Wills USA  
 1966 Judy Wills USA  
 1967 Judy Wills USA  
 1968 Judy Wills USA  
 1970 Renne Ranson USA  
 1972 Alexandra Nicholson USA  
 1974 Alexandra Nicholson USA  
 1976 Svetlana Levina URS  
 1978 Tatiana Anisimova URS  
 1980 Ruth Keller SUI  
 1982 Ruth Keller SUI  
 1984 Susan Shotton GBR  
 1986 Tatiana Lushina URS  
 1988 Rusudan Kherperia URS  
 1990 Elena Merkulova URS  
 1992 Elena Merkulova URS  
 1994 Irina Karavaeva RUS  
 1996 Tatiana Kovaleva RUS  
 1998 Irina Karavaeva RUS  
 1999 Irina Karavaeva RUS  
 2001 Anna Dogonadze-Lilkendey GER  
 2003 Karen Cockburn CAN

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## FIG WORLD RECORDS

The Following *new* World Records were recorded at the recent World Championships, held in Hanover GER in October:

#### Individual Trampoline – Women

##### Highest Scoring Routine

**NEW:** Irina Karavaeva RUS - 41.30 points on 17.10.03

#### Synchronised Trampoline – Men

##### Highest Difficulty

**NEW:** Alexandr Roussakov / Alexandr Leven RUS - 15.80 points on 18.10.03

#### Tumbling - Men

##### Highest Total Difficulty

**NEW:** Pan Huanian CHI - 46.80 points on 18.10.03

#### Tumbling – Women

##### Highest Total Difficulty

**NEW:** Elana Chabanenko UKR – 37.50 points on 18.10.03

#### Double-Mini Trampoline – Men

##### Highest Total Score

**NEW:** Alexei Illichev RUS – 128.60 points on 18.10.03

##### Highest Score in One Pass

**NEW:** Nico Gärtner GER – 32.40 points on 17.10.03

#### Double-Mini Trampoline – Women

##### Highest Total Score

**ADDITION:** Sarah Charles CAN – 124.50 points on 18.10.03

##### Highest Score in One Pass

**NEW:** Irina Vassileva RUS – 31.80 points on 17.10.03

#### Team Scores (Final Round)

##### Double-Mini Trampoline – Men

**NEW:** Canada – 96.10 points on 17.10.03

Chris Mitruk, Bryan Milonja, Adam Menzies

##### Double-Mini Trampoline – Women

**NEW:** Russia – 94.10 points on 18.10.03

Galina Gontcharenko, Svetlana Balandina, Irina Vassilieva

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## COACH EDUCATION

Cathy Page

**BG Technical Conference 23-25 Jan 2004 – Lillehall:** there will be a Trampoline Technical Conference (alongside the BG one) pitched at the High performance level, for any Trampoline coaches. The proposed content is:

**Sue Lawton** – demonstrating “cruising” as a useful way to teach middle twisting double somersaults.

**Jack Bailey** – current thinking on mechanics of ‘take off’ as a result of new video evidence.

**Sue Lawton** – neurolinguistics.

‘Pretty Girls in Little Boxes’ – followed by discussion on the ethics of coaching high level performance.

**Lynda Kouache** – either demonstration of the use of the ‘fit ball’ for body preparation, or physiology of trampoline performance.

An overall programme will be dispatched to all via GymNews.

**Back somersault supports:** it has been suggested that BG has banned the use of the ‘supported hip lift’ as a prior support to full somersault support! This is not so. It has **not** been banned. However, this method of support should be used with caution by inexperienced coaches, bearing in mind the size of both the coach and pupil.

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The issue of Olympic **wild cards** will be on the February 2004 Agenda of the FIG Executive Committee.

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and 27.8 set and **40.3** vol at Worlds and deserved his World finals slot with that greatly improved set.

**Gary Smith** scored 67.2 (**27.6** set) in Manchester and 66.4 (**26.7**) at Worlds. But his first vol scored **39.6** in Manchester and **39.7** at Worlds. Gary at our National Men's Championships scored **27.3** set and **39.9** vol

**Mark Alexander** if we compare sets scored **27.4** at Worlds and **27.5** in Bracknell, 26.6 in Manchester where again it didn't go so well. Mark scored **27.5** set and 39.0 vol at British Nationals.

This all looks extremely consistent to me? An amazing achievement by our judges right across the full range of events. Well done everyone!

I hope never again to hear comments, even quietly, concerning consistency of judging, but I guess I always will. **ML**.

**NB** this article was written by Martin Laws is not necessarily the views of the NTTC Judging Representative, on indeed his judging committee. **Ed**.

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## WORLD CHAMPIONS 1976-2003

### Double-Mini Trampoline

#### Men

1976 Ron Merriott USA  
1978 Stuart Ranson USA  
1980 Derrick Lotz RSA  
1982 Brett Austine AUS  
1984 Brett Austine AUS  
1986 Brett Austine AUS  
1988 Adrian Wareham AUS  
1990 Adrian Wareham AUS  
1992 Jorg Pereira POR  
1994 Jorg Pereira POR  
1996 Chris Mitruk CAN and Ji Wallace AUS  
1998 Rodolfo Rangel BRA  
1999 Chris Mitruk CAN  
2001 Nuno Lico POR  
2003 Alexei Ilichev RUS

#### Women

1976 Leigh Hennessy USA  
1978 Leigh Hennessy USA  
1980 Bethany Fairchild USA  
1982 Christine Tough CAN  
1984 Gabi Driere FRG  
1986 Bettina Lehmann FRG  
1988 Elizabeth Jensen AUS

to be continued



The members of BG NTTC wish all trampolinists everywhere  
*A Very Merry Christmas and a Happy New Year*

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