

# TRAMPOLINE NEWS No 20

June 2003

Editor: John D Beeton: [ceo@gordonsacf.sol.co.uk](mailto:ceo@gordonsacf.sol.co.uk)

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## EDITORIAL

Martin Laws

Welcome to the June edition of Trampoline News.

Firstly, let me say a huge thank you to **Sue Lawton** who headed up competitions. Sue has now gained employment with British Gymnastics as a High Performance coach, along with **Sharon Wood** and **Brian Phelps**. This means they must all give up BG committee positions. **Craig Bellis** has stepped into the breach and been co-opted into the NTTTC role. Thanks Sue for all the work over the past few years, and welcome Craig. You have a tough act to follow, but I am sure that you will bring your own touch to the role.

I have for some months now, been writing about possible changes to the face of both our sport, and sport in general. Slowly but surely we are starting to see some of these changes happen. This does give me some comfort that I haven't been writing rubbish for all these months.

Firstly, we have seen the UK government pledge £40m for school sport, and also pledge some 2000 new professional coaching positions across the country (3 above for trampoline as a starter). More will follow on these in the future I am sure.

Next we have seen a freezing of Lottery funding and a complete review on committed spending. This, along with reduction and reshaping of Sport England shows the government is now starting to act upon all its promises.

Lastly, we have seen the bid for the 2012 Olympics in London go ahead (which many doubted would never happen), which shows the commitment to sport is having an effect.

So how does all this affect Trampolinists?

Well, as part of the government's review of sport, British Gymnastics has undergone a review of its own structure, which I have reported on before. The outcome is that British Gymnastics will certainly change its way of working. We have already agreed in principal to the Board of Directors changing shape, and acceptance of English Gymnastics at the table. This means the whole way we deal with membership, and trampolining as a whole, is in the melting pot. Regional structures, competition, education etc will all be under review.

Lastly, the Trampolinists at the top end of the sport will come

under enormous pressure leading up to the Olympics 2004.

British Gymnastics is the fifth most funded UK governing body, and results will become more important as the government take sport more and more seriously. Within BG an Olympic medal must be the prime goal to survive and move forwards. Trampolining holds 50% of those identified as potential medallists....

So, what can we all do to help?

Well, at the recent AGM we saw **John Beeton** of this newsletter fame stand for election as Deputy President Financial. John failed to get elected, and whilst elections are won and lost all the time, the worrying thing here was how few members in total; and in particular Trampolinists, actually voted at all (just over 200 total). Regions are reporting how hard it is to find good volunteers to take committee roles, and indeed most clubs report the same.

If we are to have a say in our future. If we are to be taken seriously. We MUST play the part.

We are receiving more and more information than ever now. Indeed, for me, I am drowning in documents, news, letters, emails etc. We must all concentrate, evaluate and act upon the information we receive. If we fail to do this, we will be viewed as uninterested and incompetent, and our voice will be lost in the crowd.

We must also get behind those who committ so much time to steer and keep the sport functioning.

Lastly, we must view our top competitors, coaches and officials as role models. We must learn from them and what they all do..... and do better!

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## FIG NEWS

**World Cup Series 2003-2004** – the FIG Executive have decided to reduce the amount of prize monies for this series by 33% for Category A and by 50% for category B events. Hopefully, this will allow a larger number of federations to bid for the hosting of one of the present series, whilst at the same time, being able to stage Tumbling events as well. **The World Ranking List** for our discipline is also under review, and hopefully, for the next series we can revert to our former points system. **Ed.**

## WARNING TO INTERNATIONAL JUDGES FROM FIG EXECUTIVE

The following letter has been sent to all FIG member federations from the Executive Committee:

“As you may know, the Artistic Gymnastics World Championships in Anaheim, the RG World Championships in Budapest and the Trampoline World Championships in Hanover are the qualifying competitions for the Olympic Games 2004, and therefore are extremely important for all our federations.

At its meeting in Zurich, the Executive Committee decided to remind once again, all the federations, but especially the judges, of the importance of their work. We expect absolutely correct and unbiased judging. The gymnasts deserve this respect.

If biased judging during the world championships should occur, the judge/s concerned, as well as his / her federation will be severely sanctioned e.g. by the exclusion of the judge from the Olympic Games, and the federation will not be allowed to send another judge of the discipline concerned, to the Olympic Games.”

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EUROTRAMP has been selected to provide the Trampolines for Athens 2004.

WORLD CUPS (2003-2004 series) have been allocated to Levellois FRA: 12-15 Jun (TRA+TUM) Ostend BEL: 28-31 Aug (TRA+TUM) and Prague CZE: 5-7 Sep. All three events are Category B.

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## SCOTTISH LEVEL 1 “RESULTS”

This annual Scottish event was poorly attended with an entry of 41 turning up for registration on the day. Winners of the various classes were:

Under 13 Girls (6 entries)

**Emma Scanlon – Stockport 25.6+29.0/6.9+31.3/8.3=85.9**

Under 13 Boys (2 entries)

**Mathew Shaw – East Kilbride 23.1+30.0/6.3+29.7/6.3=82.8**

Under 15 Girls (10 entries)

**Cara Jamieson – East Kilbride 25.3+32.7/9.5+32.4/9.4=90.4**

Under 15 Boys (2 entries)

**James Davies – Brentwood 25.2+30.7/7.2+30.9/7.2=86.8**

Under 18 Girls (5 entries)

**Lisa Blackburn–City of Salford 25.4+33.3/8.1+33.0/8.1=91.7**

Under 18 Boys (2 entries)

**Jason Harvey – Central Galaxy 26.3+33.7/9.9+34.1/9.9=94.1**

Over 18 Girls (3 entries)

**Elaine Platt – Stockport 24.4+30.8/7.8+31.1/7.7=86.3**

Over 18 Boys (8 entries)

**Billy Renfrew – Mega 26.0+34.5/11.4+35.7/11.6=96.2**

Ladies (2 entries)

**Hannah Davies – Brentwood 24.9+34.9/9.6+34.2/9.7=94.0**

Men (1 entry)

**Keir Stewart –Tiggers Tramps 25.4+34.0/10.2+34.2/10.2=93.6**

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## Germany Win 4 x Nations Match

The annual 4 x Nations Match between GER FRA DEN and GBR resulted in a convincing win for the German federation, with France in second place, and Great Britain third. Results were:

**01. GERMANY: 627.20 points**

**02. FRANCE: 612.90 points**

**03. GREAT BRITAIN: 577.50 points**

**04. DENMARK: 300.00 points**

**Claire Wright (106.80 points)** was the overall winner in the ladies event, beating the current World Champion, **Anna Dogonadze GER (106.70 points)** by 0.1 points. **Magali Trouche FRA (98.30 points)** was third. Other British ladies' results were:

**04. Lauren Allen – 97.20 points**

**05. Natalie O'Connor – 96.8 points**

**09. Polly Osmond – 92.3 points**

In the men's event, **Paul Noblett (99.90 points)** was the highest placed Britain in 10<sup>th</sup> place, with **Brooke Milliner (99.50 points)** in 11<sup>th</sup> place. **Gary Short (76.60 points)** fell in his first voluntary, but scored well (**38.4/14.2 points**) in his final routine. **Simon Milnes** withdrew from the competition through injury.

The overall winner of the men's event was **Henrik Stehlik GER (110.20 points)**. **Sebastien Laifa FRA** finished in second place (same number of points), with **Michael Kubicka GER (108.90 points)** in third place.

It is interesting to note that no fewer than 10 of the 17 men in the competition were handling in excess of 15.2 difficulty. The forthcoming World Championships are going to be interesting to say the least! Ed.

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## MADS SEJERØE DEN

Update (May 2003)

After approximately one month in a Copenhagen hospital, on his return from Toronto, Mads has been moved to a rehabilitation

Center on the north coast of Zealand, some 40km from Copenhagen. He has a "flat" on the 3<sup>rd</sup> floor of the center, overlooking the harbour of **Hornbæk**, which he shares with a roommate.

Mads is more than happy to be in the center for his rehabilitation, and he "trains" as much as is permitted. Apparently, he is at his lowest when the staff are away at weekends, as this curtails his "training"!

He has obtained some mobility of both arms – the left being better than the right – but the biceps function is better than the triceps. He can even work his wrists a little, which means that he has been given a wheelchair, which he is training to control to perfection!

To be totally honest however, it is believed that there is little possibility that he will regain the control of his fingers or lower body, but he has made huge progress since his accident, and all concerned are happy for every little improvement that takes place.

Mads is grateful for every piece of encouragement, greeting that he has received, and for the donations to the "Mads foundation".

On behalf of Mads, all the best to you all. **Ed.**

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## HIGH PERFORMANCE COACH COURSE 2003/2004

**Venue:** Jumpers Rebound Centre, Gillingham

**Dates:** 21-25 July 2003 inclusive. (the Practical Examination will be arranged in 2004 to suit candidates, allowing time for mentor learning. Probably in March/April.

**Times:** Monday 21<sup>st</sup> – starts at 11.00 am continuing to 6.00 pm. The other days will be 9.00 am – 6.00 pm, with a 4.00 pm finish on the Friday.

**Tutors:** Cathy Page plus Tony James, Martin Laws, Sue Lawton, Brian Phelps and others.

**Coast:** £200 for whole course includes course fee, course manual and examination.

**Details:** all candidates should hold the Senior Club Coach/Advanced Part 2 with half out module. For the examination, the coach is required to be examined with their own pupils. Those who have already completed part of the course may be exempt from that part. However, it might be advisable for all to complete the whole course. NOTE: Cathy Page will be able to advise on which topics will be covered, and on which day.

**Content-Common Core** – Physical Preparation, Planning Training, Physiology (including the Muscular System, the Central nervous System, Nutrition) Psychology (including factors affecting Performance, Stress, Mental preparation for

Competition) Sports Medicine, Biomechanics, Judging. **Practical** - Forward rotation – double somersaults with half twist (in and out), full in half out, rudi out, fliff ball out; backward rotation – double back with half twist (in and out), with full twist (in and out); linking skills and constructing routines. It may also include 2 half and 3 twisting doubles and triple somersaults. **Home Study** – NCF home study packs: Physiology and Performance; Psychology and Performance, Flexibility in gymnastics; Sports Injury – prevention and first aid; Planning your programme; Performance profiling. BG High Performance Coach Common Core resource.

**Notes:**

1. This course no longer includes half out tucked and piked.
2. Coaches should have pupils who can already perform half outs and double backs, to gain the best from the course.

**All candidates will be expected to do a 10-minute presentation on a trampoline topic of their choice.**

**Applications:** all applications should be forwarded to Cathy Page, 9 Holt Hill Terrace, Birkenhead CH42 5LB (tel and fax 0151 201 2273) enclosing full course fee, or £100 non-returnable deposit (payable to British Gymnastics). Current BG membership number should be quoted. Where allowance will be made for those who have already started the course, applications will be accepted on a first come, first served basis.

**Closing Date:** Saturday 28<sup>th</sup> June 2003.

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## CAN YOU HELP BG TRAMPOLINING?

BG trampolining requires a volunteer, with the "gift of the gab" to create scintillating competition reports from Grade 1s and 2s, for the **Gymnast Magazine**. A parent (or coach) involved at this level would be ideally placed to pick up this gossip!

You will become a member of the Communication Group, producing short and impartial reports. Please ask around in your clubs. If you could help, get in touch with Richard: [Bgcomms@bg-coaches.org](mailto:Bgcomms@bg-coaches.org). **Ed.**

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## COMMUNICATIONS GROUP

**Update: April 2003 – Richard Ollernshaw**

Progress has been steady. Identifying regional contacts through whom to distribute news and information, eventually in both directions, took many months, but is now advanced, allowing other progress to be made (this is now complete apart from NO/SO/NI).

The key remaining issue is of building a strong team; Craig's

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Existing work with results is now being integrated, and discussions with **Terry Williams** about integrating his results system within BG's website continue. Crucially, non-one has been found / approached to help produce reports on competitions.

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## INTERNATIONAL TRAMPOLINE MATCH Great Britain v Russia

BRACKNELL SPORTS CENTRE  
Saturday 7<sup>th</sup> June 2003  
Starting at 2pm

### Featuring

Olympic, World, World Games, World  
Cup and European Champions from both  
Great Britain and Russia

**Entry: Adult £5 Child £3 (under 12)**

Cheques to be made payable to British Gymnastics with SAE please

For further information contact: **Sharon Wood, 2 Brerewood, Earley, Reading, Berks RG6 5UH. Telephone: 01189872924**

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Progress on finding a team leader to take responsibility for news, particularly competition reports, is vital before the group can be considered complete and taken forward as a team effort. In the meantime, it is operating as the independent, with co-ordinated efforts of Craig, Richard and the goodwill of many others.

#### Progress since inception:

News for Publication:-

- Working relationships established with staff responsible for the **Gymnast**, **Gymnews** and BG website.
- As a result, a number of articles have been produced and published at very short notice for publication in response to deaths, injuries, squad selections, etc.
- A small number of other articles have also been elicited and edited, e.g. following G2 nationals.
- Press passes have been arranged for **Craig Bellis**, **Mike Driscoll** and **Richard Ollernshaw**.

Information Systems:-

- British Gymnastics were (understandably) not prepared to offer the administrator-level access required to set up the results service and the found-

- ation coaching network, and an independent server is being used, at cost. Contact with **Mark Young** continues about co-ordination with BG internet efforts, but progress is slow within BG, even on their own projects (e.g. membership database on-line).

Results:-

- A system has been created to enable Craig to publish results on-line very easily, and within BG's corporate identify. ([www.bg-coaches.org/results](http://www.bg-coaches.org/results)).
- This system will be accessible from within the BG site once the BG webmasters get a chance to make the necessary changes. It is proposed access will at some point be permitted to the BG site to speed future updates.
- Craig has been publishing G2 & G1 results on-line using this system. Richard is currently encouraging competition organizers to send results to Craig for publishing, as well as to him.
- Cordial discussions continue with Terry Williams regarding access to his results database.

Communications with Regions:-

- Regional contacts have been identified within 10 regions (excluding NI, SO and NO) who have agreed to pass appropriate information up to clubs. These contacts have also been encouraged to pass news / comments down to the relevant committees or national publication via Richard, but none have done so.
- **Alan Sommerville** attended a question-and-answer session at West Midlands TTC AGM. **Martin Laws** will be attending a further meeting on 24 May to clear up outstanding issues.
- Where committees have announcements to make, they can pass them onto Richard to distribute in this way, and subsequently, in an appropriate publication. So far, he has received few messages to pass on this way.

Address Book:-

- Following the difficulty establishing contact with regions, the need for an updated address book is clear.
- A draft address book has been produced which Martin might receive prior to the next NTTC Meeting. Some regions have been very proactive but others remain to be completed (LO, SO [no contact has been made with anyone from SO at all], NO and EA).
- The final version will include regional committee members and tutors. If technical (sub) committees wish to raise awareness of their existence, I would be pleased to print committee listings – please e-mail them to Richard.
- Sending the draft to regional secretaries will hopefully, lead to the final details and permissions required to complete the book, being provided.
- Distribution of the address book remains to be decided. The finished book could be distributed by e-mail to all

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Who have an e-mail address at no cost.

### Weaknesses and Difficulties so far:

News for Publication:-

- Despite requesting any news to be sent, **no** news has been received from regions. Judith did not manage to find any 'regional newshounds', so the approach has not been repeated.
- Richard is severely limited in his ability to write-up major competitions, as he is not involved in the top-flight. It is vital someone willing to take responsibility for reporting at this level is found, as there are only so many general write-ups can be submitted before all sound the same!
- Notwithstanding any guidance otherwise, it is planned to approach those people who have previously written up major competitions for the Gymnast, with a view to delegating full responsibility for this area, thereby completing the communications team.
- Few other articles are produced. Some, which are produced, are directly passed on, bypassing the group, (e.g. Trampoline News); this does not seem to be a problem. However, Richard would continue to request any news / info / articles are sent to him so they can be assembled for publication in BG magazines in edited groups. Richard will seek to contact **John Beeton** regarding if there is any way the group could work closer in the distribution of Trampoline News and articles within it.

Communications with Committees:-

- Very little communication is passing from committees to the communications group. I am unclear whether this is simply because there is not much news to pass on. Probably the most contact has been with the competitions committee and **Sue Lawton** has found time to approve articles so far.

Communications with regions:-

- Virtually no information reaches Richard to pass onto regions, so this new link is little used.

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## FOUNDATION COACHING GROUP

Update: April 2003 – Richard Ollernshaw

Progress continues on the Foundation Coaching Network. The infrastructure of the system is in place and coaches are being invited to register through flyers distributed following coach exams. The response here has been solely positive.

28 newly qualified coaches invited to join the scheme, a further 40 will be invited at coach exams in the near future. Coaches are required to give their BG membership number on registration. As this has taken place within the past month, it is

Unlikely any have yet received their membership numbers from BG although a small number have managed to register.

It is intended to run with these limited numbers (approx. 50) for a pilot period to satisfy some officials' concerns of creating unmanageable workload. Following the pilot period, effectiveness may be reviewed to inform a decision on continuing the project.

The content of the Foundation Coaching Network site (<http://www.bg-coaches.org>) is password protected and will be produced in response to the requests of the pilot members. Currently, three main headings (Organisation/Information, Coaching and Coach Development) exists, each inviting questions; also feedback to BG is encouraged. These questions will be passed to appropriate officials and the responses used to build up lists of 'Frequently Asked Questions' and answers, reducing the future workload on officials.

On completion of the pilot period, the value of the service will be investigated by questionnaire to inform the future of the project.

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## COACH EDUCATION

Cathy Page

**Lapsed Coaching Involvement:** up to 4 years - re-instatement without further action, but must be BG member. More than 4 and completion of log book at the appropriate level. More than 8 years – attendance on full course, in course assessment and completion of the log book at the appropriate level. The Common core at the appropriate level must be taken where this was not previously taken within the original qualification. The in-course assessment of the coach's competence during the course must cover the higher level or new skills in the syllabus. A fee of £20 charged to cover assessment and accreditation charges.

**Development: "Club Helpers Award"** now launched – can be delivered by GDO's. In future, accredited tutors at Club Coach level and above, who have attended a Helpers Award update module, can deliver the Helpers Award.

**Examination Board Report:** making recommendations concerning the conduct of theory exams, with possibility of regional centralised theory exams. Recommended, that after Club Coach, at least one year must elapse before the SCC exam, and then one year between that and the HPC exam. The Board will evaluate exam materials, and will visit exams unannounced. Practical exam skill lists to be distributed to all tutors.

**Code of Practice revised:** all coaches should ensure that they obtain a copy of the new Code.

**Senior Club Coach:** resource packs now available end of May.

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## GREAT BRITAIN DMT TEAM VISIT TO SANTO ANDRE – SINES, PORTUGAL 3<sup>RD</sup> MAY 2003

Donna Grist (with no apologies)

Boy, do we love early mornings! We won't mention the get-up times needed on Friday morning to be at Heathrow Airport at 6.30 am, or the Heathrow Expressway that was anything but express! But, late arrivals aside, Air Portugal (TAP – try another plane) deposited us in sunny Lisbon 30 minutes early. We headed for our two eight seaters for the drive to **Santo Andre**, near **Sines** (where Vasco da Gama set off from (minus the girlfriend and wife) to sail the wrong way around the world – that's the cultural bit!) Our car seemed to have stalling sickness, it indicated with its windscreen wipers, and after an hour, Mike kindly pointed out to the Portuguese driver, the 5<sup>th</sup> and 6<sup>th</sup> gears! We arrived at our lovely hotel just in time for lunch. Now there's an adventure!

The starters looked just like Doritos. A good start we thought. Well, Doritos with a white line around the edges, and they don't snap like crisps. I suppose that was because of the the white cartilage through the middle of these roasted pigs ears, complete with hairs, that are a Portuguese delicacy. We think the next platter of fish eggs, onion salad and rings of octopus tentacles was a sort of sushi, mainly because the suckers on the tentacles still attached themselves to the roof of your mouth! The steaks that followed were outstanding, as were the puddings.

Suitably refueled, the team headed for the sports hall for training. A brill set up with two DMT runs and a tumble track, and gosh, was it warm in there! After their early start, the team used the time to acclimatise to the equipment, and temperature, and everyone completed their four competition passes.

Following a stroll through the village on a balmy evening, supper was taken at a Portuguese Pizzeria, run by two French people. By the way, quiz question – does anyone know in which quarter of a Four Seasons pizza, Nick should find walnuts! He knows now, in all four seasons, lots of them!

After a good night's sleep, and a healthy breakfast, the team spent the free morning on a nearby beach, just down the coast from the World Surfing Championships – we saw the waves!

Soon it was 2.00pm, and the preliminaries began with the Mens and Ladies. It was a good session for our performers with 13 / 14 passes completed successfully, and at the end of the round, we had Stephanie in 3<sup>rd</sup>, Dom in 4<sup>th</sup>, Philip in 5<sup>th</sup> and Toby in 8<sup>th</sup>. The Portuguese agreed to all our competitors doing the final, alongside those who made it by right, thus giving us the chance to watch the two final passes under the pressure of a high level competition. One slight problem – it was now 2.45pm and the finals were at .....10.45pm! Not the sort of

day we are used to at all.

After an afternoon of chilling out, and a light early supper (Franco-Portuguese-Italian experience again) we all returned to the hall in a heightened state of anticipation. The buzz of atmosphere in the hall, with its viewing balcony all round, was amazing. The pressure was certainly on, with zero finals, and some stunning passes from the likes of **Nuno Lico** (World Champion) and his team mates. Our final results were very pleasing, with Stephanie holding 3<sup>rd</sup>, and Toby and Mathew moving into 5<sup>th</sup> and 6<sup>th</sup> respectively. The scores achieved, also proved, that the selection criteria means that our DMT representatives are competitive on the world stage.

Sunday meant another trip to the beach, where Steph got buried; and from where the officials duly reported their harsh conditions to their counterparts at the Grade 2 in Cardiff. We still don't understand their churlish responses! Life is tough, but someone has to do it!

We watched the age groups event on the Sunday – a veru sick, fast moving event (51 sets of two passes in 47 minutes) that we should learn from. Then we were taken into Lisbon until the Monday. The afternoon and evening was spent at Expo '98 (some may remember the Blue Peter mural). We watched a "Boy Band", shopped, "did" the cable car and tower, and I helped Philip "3 strike" Dodson's team to a double victory at bowling. We also learnt that a Frisbee and trees don't mix well! Stuntmen expect payment and teamwork always works.

We'd like to thank **John Beeton** (who's suit case seemed to have been run over by a 747!) for his help in arranging our attendance at this event, and especially the Portuguese Federation for their invitation. We had a wonderful time. So, from all the team, THANKS.

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### FIG NEWS cont.

**Code of Points (2001-2004)** – there is a possibility that these could be extended for an additional year. Decision to be taken in September 2003 by FIG EC.

**World Cup Final (2004)** – both **Duisburg GER** and **Algier ALG** are interested in hosting this event.

**Intercontinental Judges Course 2004** – the TR TC have decided that all **Category I Judges** can attend, plus 3 other Judges.

**World Championships/WAGs – Eindhoven NED** have been confirmed as hosts for the 2005 event, with **Quebec City CAN** as the 2007 hosts.

**WAGs** – compulsories to be introduced from 2004 onwards! **Ed.**

