



Chester Trampoline Club

NEWSLETTER - September 19

Welcome to a new year of trampolining. Like schools, the trampolining year runs September to August each year. This newsletter goes out to all members and aims to keep you up-to-date with Club news. We'll start with good news about fees - for the second year running there will be no change.



DD



Helen

New Coaches

Since our last newsletter we're delighted to have welcomed 4 new Proficiency Award (PA) coaches to the coaching team. DD Smyth, Anna Crossley and Rebekka Rigby are all current Club trampolinists and have taken the opportunity to develop their own skills in training and coaching. We also welcomed Helen Stockley who is already an experienced PE teacher and has now added trampolining to her range of sports. Helen is also the Club's Welfare Officer. In October another 3 members will be taking the course, so good luck to Caitlin Burt, Evie Potts and Evie Haig. If anyone else is aged 14+ and is interested in becoming a PA coach please talk to Colin. Existing coach Gill Evans has passed her next level coaching award and is now a Grade 1 Coach. It's a big step up and represents lots of hard work so well done Gill.



Anna



Rebekka

The Club is growing! New Thursday session starts soon....

Since our last newsletter the Club has expanded to EPSV (Ellesmere Port Sports Village) where we now operate 2 sessions on a Monday. And hot off the press is the news that we are shortly starting new Thursday sessions at Northgate Arena.



MONDAYS

Ellesmere Port
3:45 - 4:45 pm
4:45 - 5:45 pm

TUESDAYS

Northgate, Chester
4:00 - 4:45 pm
4:45 - 5:45 pm

WEDNESDAYS

Northgate, Chester
4:00 - 5:00 pm
5:00 - 6:00 pm

THURSDAYS

Northgate, Chester
4:45 - 5:45 pm
5:45-6:45 pm

If anyone wishes to add a Thursday/other extra session, a discount will apply. Speak to Colin.

FRIDAYS

Northgate, Chester
5:45 - 6:45 pm



Club T-Shirts

As so beautifully modelled by Annabel, Darci, Leila, Annie and Emily from our Tuesday session, our Club shirts are just £7.75 (subsidised price) and are available in all sizes. If you'd like one, please see Colin.

FREE COMPETITION



For the chance to win a Club t-shirt, just leave a review on Google by 31 October and we'll pick a winner at random.

To leave a review, do a Google search for Chester Trampoline Club and use the box on the right (might be easiest on a PC).

Proficiency Awards and Progress

Our coaching is structured around the British Gymnastics proficiency award scheme, which means that everyone is learning the right moves for their ability.



Once a member has passed all the moves in an award they will bring home a slip offering the option to buy a certificate and badge.

BG Proficiency Awards go from 1 to 15, so a special mention to **Anna Crossley**, who was recently awarded her Award 14. Awesome!

If anyone would like a progress report outside of this system, you are most welcome to email or text Colin and he would be happy to have a 1-1 chat with you.

New Equipment

Colin has recently invested in two new trampolines, one for Northgate Arena and one for EPSV, where he's also bought two safety end frames. The one at Northgate replaces an old Centre-owned one and the one at EPSV (which will come into use in October) will be an addition to the two already there.

At Northgate Arena Colin has installed a rig, which is basically a harness attached to the ceiling which is used to support the learning of single and multiple somersaults.

And finally, Colin has bought two safety landing mats, one for each centre.



British Gymnastics Membership - a reminder that this must be renewed by **30/9/19**. If you have any problems doing this, the BG Helpline number is 0345 1297129.