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## EDITORIAL

Martin Laws

Dear Reader,

Welcome to this **June** edition of **TRAMPOLINE NEWS 2007**. My thanks as always to **John Beeton** the editor, for all his efforts to keep you all informed, and those who have contributed to this important Newsletter. Please circulate this latest edition as widely as possible. John is specifically keen to obtain news articles from clubs. Drop him a short note to let him know what is happening in your area.

Since the last newsletter, there has been a great deal of international activity. We have seen the return of our Team from the USA & Canada World Cups, and then travel, with the Tumbling team to the Kunshan World Cup in China. Being part of the delegation that went to China, I found it to be an amazing experience, and am sure that the Beijing Olympics next year will be an unforgettable event for anyone fortunate enough to participate.

I am sure that your thoughts are with **Natalie O'Connor** who continues to recuperate, following her accident earlier in the year. Natalie is continuing to make good progress and has been allowed home for weekends, you can read more later in this edition.

With the rumours continuing to spread regarding the new Domestic competition structure for 2008, you will be pleased to know that the NTTC are in the final stages of this, and details will be circulated as soon as they are ready. The competition committee has worked extremely hard to get the first steps right for the continued growth of our sport, so your continued patience is very much appreciated. We all know that not everyone will be happy with the changes however; we all need to pull together for the continued success of our sport.

Again, work has continued on the LTAD plan for Trampoline. This is nearing completion and will be circulated as soon as it is ready for publication.

Information on both subjects will be placed on the Coaches and BG websites as soon as finalised, so please keep your eyes open.

With the rain and gloomy clouds now passing to make way for the summer sun, let's hope that the gloom of all these reviews from UKsport to Coach Education pass also, and we can move forwards and simply just to enjoy our sport in the sunshine.

## And the Winner is: **Birmingham**

**Birmingham** will host the **2011 Trampoline, Tumbling & Double Mini-Trampoline World Championships** in the **National Indoor Arena**. The FIG at its **Council Meeting** held in **Orlando USA** last weekend, ratified the British bid which had been tabled owing to the success of the **World Cup Final** staged at the same event in November 2006.

This is a major coup for British Gymnastics and Birmingham City Council who are both renowned for their expertise in staging major events, as well as a golden opportunity for trampoline sports enthusiasts throughout the British Isles to witness the major sports event outside the Olympic Games in our disciplines.

Following on from the World Championships the World Age Group Competition (WAGC) will be held in the same venue the week following. Historically, the WAGC attracts in excess of 1500 young gymnasts from all corners of the world who are in the main making their first international appearance on the world stage.

It is expected that both events will be held during the month of September 2011. Watch this space. **Ed.**

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## Natalie O'Connor Update

*In the last edition of Trampoline News we reported on the serious injury sustained by Natalie during a training session at her club. The following message has been received from Natalie, which is self explanatory, and which shows her great courage under her present medical condition. Ed.*

“Thank you to everyone for their messages and good wishes. Having sustained an injury to my neck between C6 and C7 and damage to my spinal cord, I spent six weeks in intensive care. I am now in the **Aspire Rehabilitation** unit for spinal injuries at the **Royal Orthopaedic Hospital in Stanmore ENG.**

My days consist of physiotherapy and occupational therapy and I'm now allowed home for weekends. My discharge date is due to be June 29th.

Due to nerve damage I have restricted movement in my right hand and leg and I am currently working hard towards being able to walk short distances.”

# FIG WORLD CUP LAKE PLACID, USA

The first of the seven world cup events in the **2007-2008** series was held at the USA Olympic training facility in **Lake Placid, New York State** over the period **29 March – 02 April**.

The team arrived in **Montreal** on the evening of the 28 March and continued their journey to Lake Placid on the afternoon of the 29<sup>th</sup> – a two hour coach journey with a brief stop at the USA border to hand over USD\$6 each for the privilege of entering the Land of Plenty!

Our accommodation in Lake Placid was right in the centre of town with views overlooking the frozen lake, where sled dogs were in great demand for a short circular trip upon the lake.

The training / competition site was in the USA Olympic Training Centre, Lake Placid, which proved to be an excellent facility, although on the small side, with virtually little or no seating for spectators and certainly none for the federations!

Transport / meals and accommodation were excellent and the Americans certainly went out of their way to make everyone comfortable.

Great Britain had a number of excellent results at this event, with young **Sarah Turner** placing fifth in the ladies Tumbling Final, in this her first senior international event. **Claire Wright** and **Jamie Moore** finished in **6<sup>th</sup>** and **8<sup>th</sup>** place respectively in the Trampoline Individual Finals, whilst both ladies finished in **4<sup>th</sup>** place in the Ladies Synchronised Final. **Michael Barnes** did brilliantly to take **4<sup>th</sup>** place in the men's Tumbling Final and **Laura Houson** ended the day by placing **8<sup>th</sup>** in the Ladies Final behind Sarah Turner. A special word of congratulations to **James Higgins** for his senior debut also, by finishing in the top 20 (**19<sup>th</sup>** place) in the men's trampoline event with a score of 66.0 points. Excellent results overall.

Other British results:

**Men's TRA Individual – 58 entries**  
**22<sup>nd</sup> Simon Milnes 66.6 points**  
**29<sup>th</sup> Gary Smith 66.2 points**  
**36<sup>th</sup> Mark Alexander 64.9 points**

**Men's TRA Synchronised – 23 entries**  
**12<sup>th</sup> Mark Alexander / Simon Milnes 85.7 points**

After the Finals training was offered for federations proceeding to **Quebec City CAN** for the second of the two world cup events.

The five hour coach journey to Canada on the afternoon of the 4<sup>th</sup> April proceeded as planned, but it was an extremely tired team that arrived in Quebec City in the evening, ready only for

a meal and bed.

**Note:** it was also of a great relief to the HOD to discover that his luggage had finally turned up in Montreal / Quebec after 7 days traveling non stop between Aberdeen and London. The indulgence of team members during the previous seven days was VERY much appreciated – as was the offer from the many foreign officials and gymnasts to provide underwear, including **Ji Wallace AUS** – thanks anyway Ji!

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# FIG WORLD CUP QUEBEC CITY, CAN

The second event in the present world cup series was held in the City of **Quebec, CAN** immediately following the USA event, during the period **04-07 April**.

Once again the accommodation / transport and meals provided by the Canadians were of the highest standard. However, there were a number of resources absent that proved ongoing problems for all e.g. continuous problems with the scoring system, lack of result at the end of rounds etc. The competition hall was more akin to a training facility again, with a shortage of seating for spectators and federations. The Tumbling track was extremely hard and took some time to get used to. However, the volunteers more than made up for the lack of provisions with their customary friendliness.

**Great Britain** had further success in this event with **Michael Barnes** pulling out all stops to take a **Bronze Medal** podium place, as did **Claire Wright** and **Jamie Moore** in the Ladies Synchronised Final. **Claire** then finished in **6<sup>th</sup>** place in the individual final, with **Jamie Moore** only just missing out on a Final place, finishing in **9<sup>th</sup>** place, another great effort from her. **Charlie Burrows** did exceptionally well in the men's tumbling event to finish in **5<sup>th</sup>** place, with **Sarah Turned** proving that her fifth place in Lake Placid no fluke, by finishing in **6<sup>th</sup>** position here in Quebec City. The star of the team was **Samantha Palmer** who finished in **Silver medal** position in the ladies Tumbling event after having only just made the competition after an on-going injury prevented her taking part in the USA event. Well done Sam and all medal winners and finalists. It was a real thrill and pleasure to see you all on the podium.

Other British results:

**Men's TRA Individual – 58 entries**  
**21<sup>st</sup> James Higgins 65.8 points** (another great effort here)  
**33<sup>rd</sup> Gary Smith 63.5 points**  
**51<sup>st</sup> Mark Alexander 35.7 points**  
**54<sup>th</sup> Simon Milnes 30.6 points**

**Men's TRA Synchronised - 23 entries**  
**12<sup>th</sup> Mark Alexander / Simon Milnes**

# WORLD RANKING LIST

## British Standings

After the first three world cups where Ranking Points could be gained, British Gymnasts either consolidated or improved their world ranking place, or in the case of two gymnast slipped down the list slightly. Current British standings are:

### Ladies Individual Trampoline

07<sup>th</sup> Claire Wright 146.63 points – no movement

26<sup>th</sup> Jamie Moore 8.30 points – no movement

### Men's Individual Trampoline

25<sup>th</sup> Gary Smith 17.64 points – down 3 places

### Ladies Synchronised Trampoline

07<sup>th</sup> Claire Wright / Jamie Moore 117.75 points – up 1 place

### Men's Synchronised Trampoline

09<sup>th</sup> Simon Milnes/Mark Alexander 82.33 points–no movement

### Ladies Tumbling

03<sup>rd</sup> Samantha Palmer 181.75 points – no movement

06<sup>th</sup> Zoe Maclean 110.55 points – no movement

23<sup>rd</sup> Sarah Turner 14.00 points – new entry

31<sup>st</sup> Laura Houson 7.06 points – down 1 place

### Men's Tumbling

05<sup>th</sup> Damien Walters 122.29 points – no movement

12<sup>th</sup> Michael Barnes 60.50 points – up 14 places

17<sup>th</sup> Charlie Burrows 35.68 points – up 4 places

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## Four Countries Annual Match Santarem, Lisbon POR

This annual match was hosted for the first time by POR with all teams flying into Lisbon. After the preliminaries Great Britain were well in the lead with a score of **345.70 points** against that of **FRA 335.00 points**, **POR 332.00 points** and **GER 329.70 points**.

**Cara Jamieson** headed up the British team with a score of 58.9 points, followed by **Andrew Freeman**, 58.7, **Tom Lewis** 58.5, **Bryony Page** 57.6, **Luke Rendell** 55.3, **Danielle Pietruszka** 38.8 and **Mathew Wright** 32.6 points.

In the final round Great Britain increased their lead to win the match overall. Results were: **GBR 553.9**, **FRA 528.1**, **POR 518.6**, and **GER 487.0**.

Individual positions of the British team members were as follows:

### Girls

01 Bryony PAGE 92.7 points

02 Cara JAMIESON 92.6 points

03 Jasmin GUMBS 87.5 points

13 Danielle PIETRUSZKA 71.0 points

### Boys

01 Andrew FREEMAN 94.4 points

03 Luke RENDELL 89.8 points

09 Mathew WRIGHT 69.2 points

14 Tom LEWIS 60.3 points

An excellent result for **John Beer's** Youth team. Congratulations to all. **Ed**.

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## 4 Countries 13 –15 April 2007

John Beer

The team assembled at Heathrow for a 3.00 flight to Lisbon. The flight was on time and the team arrived in Lisbon around 5.30 from where we met with the French team and were transferred to Santarem (approx 100 km) being met by the organising committee. The Hotel Santarem is a 4 star hotel offering excellent facilities. An official reception was at 7.30 followed by dinner.

There was no opportunity for training, although the German team, who arrived earlier in the day, did train in the afternoon. The team went to bed directly after dinner at approximately 10.00.

After breakfast we were transported to the competition venue (10 minutes drive) for our training session at 11.00 – 12.00. The trampolines (Euro tramp 4 x 6) were not new but powerful. The one Tom Lewis preferred did however pose a problem for Tom as he hit the floor when at full height. The organisers provided wooden blocks to raise the trampoline, which prevented Tom from hitting the floor, but made the trampoline slightly less stable. Tom did cope with this but it was a factor that was on his mind.

The French followed our training session then we were transported to a local restaurant for lunch. After a short break in the hotel we were taken to the competition venue for the warm-up with the competition starting at 3.00.

All four teams had mainly juniors (their countries best) with the first round having a mix of FIG A & B routines, as previously agreed (no difficulty was added for those performing the 'A' routine). After the 1<sup>st</sup> round the scores were very close (the best 6 routines from the 8 in each round were counted for the team score).

Unfortunately GB had one failure, Danielle, who executed a very good first move (full in half out) that was higher than usual and over threw causing the 2<sup>nd</sup> (straight back) move to travel and she touched the frame pad and was forced to stop. All the others in the team performed well. It was clear after the 1<sup>st</sup> round the judges (one from Germany, France and GB all the others from Portugal) were very hard and their scores were going to be low.

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The GB voluntary routines were performed well with, in the teams mind that consistency was paramount as there was no individual title only a team one. All bar Matthew Wright performed their voluntary routines ensuring GB went into the final round in the lead.

After a break of one and a half hours the final began. GB being in first place we competed last in each group of four. As each of the GB performers finished their routines and the other countries had a series of failures it became clear that due to good consistent performances we would win. Tom halted a 100% completion of 2nd routines as he fell, in his defense the trampoline was not as stable as one would have liked and I feel this was playing on his mind.

It was interesting to see that Matt Wrights 2<sup>nd</sup> Vol was the highest in the competition (36.6 with a 13.4 dd) followed closely by Bryony (35.8 with a 12.4 dd) and Cara had the 3<sup>rd</sup> highest set mark. Although there was no individual competition the final placing was:

**Girls 1<sup>st</sup> Bryony Page, 2<sup>nd</sup> Cara Jamieson, 3<sup>rd</sup> Yasmin Gumbs.**

**Boys 1<sup>st</sup> Andrew Freeman, 2<sup>nd</sup> Viera (POR), 3<sup>rd</sup> Luke Rendell.**

The competition was followed by dinner and then a reception with traditional folk dancing (all the team except Danny and Bryony joined in!!!). We were then taken to a nightclub (under the local Bull Ring) until 1.30 and back to the rooms by 2.00. The transport to take us to the airport arrived at 6.00 am (2 hours after the Germans!!) for our flight back at 08.30. We arrived in Heathrow at 11.00 just 44.5 hours after leaving, a short but very successful trip!

**Team:**

**Cara Jamieson, Danielle Pietruszka, Bryony Page, Yasmin Gumbs, Tom Lewis, Luke Rendell, Andrew Freeman, Matthew Wright.**

**Coaches: Sharon Wood, John Beer**

**Judge: Kevin Dixon-Jackson**

**Physiotherapist: Belinda Smith**

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## UEG Trampoline & Tumbling Summer Camp

This year the U.E.G. Trampoline TC will be organising their traditional summer training camp with the aim of providing access and enjoyment for those who are relatively new, but not absolute beginners, to the exciting disciplines of Trampoline and Tumbling. The Trampoline TC has reached agreement with the growing will of the Italian trampoline family and the result will be a training camp in **Cesenatico**, on the Adriatic sea, from the 19th to the 25th of August.

If the ideal number of 10 participants is reached, the DMT friends could also join this "Italian holiday" under the expert guidance of **Kylie Walker NZL** former DMT World Championship.

Cesenatico and the sea is one and the same thing. The ancient coloured sails of the Marine Museum, which greet the people who arrive and leave, tell of this. The **Mare & Vita Gym Center** which will be the heart of the camp, offers a wide range of facilities, with private beach and conference rooms.

All of the sport facilities which will be fully equipped with the necessary apparatus are within 250m of the beach. In the program, will be included a tour to the beautiful **Republic di San Marino** and half a day in the water-park "**Atlantico**".

The Trampoline Technical Committee of the UEG will provide an expert to assist coaches to develop good training plans on returning home and in case of such a requirement, a fully trained physiotherapist will be available for the participants.

Both the U.E.G. Trampoline Technical Committee and the Italian organisers hope to have you all as guest and to share with you this comfortable, friendly, unique and instructive experience.

Further information about the camp can be found by contacting **Giampaolo Ciavolella** [giampaolo.ciavolella@federginnastica.it](mailto:giampaolo.ciavolella@federginnastica.it) or **Francesca Beltrami** at [beltrami.francesca@gmail.com](mailto:beltrami.francesca@gmail.com)

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## 4 Nations International Match GBR CZE POR DEN

Saturday 9<sup>th</sup> June 2007  
1400 – 1700 hrs

Rossmore Leisure Centre, Poole

Further details regarding the Match can be  
obtained from Sharon Wood

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## FIG WORLD CUP KUNSHAN CITY, CHN

No sooner had the British team returned from North America, than they were arriving in **Kunshan City, China** for this the

Third world cup event in the present series.

**Claire Wright** continued to show her improvement by finishing in 3<sup>rd</sup> place in the ladies individual event behind the two Chinese ladies with a score of 37.7 points (30 entries) with **Jamie Moore** just missing out in the Final, making an error in her new voluntary routine which would most certainly have seen her join Claire in the top eight.

In the men's event **James Higgins** continued to show that there is definitely more to come finishing ahead of the rest of the British men for the third time in as many weeks in 21<sup>st</sup> position with a score of 67.7 points.

**Michael Barnes** finished in third place in the men's Tumbling event for the second time in consecutive world cups. **Note:** all six tumblers in China actually qualified for their respective finals with four of them adding points to their World Ranking Listing. An excellent achievement for this young team. **Ed.**

Results

**Ladies Individual (30 entries)**

03 Claire Wright **37.7 points** (66.3 points)

11 Jamie Moore (63.4 points)

**Men's Individual (49 entries)**

21 James Higgins (67.7 points)

23 Simon Milnes (67.3 points)

30 Gary Smith (64.8 points)

31 Mark Alexander (64.5 points)

**Ladies Synchronised (11 entries)**

10 Claire Wright / Jamie Moore (48.9 points)

**Men's Synchronised (18 entries)**

16 Mark Alexander / Simon Milnes (43.2 points)

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## 4 Nations Annual Match

### GBR CZE DEN POR

This annual event is scheduled for the **Rossmore Leisure Centre, Poole**, on **Saturday 9<sup>th</sup> June** starting at **2pm**.

The match features some of the best young trampolinists from all competing nations and Great Britain will certainly have six of their best youngsters in their team endeavouring to keep up their winning ways in this particular event and build upon their recent win in the **Annual 4 Countries Match** that was held in Portugal in April between **GBR POR GER** and **FRA**.

The competition is for **six gymnasts** from each nation (\*seniors (FIG A) Youth (FIG B)).

As this is a team event the 4 highest scores of each team in each round (**sum of all 3 rounds per team**) counting towards the overall trophy,

**\*difficulty in (FIG A) will not be counted**

The British team will consist of the following:

**HOD/Judge:** Martin Laws

**Judges:** Mike Phillipson, Sally Slinger, Tony Hull, Bert Scales

**Coaches:** John Beer, Robin Atkins

**Physio:** Chris Evans

**Andrew Freeman** – Kingston Trampoline Academy

**Mathew Wright** – Kingston Kites

**Phil Dodson** – Team Trampoline Promotions

**Laura Gallagher** – High Flyers

**Stacey Dann** – High Flyers

**Tom Lewis** - Olga

**Reserves (non traveling):**

**Michael Freeman** – Kingston Trampoline Academy

Members of the NTTTC wish to add their congratulations to the above team members on their selection for this match. **Ed.**

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## Great Britain v Canada Senior and Youth International Match, plus Great Britain v German Annual Youth Match

### EIS Sheffield

Saturday 25<sup>th</sup> August 2007

This long awaited international match will feature all three Trampoline Sports of **Individual Trampoline, Tumbling and Double Mini-trampoline** at both **senior** and **youth** level. As an added bonus, we have incorporated the annual **GBR v GER Youth** trampoline match into the programme, which is always a closely contested event.

Proposed Programme – subject to change:

**22 Aug 07:**

**arrival of Canadian team in Sheffield**

**23 Aug 07:**

**training – CAN**

**24 Aug 07:**

**arrival of Great Britain team in Sheffield**

**arrival of German Youth team in Sheffield**

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**24 Aug 07** cont.

1300 hrs – training **CAN**

1415 hrs – training **GBR**

1530 hrs – training **GER**

1645 hrs – training **CAN**

1800 hrs – training **GBR**

1915 hrs – training **GER**

2030 hrs – Dinner

2130 hrs – Orientation Meeting

**25 Aug 07:**

0900 hrs – training **Youth** teams (all three disciplines)

1000 hrs – Judges Meeting

1100 hrs – end of training

1110 hrs – March on / Presentation of teams

1125 hrs – March off

1130 hrs – Youth Match begins

1400 hrs – Youth Match ends

1400 hrs – training **Senior** teams (all three disciplines)

1600 hrs – end of training

1610 hrs – March on / Presentation of teams

1625 hrs – March off

1630 hrs – Senior Match begins

1830 hrs – Senior Match ends

1845 hrs – Award ceremony

2030 hrs – Closing banquet / disco “**bop till you drop**”

**26 Aug 07:**

am / pm – departure of delegations

Further information regarding tickets etc will be issue at a later date. **Ed.**

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## **NATIONAL PROGRAMME DIRECTOR(TRAMPOLINE)**

British Gymnastics has recently been seeking an energetic and performance-driven Director for its UK Sport Lottery funded World Class Trampoline Programme, who will be based at the **Lilleshall National Sports Centre.**

**Salary: £45500-£49500.**

Working closely with BG's overall National Director (Performance & Technical) and accepting a technical lead from appropriate colleagues, the successful appointee will be responsible for leading, managing and directing the Trampoline World Class Programme to achieve medal-winning success at World Championships and Olympic Games.

Trampoline gymnastics is at the forefront of BG's performance

plans - being one of 4 gymnastics' Olympic disciplines - and this is an excellent opportunity to make a decisive contribution to BG's international success. BG has a goal of winning 1 medal in Trampoline at the Beijing Olympic Games, and will look to progress that target in the lead up to London 2012.

The appointee will be responsible for:

**Engendering and leading a genuinely World Class Trampoline Performance environment, embracing and supporting BG technical staff and personal coaches;**

**Designing and implementing strategies to achieve World Class goals, including gymnast selection, review, agreements and funding, and national and individual performance plans;**

**Managing and delivering the World Class Trampoline Programme, including a budget of ~£500,000 per annum and reporting to the Olympic Performance Sub Committee;**

**Managing appropriate technical staff, including implementing BG employee performance management systems and professional development;**

**Leading an expert and innovative structure of science and medicine support, making use of service providers such as the EIS, home country sports institutes, and other sources of expertise.**

The appointee will have a demonstrated record of successful leadership in high performance sport and will have a personal commitment to unconditional excellence. They will possess superior skills in:

**Engaging stakeholders and compelling change;  
Inter personal communications and leadership;  
Team, colleague, and self development;  
Strategic and individual performance planning;  
Appreciation of a multidisciplinary environment;  
Administrative and financial reporting.**

The appointee will probably have a degree in a sports-related discipline and 5 or more years experience in high performance sport. They will be thoroughly committed to BG's success at and in the lead up to the London 2012 Olympic Games.

Interviews will be held on Wednesday 6<sup>th</sup> June 2007.

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## **Czech Republic 4 Nations Team Selection**

**HOD:** Vladimir Zemen, **Judge:** Jana Stefanikova, **Coach:** Miroslav Patrman, **Gymnasts:** Jiri Kurtin, Pavel Stefela, Petra Anyzova, Zita Frydrychova, Iva Bubenikova, Matej Exner.

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# Trampoline World Age Group Competition (WAGC) Selection Policy Clarification

Scores posted in Individual Men's and Ladies events, used as 'trial events' for the purpose of selection for the W.A.G.C, may be submitted for consideration for selection. As only voluntary scores are to be used, it is felt either age group or senior can be considered. This allows the scores attained to also be used for the World Class Programme consideration matrix.

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## INTERNATIONAL PROGRAMME

The Trampoline Sports International Programme that British Gymnastics will participate in for the remainder of 2007 is as follows:

### 27 Jun-01 Jul:

FIG World Cup Ostend BEL (Cat A)

### 24-26 Aug:

GBR v CAN senior / youth TRA DMT TUM Sheffield GBR

GBR v GER youth TRA Sheffield GBR

### 29 Oct-04 Nov:

25<sup>th</sup> World Championships

### 05-11 Nov:

18<sup>th</sup> World Age Group Competitions (WAGC)

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## From The Therapists Mouth

David Lewis

At the end of March 2007 I traveled as team osteopath with our trampolinists to the World Cups, in USA and Canada. Not knowing what facilities had been put in place for team therapists, I requested our team have their own treatment couch brought along, in addition to the comprehensive medical kit bags. Having a treatment couch back at the team headquarters is very important. Treating an athlete on the floor or on a bed, is not only difficult and ineffective, it places a lot of strain on the therapists body. At least 50% of the treatments I carried out over the 12 days were back at the team headquarters.

A normal day started at around 8am fitting in a couple treatments before breakfast. I would then head off to the venue with the team and continue working there carrying out specific treatments in addition to loosening up and taping the athletes. Once back at the team hotel treatments were continued before and after dinner generally finishing at around 10.30pm.

The USA World Cup was held at the United States Olympic training centre in **Lake Placid**. For me the facilities were excellent. At the competition venue I was allowed to use their medical centre and pretty much any piece of equipment they

## Man's Polo Shirt

~~CHF 39.00~~ **CHF 27.30**

A high quality blue ice polo shirt for men (100% cotton) with a yellow FIG logo of the 7 disciplines on the left side. The available sizes are S, M, L and XL.

Contact the FIG



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## From the Therapists Mouth cont

possessed. One such piece of equipment was a « **Real-time Ultrasound scanner** » that was used to scan one of our athletes Achilles. This was free of charge! Some of our athletes also made good use of their cold baths to ease symptoms.

In Canada the facilities at the venue were never going to match those of the Olympic centre in Lake Placid, but were more than adequate. **NovAction** a Physiotherapy company based in Quebec supplied 5 treatment couches in an enclosed area within the competition hall. Their physiotherapists were always available to offer me assistance if I needed ice, towels, heat pads and even an extra set of hands.

For me, learning more about the athletes and their sport is essential to enable efficient treatments and care to be given. So whenever I had a spare moment I made time to watch the athletes train and took time to discuss with the coaches (**Jack Kelly & Nigel Rendell**) training plans and the specific needs of their athletes.

All in all it was a great trip and well organised with the icing on the cake seeing **Claire Wright** and **Jamie Moore** taking 3<sup>rd</sup> place in the women's synchro event.

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## Great Britain Team Selection for Belgian World Cup

The Trampoline team to represent **Great Britain** at the **FIG World Cup in Ostend BEL** during **27 Jun – 01 Jul 07** has been selected as follows:

**HOD:** John Beeton

**Coaches:** Jack Kelly, Nigel Rendell

**Judge:** Elizabeth Scales

**Physio:** David Merlin

**Gymnasts:** Claire Wright, Jamie Moore, Stacey Dann, James Higgins, Gary Smith, Simon Milnes, Phil Dodson, Andrew Freeman, Michael Freeman

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## International Events 2008

As we go to press the international competition calendar is now beginning to take shape with a number of federations either having already contacted the FIG with firm proposals, or have made enquires regarding hosting events; and especially for a world cup.

In the August edition of Trampoline News we would hope to produce a full listing of international events that British Gymnastics will be participating in during 2008.

In the meantime the following federations have already confirmed / stated their interest in staging a world cup in the present series:

**BEL:** Apr 25-26 **ESP:** Jun 27-28 (both FIG sanctioned)  
**FRA, SWE, POR, ESP, ITA, JPN**

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## EUROPEAN CHAMPIONSHIPS 2008 Odense, Denmark

The tentative schedule for these championships is as follows:

### **Apr 28-29:**

Arrival of federations - training

### **Apr 29:**

Opening Ceremony

### **Apr 30:**

EYC synchro preliminaries

EC preliminaries TUM + DMT

### **May 01:**

EYC TRA preliminaries

EYC TUM + DMT preliminaries

EYC team finals

### **May 02:**

EC synchro preliminaries

EC TRA preliminaries

EC team finals

### **May 03**

EYC individual finals

EC individual + synchro finals

### **May 04:**

Departure of federations

Certainly a different schedule from previous UEG championships!

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## World Age Group Competition (WAGC) Competition Schedule

The Canadian Federation have now published the schedule for the above event, which is reproduced here for information to those participating in the WAGCs:

### **Sunday 4<sup>th</sup> November**

FREE training

### **Monday 5<sup>th</sup> November**

Training per schedule

### **Tuesday 6<sup>th</sup> November**

Training per schedule

### **Wednesday 7<sup>th</sup> November**

Training per schedule

Official Opening Ceremony WAGC 2007

### **Thursday 8<sup>th</sup> November**

Trampoline: 11-12 Boys

Trampoline: 11-12 Girls

Trampoline Synchro: 11-12 Boys

Trampoline Synchro: 11-12 Girls

Tumbling: 13-14 Boys

Tumbling: 13-14 Girls

Double Mini-Trampoline: 15-16 Girls

Double Mini-Trampoline: 15-16 Boys

Trampoline: 17-18 Boys

Trampoline: 17-18 Girls

Trampoline Synchro: Boys 17-18

Trampoline Synchro: Girls 17-18

### **Finals for all above Age-groups (PM)**

### **Friday 9<sup>th</sup> November**

Trampoline: 13-14 Boys

Trampoline: 13-14 Girls

Double Mini-Trampoline: 11-12 Girls

Double Mini-Trampoline: 11-12 Boys

Trampoline Synchro: 13-14 Boys

Trampoline Synchro: 13-14 Girls

Tumbling: 15-16 Girls

Tumbling: 15-16 Boys

Double Mini-Trampoline: 17-18 Girls

Double Mini-Trampoline: 17-18 Boys

### **Finals for all above Age-Groups (PM)**

### **Saturday 10<sup>th</sup> November**

Tumbling: 11-12 Girls

Tumbling: 11-12 Boys

Double Mini-Trampoline: 13-14 Girls

Double Mini-Trampoline: 13-14 Boys

Trampoline: 15-16 Boys

Trampoline: 15-16 Girls

Trampoline Synchro: 15-16 Boys

Trampoline Synchro: 15-16 Girls

Tumbling: 17-18 Girls

Tumbling: 17-18 Boys

Timings for each event will be notified to all team members on arrival in **Quebec City, CAN** but hopefully, we can obtain ALL information regarding the **Workplan** prior to departing the UK and distributed accordingly.

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# Thompson on Tour

Claire Thompson (GBR Judge)

Feeling like I have lived the Jet Set lifestyle throughout April, I have returned to life at work and home with a few souvenirs, memories of spectacular scenes and times spent with old friends and new.

Where have I been – no, not on a world cruise – but on the World Cup circuit as judge with the British Tumbling Team.

You will have read the technical reports and seen the results. John Beeton asked me if I had something to say overall about this amazing roadshow. Reflecting on it, I do.

Whether in **Lake Placid USA**, **Quebec City CAN** or **Kunshan City China**, what I saw were teams working hard to host super events, teams committed to achieving their goals, support staff providing everything they could towards their athletes' success, world records set and the bar raised yet again; and people from all over the world sharing a common passion for their sport regardless of language, geography or cultural differences. There was just so much to celebrate and learn from all of it and I feel really privileged to have had the opportunity to share in it all.

Overall, my message to you, if you are thinking of going to **Beijing** – don't think about it, just do it – China was AWESOME!!!

PS British tumblers were in all the finals at all the events and confirmed Britain's place as the top tumbling nation in Western Europe!

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## FIG COUNCIL DECISIONS

The **FIG Council** at its meeting in **Orlando USA** during May, made a number of decision that will affect Trampoline Sports in the future, mainly:

- World Championships to be held annually, except in the Olympic years, starting in 2010.
- World Cup Finals will cease after the 2008 event.

International Age-Group Competitions (IAGC); and previously known as the World Age-Group Games (WAGs), will be renamed **World Age-Group Competition (WAGC)** with immediate effect.

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### Newly appointed co-ordinator for DMT and Synchro

British Gymnastic has appointed **Amy Walmsley** as the co-ordinator for DMT and Synchro, replacing Wayne Smith who resigned earlier in the year. If you have any questions on Synchro / DMT – contact Amy at British Gymnastics direct.

## Report on World Cups in USA and Canada

Peter Heames (GBR Judge)

After the tremendous World Cup Final in Birmingham these back to back World Cups in North America were the first two events in the 07/08 series.

**Lake Placid (USA):** In the two days before the competition I was very involved in giving feedback to the competitors who were successfully getting to grips with the string beds provided. This was an opportunity to build upon the rapport established at the podium sessions held earlier in the year at the new Northampton Academy. I was also able to follow training in the adjacent slots which enabled me to watch RUS and CHN competitors.

The judges meeting was a 30 minute session which after a brief welcome by **Nikolai Makarov** proceeded to the allocation of judges to the various panels. Chairs were pre-selected as were the DD judges, there being only 4 with superior difficulty. Thereafter judges were allocated by category level. I was very happy with Men's Individual Execution and Ladies Synchronised Execution.

The first competition day (unusually a Sunday) was a mental and physical challenge with 5 flights of Men's and 2 flights of Ladies Synchronised – almost nine hours! I felt that the judging had gone quite well though clearly mistakes were made by each judge at some stage. On seeing the prelim results it was clear that there had been some large spreads! We were requested to attend a debrief before finals the following day. Panels would be reconstituted to ensure a neutral panel which is standard practice.

The debrief session was shorter than the planned 30 minutes because the ladies session had over run. However it was a good opportunity to get feedback (which was critical but constructive) from the TC Representative. This clearly is a feature that is likely to be included in future "majors" with the aim of improving dialogue between TC and judges and ultimately to improve the consistency of judging.

For the finals I was appointed as Men's Execution and Asst Chair Men's Synchronised. The Men's final was very exciting with second up Canadian (Jason Burnett) completing a 17.5 routine for a new world record score.

**Quebec (CAN)** We transited to Canada in heavy snow. Again I was involved in supporting Jack and Nigel in the training sessions together with checking competition cards for GBR competitors as in Lake Placid.

The judges' meeting was fronted by **Horst Kunze** (FIG TC President) who gave some useful updates on the schedule for implementing the COP for next Olympic cycle (2009-2012).

Also, we were informed that an Inter-Continental Judge course is being planned for late autumn of 2008 or early 2009. No venue at this stage.

Just prior to the roll call and appointment of judges I was asked if I was prepared to be Chair for both Ladies events. I was happy to accept this honour! **Gerda Bierenfeld (GER)** would again do the same for the Men's.

As in Lake Placid there were only 4 judges with superior DD so they were automatically appointed. This seems to be a recurring arrangement and it was hinted that the whole issue of superior DD as part of the brevet course is under review. It is worth noting that all Cat 2 judges should be ready to Chair at these events.

During the competition days the Superior Jury (**Horst Kunze, Nikolai Makarov and John Beeton**) were very supportive and made a number of constructive comments.

After the prelims, myself and the DD judges cross checked every DD score and found two errors! I would recommend that this is a practice to be adopted if you are Chair. Although the judging was quite good overall there were inconsistencies and some mistakes.

Once again we were requested to attend a de-brief on the following day. All the deduction sheets had been handed in and the TC had had an opportunity to analyse them. All judges including DD were asked to re judge specific routines where it was felt that mistakes had been made. Horst commented that the zero deduction is becoming "extinct"! This is not acceptable in the TC's opinion. **Note:** No routine in Lake Placid or Quebec had scored 9.0+ across the panel.

The quality of the film available was far superior to Lake Placid and again I felt that the session was very constructive.

A final thought, as Chair it is very important to keep detailed notes of decisions and other relevant issues (wide spreads, inconsistencies etc.) as you might need to refer back.

Overall it had been a tremendous experience and I certainly enjoyed the opportunity to Chair at this level for the first time.

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## Trampoline Coach Education Report

Cathy Page

**UK Coaching Certificate** – Apologies for the chaos of the introduction of the new syllabus.

**Coach Award (Level 2)** - The Level 1/2 course has been stopped and anyone going straight to Level 2 will need to apply to their Regional course organiser for APL (Accreditation of Prior Learning). This APL will entitle them to enrol on the Level 2 course but they must do a bridging module (which can be held at the beginning of the course) to cover mainly the teaching of the basic front, back and seat landings and twist into and out of seat, plus forward and backward rolls and handstand.

APL is not automatic and each candidate will need to apply. The usual criteria will be:

- Proficiency Award 9 or above
- GCSE (A-C grades) with trampolining as one of the sports.
- PE Teacher with some trampoline experience.

**Coach Level 2 resource** - The Level 2 resource does not contain the section on physical preparation which I thought would be in the Common Core but which should have been in the sports specific resource. This will be rectified as soon as possible and those people who have already completed Level 2 may apply to me for that resource.

**Transition from Cycle 5 to Cycle 6** - Coaches who are happy to continue coaching within the Cycle 5 syllabus may continue to do so. However if they wish to coach the extra bits of the Cycle 6 syllabus namely the shaped front and back somersaults they will be offered a day course which will probably include the rig module, as well as updates on the Cycle 5 syllabus. This is being prepared to introduce in September.

**Conferences** - Tutors/Examiners conference will be held in **Loughborough** in the first weekend in Sept 1/2 and the National technical Conference will be held at the end of January as usual.

Any queries about coaching courses, tutoring etc please contact me at [cath.page@ntlworld.com](mailto:cath.page@ntlworld.com)

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## Northamptonshire Trampoline Gymnastics Academy Visit to China

Tracy Whittaker-Smith and Steve Walsh

Northamptonshire Trampoline Gymnastics Academy members **Steve Walsh, Danny Creedon, Yazmin Gumbs, and Harvey Smith** flew to China to support team mates **Jaime Moore and James Higgins (& Tracy Whittaker-Smith, Coach)** at the World Cup event. We also wanted to get a glimpse of what the best trampolining nation in the world were up to.

First stop was the World Cup event in **Kunshan**, and along with some promising results for James and Jaime, we all soaked up the chance to watch the worlds' best in action. We were not disappointed, with **Dong Dong** (winner of the Men's event) and **Zhong Xingping** (top woman) putting in some sterling performances for the home nation, much to the pleasure of the Chinese spectators who were thrilled with what they witnessed. It was the best atmosphere we have ever experienced at any event other than the Olympic Games. The Chinese gymnasts rose to the occasion of a home event and showed the rest of the world that they are probably going to be the ones to beat next year at the **Beijing Olympic Games**.

The competition was a thrilling event which was immaculate in the organisation and presentation and the Chinese organisation committee must be applauded for being fantastic hosts.

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From Kunshan the NTGA team flew to **Beijing** for a couple of days sightseeing. We were lucky enough to have very good friends **Mike & Tracey Walmsley**, with us who have lived in China for 5 years and who now speak fluent Chinese. No-one we met once leaving Kunshan spoke any English, it was tough and without an interpreter I don't know how we would have managed!

The first place to be conquered was **Tiananmen Square**, a quite surreal place which seems to silence all who visit. Unsurprisingly we were most attracted to the Olympic countdown which has inhabited the square ever since China were awarded the games, and promptly spent 10 minutes posing for photo's there. The not so **Forbidden City** was also on the Radar, and we promptly wandered through the countless streets and up to the top of the nearby mountains to take in the view, and started a week-long leg ache in the process.

After an hour of bartering in the Cyber Market, we continued our whistle stop tour of China with an hour long train ride to **Tianjin**, where we would train for the next four days with the Chinese 2012 Olympic team.

They were good, very good. It soon became apparent that they know exactly what they want and what they are prepared to do to get it. No compromise, medals are expected, and that's **GOLD** medals. There were 30 plus gymnasts with their personal coaches (all paid by the government) training on 8 trampolines. Most of the gymnasts, if not all, came from gymnastics and tumbling. They are all extremely fit and had an abundance of ability, but the main thing that stood out was their work ethic and their desire to achieve no matter what the cost.

Our Chinese hosts were very accommodating. We trained within their sessions with the NTGA team split up and working around the 8 trampolines alongside helpful coaches and gymnasts.

The Chinese certainly know how to make people feel welcome. Tracy & Harvey were treated like royalty, invited as special guests at a banquet held in their honour and presented with gifts. On the last night the coaches were treated to the most amazing massage!

We all revelled in the chance to train with the pros'. It was awesome to experience China, their people - who are most charming & respectful, real Chinese food and the culture. It is one of the best experiences we have ever had. We would like to send a big 'Xie-xie' (Thank You) to everyone in Tianjin for making our trip special and we will be returning soon.

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## USA Gymnastics Names 2007 Hall of Fame Inductees

Two well known former USA gymnasts have been honoured by USA Gymnastics by being inducted into the **2007 Hall of**

**Fame. Leigh Hennessy and Karl Heger** will be known to many members of the sport. As a stunt women **Leigh** has featured in a number of block buster movies including **G.I. Joe** where she was **Demi Moore's** stunt double. **Karl** has continued in the sport and is a current Brevet II DMT Judge.

**Leigh Hennessy** is a two-time double mini-trampoline world champion (1976, 1978) and won a silver medal in synchronized trampoline at the 1976 World Championships. She was the first athlete, male or female, to win all three trampoline events (individual, synchronized and double mini) at the national championships. Hennessy was honoured by the International Trampoline Federation in 1982 for her contribution to the sport of trampoline. From 1978-92, she was listed in the Guinness Book of World Records with the highest double mini-trampoline score in international competition. Hennessy graduated summa cum laude from the University of Southwestern Louisiana with a bachelor's degree in speech and audiology in 1980, and earned her master's degree with honours in communication two years later. She lives in Van Nuys, California, and is a movie stuntwoman and a former writer for Glenn Sundby Publications.

**Karl Heger** was a member of the USA trampoline team for 22 years and won 18 national titles. He competed in 11 World Championships, winning gold medals in double mini-trampoline in 1988 and 1999, and he also won synchronised trampoline at the 1991 World Games. He served in Operation Desert Storm, where he was awarded the Bronze Star, and he currently works for the FBI. Heger lives in Rockford Ill., with his two sons, Kevin (17) and KJ (13). Both Kevin and KJ have competed at the World Age Group Games in trampoline and are coached by their mother, **Ute Heger**, who was a member of the German National Trampoline team.

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## FIG Information

I am often requested to provide information on FIG Rules and Regulations etc and where to download information from the FIG website.

Whilst I am more than happy to provide answers, the following may be helpful to those seeking such information of the FIG at their website: [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

When you enter the website click on to **RULES** in the header section and the following information will be available to you immediately, in the **download section**:

### FIG

- Accreditations
- Medal Ceremonies
- Statutes
- Ethic Code
- World Class Gymnasts

- Glossary
- Media**
- Media guidelines
  - LOC Media Organisation
  - Code of Conduct
  - Interview Form
- Publicity Rules**
- Apparatus Norms**
- Medical**
- Anti-doping
- Technical Regulations**
- Code of Points**
- TRA
- Judges regulations**
- General
  - Specific Rules
- World Age Group Competition**
- TRA
- World Cup Series**
- TRA
  - Assignment of Points

Likewise, when you click on **EDUCATION** in the header section you will receive information on the **FIG Academies** etc.

I hope that the above information is helpful. However, if any reader wishes further information on the FIG please do not hesitate to contact me direct. **Ed.**

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## 24<sup>th</sup> Frivolten Cup

Congratulations to **Stacey Dann**, **Laura Gallagher** and **Andrew Freeman** for their recent success in the Frivolten Cup held in **Herrljunga SWE** over the weekend 18-19 May past.

**Stacey** won the senior ladies event with a score of 98.1 points, with **Laura** taking silver medal with a score of 93.4 points.

In the men's senior event **Andrew** finished in silver medal place (99.2 points) behind **Peter Jensen DEN**.

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## Matei Todorov

Readers will be pleased to hear that Matei is now back home after his recent illness and should be returning to work, hopefully within the next 5-6 weeks.

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## TRAMPOLINE GYMNASTICS WORLD RANKING LIST





The following tables showing top eight places in the current **World Ranking List** as at **1<sup>st</sup> June 2007**, are reproduced by kind permission of the FIG. **Note:** Please ignore everything in (brackets).

### Men's Individual

<b>1</b>	UEYAMA Yasuhiro	 JPN	<b>297.74</b>	(1 / 303.92)
<b>2</b>	NIKITIN Yuri	 UKR	<b>237.44</b>	(3 / 244.91)
<b>3</b>	RUSAKOV Alexander	 RUS	<b>229.18</b>	(2 / 248.12)
<b>4</b>	STEHLIK Henrik	 GER	<b>180.53</b>	(4 / 223.62)
<b>5</b>	KNYTCHEV German	 RUS	<b>107.75</b>	(6 / 115.36)
<b>6</b>	SOTOMURA Tetsuya	 JPN	<b>107.52</b>	(8 / 86.45)
<b>7</b>	MARTIN David	 FRA	<b>102.90</b>	(5 / 132.01)
<b>8</b>	QUE Zhi Cheng	 CHN	<b>96.18</b>	(7 / 112.40)
<b>25</b>	SMITH Gary	 GBR	<b>17.64</b>	(22 / 25.20)

### Women's Individual

<b>1</b>	KARAVAEVA Irina	 RUS	<b>396.50</b>	(1 / 460.71)
<b>2</b>	COCKBURN Karen	 CAN	<b>376.32</b>	(2 / 387.60)
<b>3</b>	DOGONADZE Anna	 GER	<b>286.16</b>	(3 / 333.80)
<b>4</b>	HUANG Shanshan	 CHN	<b>209.87</b>	(6 / 196.96)

6	MOVCHAN Olena	 UKR	179.23	(5 / 241.04)
7	WRIGHT Claire	 GBR	146.63	(7 / 106.62)
8	ZHONG Xingping	 CHN	91.16	(14 / 37.37)
25	MOORE Jaime	 GBR	8.30	(23 / 9.00)



## Men's Synchro


1	KAKORKO V. KAZAK N.	 BLR	318.12	(1 / 308.03)
2	UEYAMA Y. SOTOMURA T.	 JPN	254.44	(3 / 174.20)
3	STEHLIK H. SERTH M.	 GER	239.79	(2 / 242.55)
4	BOILLET M. MARTIN L.	 SUI	161.16	(4 / 171.66)
5	LAIFA S. JALA M.	 FRA	125.71	(5 / 149.59)
6	RUSAKOV A. LEVEN A.	 RUS	101.04	(6 / 144.34)
7	VILLAFUERTE A. MOOIJ S.	 NED	95.61	(7 / 126.58)
8	NAKATA D. KAWANISHI T.	 JPN	90.32	(8 / 109.03)
9	ALEXANDER M. MILNES S.	 GBR	82.33	(9 / 102.61)

## Women's Synchro











1	COCKBURN K. MACLENNAN R.	 CAN	330.85	(3 / 215.50)
2	DOGONADZE A. SIMON J.	 GER	248.75	(1 / 280.36)
3	KARAVAEVA I. CHERNOVA N.	 RUS	213.03	(2 / 246.47)
4	MOVCHAN O. DOMCHEVSKA Y.	 UKR	179.64	(4 / 206.63)
5	HANMOTO H. SETO Y.	 JPN	130.20	(6 / 161.00)
6	KARAVAEVA I. KOLESNIKOVA N.	 RUS	121.13	(5 / 173.04)
7	WRIGHT C. MOORE J.	 GBR	117.75	(8 / 102.50)
8	PETRENIA T. MIRONOVA E.	 BLR	110.20	(12 / 66.00)

## Women's Tumbling

1	KOROBEYNIKOVA Anna	 RUS	468.87	(1 / 459.10)
2	CHABANENKO Olena	 UKR	269.77	(2 / 385.39)
3	PALMER Samantha	 GBR	181.75	(5 / 122.50)
4	TERRENIA Anna	 BLR	166.55	(4 / 152.21)
5	HALL Yulia	 USA	140.85	(3 / 165.50)
6	MCLEAN Zoe	 GBR	110.55	(6 / 121.50)
7	SMITH Emily	 CAN	93.58	(8 / 78.68)

<b>23</b>	TURNER Sarah	 GBR	<b>14.00</b>	(999 / 0.00)
<b>31</b>	HOUSAN Laura	 GBR	<b>7.60</b>	(30 / 8.00)

## Men's Tumbling

<b>1</b>	WANG Jiexu	 CHN	<b>248.25</b>	(4 / 147.50)
<b>2</b>	WADECKI Jozef	 POL	<b>220.95</b>	(2 / 228.50)
<b>3</b>	KABISHEV Andrei	 BLR	<b>188.51</b>	(1 / 249.30)
<b>4</b>	FOURNIALS Nicolas	 FRA	<b>126.62</b>	(3 / 155.89)
<b>5</b>	WALTERS Damien	 GBR	<b>122.29</b>	(6 / 144.70)
<b>6</b>	PAN Huanian	 CHN	<b>113.74</b>	(5 / 147.49)
<b>7</b>	MURTAZAEV Tagir	 RUS	<b>105.75</b>	(15 / 47.50)
<b>8</b>	SKORODUMOV Alexandre	 RUS	<b>86.04</b>	(7 / 112.91)
<b>12</b>	BARNES Michael	 GBR	<b>60.50</b>	(26 / 15.00)
<b>17</b>	BURROWS Charlie	 GBR	<b>35.68</b>	(21 / 22.40)