



Trampoline News

EDITION 61 | APRIL 2010

Comment...

Welcome to April's edition of the 'new look' Trampoline News.

As ever please do your bit and circulate as widely as possible. If you have any items you wish to see included in our newsletter, please contact me.

This year, Varna (Bulgaria) will play host to the European & European Youth Trampoline Gymnastics Championships. We would like to wish all our gymnasts the very best of luck, for more details see inside.

You will also find Team Announcements for the forthcoming European Championships and 4 Nations annual match in this newsletter. Congratulations to all those selected and all at British Gymnastics wish you all the very best of luck.

No doubt all will have heard of the impending introduction of the FIG new Code of Points which will come into effect as from the 1st September 2010, and which will include Time of Flight. Many believe that this addition will be an enhancement to our scoring system.

DMT continues to grow. Can you please ensure that if you have competitors in both Trampoline and DMT, that the gymnast registers as a silver competitive member within both disciplines. With further development of both DMT & TRA within regions we can all get stronger together.

Regards

John Beeton (Editor)

Bulgaria to Host 2013 World Championships in the City of Varna

The bid by the Bulgarian Federation and the City of Varna to organise the 28th Trampoline Gymnastics World Championships in 2013 has been accepted by the FIG Executive.

FIG World Cup, Ghent BEL 07-11 April 2010

Following the earlier cancellation of the planned 4 countries match scheduled as a warm-up event for our senior team prior to the European Championships, and the date change for this event, it was decided that this would be an ideal opportunity to participate in the Ghent World Cup with our senior team travelling to the Europeans in Varna (BUL), later in the month.

Selected Team:

HOD/Judge: Elizabeth Scales

Coaches: Tracy Whittaker-Smith, Bill Leach

Physio: Chris Dunne

Gymnasts: Katherine Driscoll, Emma Smith, Bryony Page, Yasmin Gumbs, James Higgins, Steven Walsh, Steven Williams, Jack Helme, Daniel Greaves/Bradley Hampson*

*Synchro pair only

For those of you who are heading to Belgium for the event, here are the competition address and programme details.

Venue: Topsporthal Vlaanderen

Address: Zuiderlaan 14 – 9000 Gent

Phone number: +32 (0)9 244 72 22

Fax number: +32 (0)9 221 37 34

E-mail: topsporthal@bloso.be

Website: www.topsporthal.be

Thursday 8th April 2010:-

Morning: Training and Podium training

Afternoon: Qualifications Cup of Flanders

Friday 9th April 2010:-

Qualifications: individual trampoline, double mini trampoline

Saturday 10th April 2010:-

Morning: Qualifications tumbling and synchro

Afternoon: Finals World Cup individual trampoline, double mini-trampoline, tumbling and synchro

European Championships Seniors / Youth

Varna, Bulgaria 17-25 April 2010

The GBR team departs for Varna (BUL) during the next few days to compete in these championships which will also be used as a selection event for the Youth Olympic Games in Singapore later in the year.

Selected Team:

HOD: Judith Wootton

Team Managers: Matei Todorov (TUM), John Beeton (DMT), Georgina Sharples (TRA)

Coaches: Tracy Whittaker-Smith, Sue Lawton, Bill Leach (TRA) Craig Lowther, Zoe Styles, Vladimir Podobin (TUM) Nick Earle, Rosie Bascombe (DMT)

Judges: Peter Heames (TRA seniors) Claire Thompson (TRA youth) Sally Slinger (DMT seniors / youth) Mike Armstrong (TUM senior) Claire Thompson (TUM youth)

Doctor: Claire Emerson

Physios: Chris Dunne, Chris Evans, Garry Slade

Gymnasts – Trampoline

Seniors: James Higgins, Steven Walsh, Steven Williams, Katherine Driscoll, Bryony Page, Emma Smith, Laura Gallagher

Seniors (SYN): Bradley Hampson / Daniel Greaves

Youth: Nathan Bailey, Philip Jackson, Jason Ryall, Sasha Carter, Natasha Short, Sophie Lewis, Pamela Clarke.

Non travelling reserve: Emma Britton

Youth (SYN): Joe Berry / Ryan Stickland, Jason Ryall / Philip Jackson, Kate Overman / Megan Petit, Sophie Lewis / Natasha Carter

Gymnasts – Double-Mini Trampoline

Seniors: Mathew Swaffer, Peter Cracknell, David Rimmer, Adeva Bryan, Robyn Osborne, Claire Madigan

Youth: Sophie Bevan, Mia Taylor, Sapphire Dallard, Coreen John, Rhys Gray

Gymnasts – Tumbling

Seniors: Jennifer Dawes, Zara Maclean, Sarah Turner, Samantha Rocket, Daniel Lannigan

Youth: Paige Clarke, Lucie Colebeck, Emily Marsden Payne, Jemma Saunders, Jordan Ramos, Shaun Gregory, Jordan Lucas, Kristof Willerton

New Code of Points Imminent for Trampoline

You will no doubt have heard that the FIG Executive has approved a new Code of Points for Trampoline which will come into effect on 1st September 2010 and which will include **Time of Flight** to be used in all rounds of individual competition (first, second and final routines). Many believe that this will be an enhancement to our Code of Points.

The **Time of Flight** will be added to the current scoring system i.e. a routine score is E+E+E+D+T (T=Time of Flight).

The FIG Executive Committee has also approved a document that outlines the functional properties of the 'machine' (TMD – Time Measuring Device) developed by the TRC-TC and the Apparatus Commission.

2010 Youth Olympic Games Judge Selection

The FIG TRA TC has selected the following international judges (max 35 years of age) based according to their results in difficulty and execution at the Intercontinental Judges' Course and at all International Judges' Course:

Name	Federation	Function	Category
Sara Piscaretta	POR	CJP	Cat 1
Irina Karavaeva	RUS	DD	Cat 2
Lillian Lavergne	FRA	DD	Cat 2
Jakub Zaim	POL	Execution	Cat 2
Akihiro Nishikawa	JPN	Execution	Cat 2
Gerda Winterleitner	AUT	Execution	Cat 2
Babette v. Wetering	NDL	Execution	Cat 1
Miguel Vicente	ESP	Execution	Cat 1
Emma Suomalainen	FIN	Execution	Cat 2

UK Coaching Certificate and how it affects Trampoline Clubs

by Elizabeth Scales

The ethos behind the new UKCC scheme is to try to bring consistency of content and delivery across all sports. It will ensure that new coaches have an understanding of teaching method and how to make coaching more pupil centred. It is hoped that coaches will be better at developing our sport from beginners to world class.

The original 5 levels of trampoline qualifications have been truncated to 4 and so the content at each level is greater. It is hoped that the new delivery in skill families gives coaches a better understanding of how skills relate to each other in the development of techniques. This should mean that coaches should be able to look at a skill and by their understanding of the techniques, be able to work out what the progressive practices might be. The courses are designed to assist coaches in this concept.

The new scheme was introduced in 2008 at Level 1. Level 2 came on stream in August 2009 and Level 3 is due to be introduced in 2011. Between L2 and L3, courses there will be **Technical Modules**. Coaches will be able to continue on to Level 4 technical modules without completing the Level 3 UKCC generic coaching courses.

For competition in 2010 the coach who signs in a competitor at grading competition has to be Level 2 (either BG cycles or UKCC) or higher. The club is responsible for ensuring that the skills deployed in competition are competent.

Transfer of Awards:

All coaches continue to be qualified to teach skills within the previous syllabus

BG Assistant Coaches will need to:

- attend a UKCC Cycle 5/6 update day before attending a **UKCC Level 2**
- go through the additional skills (H&K turnover to back and ¾ front) with a mentor coach before attending a UKCC Level 2 award course.

The Assistant coach will not be qualified to teach these skills until competency is assessed at Level 2

BG Coaches will need to:

- attend a skills upgrade to include ¾ front and back somersault straight and Barani (piked and Tucked) before attending a Level 3 module
- attend a UKCC Cycle 5/6 update day if they wish to do the full **UKCC Level 3 award**

BG Club Coaches may start Level 3 at module 2 and will need to:

- Attend a UKCC Cycle 5/6 update day if they wish to do the full UKCC Level 3 award.

BG Senior Club Coaches will need to:

- Attend the UKCC Cycle 5/6 update day if they wish to opt in to completing the UKCC Level 3
- May use the available modules as refresher CPD

BG High Performance Coaches wishing to become UKCC Level 4 will need to:

- Attend the Triffus module
- Attend the UKCC Cycle 5/6 update day before opting into the full **UKCC Level 4 award**:

Mentors:

- The new scheme is dependent on the skilful mentoring of candidates in preparation assessments. Clubs should try to have at least 1 trained mentor.
- There are funds available in the regions for training mentors. Check details with your regional workforce coordinator.

4 Nations Annual Match

GBR CZE DEN POR

Prague, Czech Republic 28-30 May 2010

The City of Prague will play host to this annual match which consists of 6 team members from each nation in a combination of whatever mix participant federations consider best at the time of the event. For this year, GBR has chosen to field a mix of senior and youth Development gymnasts based on results over the past twelve months.

Selected Team:

HOD/Judge: Bruce Craig

Coaches: Sue Lawton, Harvey Smith

Gymnasts: Amanda Harris, Amanda Parker, Zara Hall, Luke Rendell, Nick Joyce, Liam Abrahams. Reserve: Nick Davis

Venues Required for GMPD in 2011

Do you want to host a competition within your region?

We are looking for host regions to bolt the Qualifying competition onto your regional competition. The competitions need to be with the period from January to June as they are the qualifying rounds for the British Championships.

The host region will receive £50 for hosting the comp (bolted onto your regional competition). There will be no trophies to give out - just certificates for 1st, 2nd & 3rd if you wish too.

Please get back to me with dates that you would like to host and I will pop them into the diary with a confirmation e-mail to you.

Many thanks in anticipation

Paul Coates (pkcoates@btinternet.com)

Joint Head Coach G-Force Trampoline & Gymnastics Club

GMPD Trampoline Rep British Gymnastics

GMPD National Squad Coach



New President for FIG Athletes Commission

The FIG Athletes' Commission for the 2009 – 2012 Olympic Cycle has elected a new President, Finnish born **Jani Tanskanen**.

The Commission is made up of one representative from each of the FIG's competitive disciplines: **Jani Tanskanen (FIN)** for Men's Artistic, **Nastia Liukin (USA)** for Women's Artistic, **Vera Sessina (RUS)** for Rhythmic, **Dmitri Poliaroush (BLR)** for Trampoline, **Anna Macanita (POR)** for Aerobic and **Sabrina Hegele (GER)** for Acrobatic.

The new president holds a seat on the FIG Executive Board as well as the FIG Council, representing the Federation's athlete body.

Jani Tanskanen is the Director of Men's Artistic within the Finnish Gymnastics Federation, and was an active, national A list gymnast until 2008. Among his many achievements is a Horizontal Bar Gold at the World Championships in Lausanne in 1997.

Next Meeting of NTTC

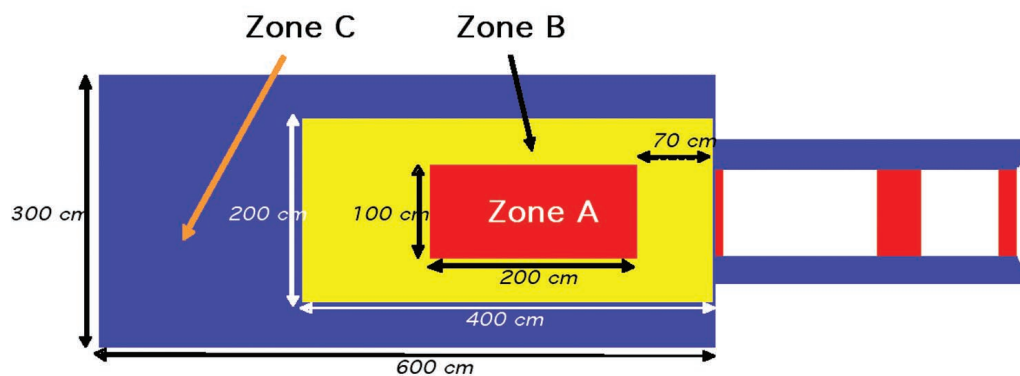
The next meeting of the NTTC will be held in Birmingham on Saturday 30th May 2010.

Any items for discussion should be forwarded to the Chair, **Martin Laws** in the first instance on martin@trampoline.co.uk

DMT Deductions for Landing and Take-off

- 2009 FIG International Judges' Courses - Trampoline

Landing zone - DMT



Landing zone DMT - examples



No deduction
0.3 pt deduction
0.5 pt deduction

Landing zone DMT - examples (2)



0.3 pt deduction
0.5 pt deduction

DMT Deductions for Landing and Take-off

- 2009 FIG International Judges' Courses - Trampoline

Landing zone DMT - examples (3)

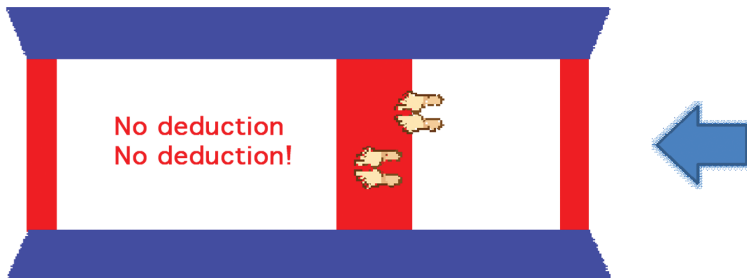
0.1 pt deduction for stepping into zone B
plus
deduction for lack of balance (0.1)



Penalty zone - DMT

- Never interruption for being in the penalty zone
- 0.3 pts deduction (however, not for take-offs for mounts)
- Why??

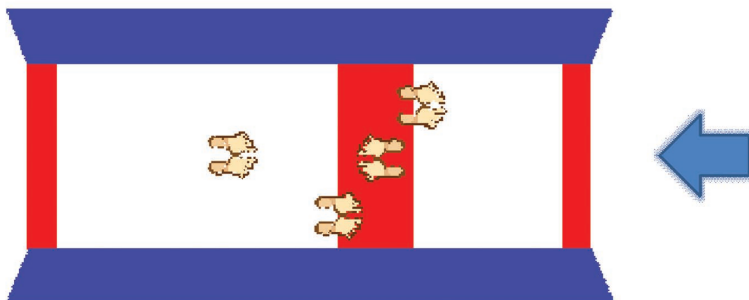
Examples of take-off for mounts



No deduction
No deduction!

Penalty zone - DMT

Examples of mount & spotter landings



Interruption!
0.3 pts deduction
0.3 pts deduction
No deduction

Forthcoming International Events for Your Diary...

Dates	Title	Venue	Participants
07 - 11 April 2010	Trampoline FIG World Cup cat. A	GENT (BEL)	Senior
20 - 25 April 2010	Trampoline European Championships	VARNA (BUL)	Senior and Junior
9 - 12 June 2010	46th Nissen Cup	DAVOS (SUI)	Senior
1 - 5 July 2010	Trampoline FIG World Cup cat. A	WROCLAW (POL)	Senior
14 - 26 August 2010	Youth Games of the I Olympiad	SINGAPORE (SIN)	Junior
3 - 4 September 2010	Feira Internacional de Albacete	ALBACETE (ESP)	Senior
15 - 19 September 2010	Trampoline FIG World Cup cat. A	ASTRAKHAN (RUS)	Senior
22 - 26 September 2010	Loulé World Cup - Portuguese Republic Centenary Competition	LOULE (POR)	Senior
8 - 9 October 2010	Trampoline FIG World Cup cat. A	SALZGITTER (GER)	Senior
11 - 13 November 2010	27th Trampoline World Championships	METZ (FRA)	Senior
17 - 19 November 2010	Trampoline World Age Group Competitions	METZ (FRA)	Age Group
16 - 19 November 2011	28th Trampoline World Championships	BIRMINGHAM (GBR)	Senior
23 - 26 November 2011	International Age Group Competition	BIRMINGHAM (GBR)	Age Group
10 - 16 April 2012	European Championships	WROCLAW (POL)	Senior, Junior and Age Group
27 July - 12 August 2012	Games of the XXX Olympiad	LONDON (GBR)	Senior