



Jump in!

Volume 3, Issue 3

22 September 2008

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Please take note of our payment Policy displayed on our noticeboard and on our website.

www.northshoretrampoline.co.nz

CHOCOLATES!

Thanks to all our chocolate sellers, this is our biggest fundraiser this year and it is great to see the new lighting in action which the money went towards. Total funds raised \$2471

Adrian Russell is North Shore Trampoline's only judge. Being a judge is a very important part of the sport as without judges we can't have competitions. I asked Adrian what is involved; here's what she said...I have been involved with trampoline for the past 13 years, due to my daughter taking up the sport. I have been judging for the past 12 years and coaching for 7 years. It is a great sport to get involved in and judging is actually really easy once you know how. I started with a level 1 judging course, then did a level 2 and finally a National Level, which means I can be asked to judge at a national competition or even an international event. As you start training to be a judge there is a lot of support so you don't feel out of your depth, the trampoline community knows that judges are scarce these days so they want you to succeed. It is not a paid position but you do get well fed at the competitions, I am very happy to speak to anyone who may be interested in becoming a judge—the sport really needs you.

N Most of our coaches have day jobs so you might be interested to know that one of our own (Tamara Robinson) is the physio for the first team at East Coast Bays Football Club, she works for PhysioOne, Albany and they provide physiotherapy for ECBFC and several other sports teams on the North Shore, her team has just won the Chatham Cup for the first time ever, I am sure all her fantastic prevention work against injury was a huge help towards this—well done Tamara!

NATIONALS & INDOS

All our National's and Indo's competitors have been training especially hard this term, with both comps looming we would like to say a final **GOOD LUCK** to all, we will be proud to show you all the results next term.

TERM 3—COMPETITIONS (SEE PAGE 2 FOR RESULTS)

This term has been the busiest part of the year for all our competitive athletes. There have been 6 fairly large competitions this term which for 18 of our athletes will be capped off by the New Zealand Nationals which are being held in Hamilton at the end of this term. The North Shore athletes have performed very well in all these competitions and have collected a noticeable amount of medal-ware. The most encouraging performance of all of these competitions has to be the clear dominance the North Shore showed in the primary schools competition. This was the largest Primary schools competition the sport has seen in quite some time and many of our up and coming stars whether recreational, development or competitive athletes took the opportunity to experience trampoline as a competitive sport. Every single North Shore competitor (first timers and experienced competitors) managed to get into the finals of their respective event (for those of you not familiar with the format of trampoline competitions. Only the top 10 competitors in each event manage to get through to the final). This is very encouraging for both the sport and the club as it suggests there is a very bright future for Trampoline on the North Shore.—Leo Kimble, Club Manager

Fundraising Update—BURGER FUEL WEDNESDAY

Thank you to all North Shore Trampoline families how went to Burger Fuel on Wednesday 10th September —we are pleased to say we raised \$100. Which might not seem like a lot but it did mean they sold 50 burgers for North Shore Trampoline, YUM!



Our Results

AJ Hawkins	Gold	Auckland Grades 08	Men's Grade 1	DMT
Amberley Yee/ Holly McMillan	Gold	Auckland Grades 08	Women's A Grade	Synchro
Jonathan Weatherley	Gold	Auckland Grades 08	Men's Grade 2	DMT
Kirsty Walker / Sasha Murray	Gold	Auckland Grades 08	Women's B Grade	Synchro
Amberley Yee	Silver	Auckland Grades 08	Women's Grade 1	Indv TRA
Daniel Lee	Silver	Auckland Grades 08	Men's Grade 2	DMT
Jonathan Weatherley	Silver	Auckland Grades 08	Men's Grade 3	Indv TRA
Kiera Greenacre	Silver	Auckland Grades 08	Women's Grade 2	DMT
Lachie Smith	Silver	Auckland Grades 08	Men's Grade 2	Indv TRA
Amberley Yee	Bronze	Auckland Grades 08	Women's Pre-Elite	DMT
Cameron Houston	Bronze	Auckland Grades 08	Men's Grade 2	Indv TRA
Cameron Houston / Lachie Smith	Bronze	Auckland Grades 08	Men's A Grade	Synchro
Holly McMillan	Bronze	Auckland Grades 08	Women's Grade 2	Indv TRA
Jonathan Weatherley / Josh Ridgley	Bronze	Auckland Grades 08	Men's B Grade	Synchro
Lauren Hughes	Bronze	Auckland Grades 08	Women's Grade 5	Indv TRA
Lauren Hughes	Bronze	Auckland Grades 08	Women's Grade 4	DMT
Sophie Harkin	Bronze	Auckland Grades 08	Women's Grade 2	DMT

Ashleigh Chown	Gold	North Island Grades 08	Women's Grade 2	DMT
Sasha Murray	Gold	North Island Grades 08	Women's Grade 3	Indv TRA
Amberley Yee/ Holly McMillan	Silver	North Island Grades 08	Women's A Grade	Synchro
Cameron Houston	Silver	North Island Grades 08	Men's Grade 2	Indv TRA
Aj Hawkins	Bronze	North Island Grades 08	Men's Grade 1	DMT
Bonnie Davis	Bronze	North Island Grades 08	Women's Grade 3	Indv TRA
Cameron Houston / Josh Ridgely	Bronze	North Island Grades 08	Men's A Grade	Synchro
Holly McMillan	Bronze	North Island Grades 08	Women's Grade 1	DMT
Josh Ridgley	Bronze	North Island Grades 08	Men's Grade 2	Indv TRA
Jonathan Weatherley	Bronze	North Island Grades 08	Men's Grade 2	DMT

Lauren Hughes	Silver	Counties Challenge 08	Women's Grade 4	DMT
Lauren Hughes	Silver	Counties Challenge 08	Women's Grade 5	Indv TRA
Madison Coghlan	Silver	Counties Challenge 08	Women's Grade 4	Indv TRA
Michael Smith	Silver	Counties Challenge 08	Men's Grade 3	DMT
Madison Coghlan	Bronze	Counties Challenge 08	Women's Grade 3	DMT

Alexandra Tetlow	Gold	Auckland Primary Schools 08	Women's D Grade	Indv TRA
Lucy Chambers	Gold	Auckland Primary Schools 08	Women's C Grade	Indv TRA
Madison Coghlan	Gold	Auckland Primary Schools 08	Women's B Grade	Indv TRA
Charlotte Salthouse	Silver	Auckland Primary Schools 08	Women's D Grade	Indv TRA
Lachie Smith	Silver	Auckland Primary Schools 08	Men's A Grade	Indv TRA
Luke Lattimore	Silver	Auckland Primary Schools 08	Men's C Grade	Indv TRA
Michael Weatherley	Silver	Auckland Primary Schools 08	Men's D Grade	Indv TRA
Shannon King	Silver	Auckland Primary Schools 08	Women's B Grade	Indv TRA
Adam Lattimore	Bronze	Auckland Primary Schools 08	Men's C Grade	Indv TRA
Anna Chambers	Bronze	Auckland Primary Schools 08	Women's C Grade	Indv TRA
Bonnie Davis	Bronze	Auckland Primary Schools 08	Women's A Grade	Indv TRA
Grace Pryor	Bronze	Auckland Primary Schools 08	Women's D Grade	Indv TRA

Ben Amick	Gold	Auckland Intermediate Schools 08	Men's B Grade	Indv TRA
Gareth Morrish	Silver	Auckland Intermediate Schools 08	Men's C Grade	Indv TRA

Christopher Hill	Gold	NZ Secondary Schools 08	Men's A Grade	Indv TRA
Josh Ridgely	Silver	NZ Secondary Schools 08	Men's A Grade	Indv TRA
Jonathan Weatherley	Bronze	NZ Secondary Schools 08	Men's B Grade	Indv TRA

Term 4 Classes

**PLEASE NOTE: CLASS TIMES ARE SUBJECT TO CHANGE — CHECK WEBSITE TO CONFIRM —
NORTSHORETRAMPOLINE@XTRA.CO.NZ**

Junior Recreational Classes are aimed at children between 5-12 years old. The main aim of these lessons is to have fun on the trampoline in a safe and controlled environment. These classes are designed to be challenging and they focus on skill development, fitness and co-ordination. Children are grouped according to both their age and their ability.
Class Duration: 1 hour
Max number of children per coach = 6
Term 2 Times: Monday-Thursday 4-5p.m and Sunday 10.30-11.30a.m.

Competitive Classes (Regional Squad)
Regional Squad Classes are aimed towards athletes compete Grades 6-4 in local and regional competitions. These classes include conditioning and flexibility exercises. Athletes who take part in these classes are expected to commit to at least 3 training sessions a week.
Class Duration: 1.5 hours
Max number of children per coach = 6
Term 2 Times: Monday, Wednesday and Thursday 6-7.30p.m., Tuesday 6.30-8.00p.m., Saturday 9-10.30 or 10.30-12, and Sunday 9-10.30

Senior Recreational Classes are aimed at athletes 12-16 years old. The main aim of these lessons is to have fun on the trampoline in a safe and controlled environment. If you want to do your own thing you can but if you want your instructor to teach you some new tricks, that's what they are there for.
Class Duration: 1 hour
Max number of children per coach = 6
Term 2 Times: Monday, Wednesday and Thursday 5-6p.m., Tuesday 8-9p.m. and Sunday 11.30-12.30p.m.

Extreme Rebound Classes
Extreme Rebound classes are aimed at athletes who do extreme sports, stunt performers and trampolinists who aren't bothered about form. It's a well known fact that stunt performers, snowboarders, wake boarders, inline skaters and other extreme athletes practise some of their skills on trampolines. This class is for those people who want to test their limits.
Class Duration: 1.5 hours
Term 2 Times: Wednesdays 7.30-9.00p.m.

Adult Recreational Classes are aimed at athletes over 16 years old. These lessons are for fun, fitness and socialising! Whatever your level bring your mates along, have a great laugh and maybe even learn some cool moves!
Class Duration: 1 hour
Max number of children per coach = 6
Term 2 Times: Thursday 7.30-8.30p.m. and Sunday 12.30-1.30p.m.

Inter-Club Training
Every week a few of our athletes will be given the chance to train with the best athletes and coaches in the Auckland Region. This class is by invite only and is to be seen as a privilege. If athletes are seen to not be performing, the coach reserves the right to withdraw



UPCOMING COMPETITIONS:

Nationals 25th-30th September (Hamilton)
Indos 12th-19th October (Rotorua)
Ashbridge 9th November (ICON)
North Shore Schools (Date still to be set)



Development Classes are aimed at children between 5-14 years old. These classes are for those who are ready to take the next step and want to do trampolining as a competitive sport. These classes include conditioning and flexibility exercises. Athletes who take part in these classes are expected to commit to at least 2 training sessions a week.
Class Duration: 1.5 hours
Max number of children per coach = 6
Term 2 Times: Monday, Wednesday and Thursday 6-7.30p.m., Tuesday 5-6.30p.m.,
Pre-School Classes
Pre-School Classes are for children aged 2-4 years of age. In these classes the main focus is on play, fun, development and co-ordination.
Class Duration: 45mins
Max number of children per coach = 4
Term 3 Times:
Check website

TRAMPOLINE AT 2008 BEIJING OLYMPICS

WOMENS RESULTS:

Gold—China—Wenna He, Silver—Canada—Karen Cockburn, Bronze—Ekaterina Khilko—Uzbekistan

MENS RESULTS:

Gold—China—Lu Chun Long, Silver—Canada—Jason Burnett, Bronze—China—Dong Dong

For those of you who caught the trampoline at the Olympics I hope you were amazed. It is great that our sport has achieved Olympic status (first represented in Sydney in 2000), Some interesting statistics from the Beijing official website—at Beijing the National Indoor Stadium holds 18,000 people, the tallest competitor is 179cm (Gregoire Pennes of France), the shortest is 156cm (Hirota Haruka of Japan and Olena Movchan of Ukraine). The oldest competitor is 35 (Anna Doganadze of Germany) and the youngest is 18 (Luba Golovina of Georgia). Total number of competitors was 32.

HI FROM WILLIAM – THE CLUB PRESIDENT

Looking around you have probably noticed some of our equipment is looking a little tired. What you may not realize is how much this stuff is worth. Each of the big trampolines comes from Europe at the huge cost of \$20,000! Despite this the committee are busy trying to get funding for 2 new trampolines and replacement parts for our Double-Minis (a new cheaper Chinese supplier may help with costs at nearly half the Europeans). We would also really like to get a new industry-first bouncy-castle style inflated landing area for the B&G skills (and fun), but need to find the \$2,500 and have run out of funders to chase - so any ideas would be very welcome