



# Jump in!

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## *North Shore Trampoline Website...*

North Shores' website is up and running better than ever. You can now view photo's taken at competition and fun events such as the LG Sports Carnival. Also see amazing videos of great trampolinists all around the world perform scary stunts. You can also read new articles about the athletes and happenings around the club. Full contact details are available, and a detailed description of each class that is run at North Shore trampoline.

So what are you waiting for 'jump in' and take a look for yourself!

[www.northshoretrampoline.co.nz](http://www.northshoretrampoline.co.nz)

## New Trampolines!

At the beginning of this term North Shore trampoline was very fortunate to receive a large grant from Pub Charity. This grant was used to buy a new Chinese bed (mat) for an existing European frame. Also we were able to buy a new Canadian Ross bed and Ross bed springs which will be attached to another existing European frame. This means we now have two matching Ross beds and two matching Chinese trampolines allowing the athletes to train synchronised more efficiently with two pairs of identical trampolines. All athletes signed a rather large card which was sent to Pub Charity to show our gratitude for the grant. THANK YOU PUB CHARITY!!!



# Pub Charity.

## Athletes Corner!



Hi, my name is Amy McMinn and I am 16 years old. I am one of the members of the International squad. I train four times a week and also coach recreational and development squads five hours a week. I started trampolining when I was seven and really enjoy it. In 2007 I won the 13-14 year old girls double mini national championships. In October 2008 I was selected to represent New Zealand at the Indo Pacific Trampoline and Tumbling Championships in Rotorua for double mini. I was very honoured and I trained very hard for it. It was a great experience and it is something I would encourage everybody to do

if they have the opportunity.

## NEWS!!!

At the AGM our candidates for the club president, treasurer and secretary were voted for. This years, but not new, president is William Davis. He did a great job last year and I am sure he will do the same this year. Our returning treasurer is Lara Smith and our new secretary is Anissa Phillips we are all confident that William, Lara and Anissa will do an outstanding job in 2009.

Also the building lease is finally sorted! We secured 5 years with an extra 3 if we wish. The garage door is to be fixed soon which will be a weight off everybody's minds. And we managed to secure a very reasonable rent so thank you to William for organising this for us.

# Jump In!!!

## Class Structure

At the beginning of this term North Shore trampoline's class structure under went through an extreme makeover. Now we have a more structured and tiered system which allows the athletes to strive to be in a higher level class. We have;

- ◆ **Recreational**
  - ◆ Kindy Rec
  - ◆ Home school Rec
  - ◆ Senior Rec
  - ◆ Adult Rec
  - ◆ Extreme Rebound
- ◆ **Development**
  - ◆ Dev 1
  - ◆ Dev 2
  - ◆ Home school
- ◆ **Regional**
- ◆ **National**
- ◆ **International**

These classes are structured that the athletes are able to reach their potential and peek at the right times. Each class has a different structure;

- ✦ **Recreational**
  - ◆ Hour classes
  - ◆ Once a week
  - ◆ Learn the basics and simple skills
  - ◆ Have lots of fun
- ✦ **Development**
  - ◆ For the athletes who have decided to take trampoline more seriously
  - ◆ Hour and a half classes
  - ◆ Twice a week
  - ◆ Develop simple skills into somersaults
  - ◆ Unsanctioned local competitions
- ✦ **Regional**
  - ◆ For athletes who have to ability to compete for their region
  - ◆ Hour and a half classes
  - ◆ Up to three times a week
  - ◆ Sanctioned regional competitions



Pub Charity.



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## Classes continued...

### ✦ National

- ◆ For athletes who have the ability to compete at nationals
- ◆ Hour and a half classes
- ◆ Up to four times a week
- ◆ Sanctioned National competitions

### ✦ International

- ◆ For athlete with the ability to represent New Zealand at international competitions
- ◆ Hour and a half classes
- ◆ Up to five times a week
- ◆ Sanctioned international competitions

If you are interested in any of our classes please contact us and we will fit you in.

North Shore Trampoline Club  
25 Bute Road  
Browns Bay  
Ph. 09 478 4411

## LG Carnival Day

In late January a group of athletes from North Shore trampoline went to the LG Carnival Day at the North Harbour Stadium. Once there, we set up one trampoline and one double mini.

Throughout the day athletes gave demonstrations of simple and hard skills which kept the crowds fascinated. Also plenty of 'have a go sessions' for the young and old who were interested. This gave them a chance to see what the sport of trampolining was about and some showed interest in joining the club. Apart from getting sunburnt we got some great photo's and had a great time bouncing outdoors.



## Fundraising

The committee is currently exploring new fundraising ideas. If you have any new ideas that would help North Shore Trampoline reach its fundraising target this year please come in and talk to Leo, William or any of the committee. Also if you have time spare and you would like to help North Shore Trampoline run fundraisers also contact Leo or Dave. Your thought and time is appreciated by the committee and athletes.

The National and International squads are trying to fundraise to reduce the costs of the 2009 Trampoline National Trampoline Championships. If you know of anybody or any business that would consider sponsorship please contact us as for nationals or ongoing. Great opportunities exist to get your name on our gear, uniforms, website and beyond.

Thank You

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