Southern Trampolining Chair’s Report 2015

The year has seen a lot of changes in the competition scene. The region has hosted the Levels, grades, synchro, novice, schools and team events. All these competitions have been hosted by clubs. Our thanks go to all the volunteers who have ensured that the region continues to develop.

Regional Team competed well at the Final in Peterborough where the South was placed 3rd. Many thanks to Janet Payne who spend hours making the entry, organising leotards and a timetable to ensure personal coaches could be on the floor of the competition. Many thanks go to the judges who volunteered at their own cost.

DMT is growing slowly in the region and our thanks go to Sheryl Milburn for staging the DMT competitions at her new facility in Romsey.

It was agreed that the regional squad would be put on hold and the money set aside to be used for a regional workshop day. The regional workshops were held in April at Alton Sports Centre and were a great success. It was agreed that the region would subsidise the costs but in fact they made a small profit. The two practical workshops looked at how judging requirements affected coaching and how to play on a trampoline with a purpose. The strength and conditioning workshops had hoped to look at the physical testing requirements for the 2016 season but these were not issued in time. Hanna Lawton looked at how to improve flexibility and core strength. The final workshop was to look at how best to support trainee coaches by effective mentoring. Since that workshop, BG are looking is expending the idea of sports specific mentoring. Several coaches from clubs attended all the workshops between them and this seems to be a good way to offer sessions of CPD for our members.

The England Association (of which Southern Trampolining is a part) is developing a Trampoline English Championship in 2016. There are likely to be two qualifying competitions for a final. Also an action plan is being developed to support development in the regions.

There are some major changes in the Levels for 2016 and the introduction of physical testing. There are new routines and the addition of Level 7. It is important that suitable apparatus is available.

There were no Southern performers in the Performance Pathway South this year. Some coaches attended the workshops at Olga club in Bournemouth. The new group are to be selected based on the results of the British and NDP championships.

Southern Trampolining clubs have taken part in the League events this year to supplement the provision of competition for those who seek an alternative competition at national level. It is to run again in 2016.

My personal thanks go to the officials of the region who give an enormous amount of time to run competitions, courses and attend meetings. I look forward to next season and hope that we can build on the current developments to the benefit of Southern Trampolining.

Biz Scales  11.10.2015