

Dear All

The summer is here (somewhere) - hurray! No competitions for a while, providing the opportunity to concentrate on learning new moves and intensifying conditioning and fitness programmes. Watch out Sky High - you'll be working hard!



****Important Reminder - Change to Training Times****

From Monday 5th August until Saturday 31st August, the hourly sessions will run from 15:30 - 16:30 (instead of 17:30 - 18:30) and the 2 hourly sessions will run from 16:30 - 18:30 (instead of 18:30 - 20:30). Please also note the Centre will be CLOSED on Bank Holiday Monday 26th August. There are many of you who are still owed training hours because of previous closures, so please check what you are owed and endeavour to make up those hours during the holiday period. Training will revert to normal hours from Monday, 2nd September.

The 2013 National Gala season culminated in the British Finals at the LG Arena in Birmingham on 6th & 7th July and Sky High were superb, amazing, fantastic - words fail me!

Under 13 Boys National C Trampoline

Finlay Andrews 7th

Under 15 Girls National C Trampoline

Niamh Andrews	1 st	British Champion!!)	
Louise Brownsey	2 nd	Silver!)	Team GOLD!!
Jade Pearson	21 st)	

Over 19 Mens Fig B Trampoline

Chris Ellsaesser 15th

Under 13 Girls National C DMT

Erifilly Heonos 2nd Silver! Just missed Gold by 0.1!!

Under 13 Boys National C DMT

Finlay Andrews 8th

Under 15 Girls National C DMT

Molly Sanderson 16th

Over 15 Girls National C DMT

Abi Jaques 12th

Under 15 Girls Synchro

Louise Brownsey
& Jade Pearson 4th Just missed Bronze by 0.1!!

Huge thanks to our volunteers - Kim Kennedy for judging on both days, Ruth Brownsey for being a Computer Operator on both days and to Stella, Gail and Chris as Coaches on the floor. Without you these talented young people would not be able to compete, so thanks one and all. Thanks also to everyone that made the journey to Birmingham to support the Club. They will undoubtedly agree, unless you have actually been to watch a National event as prestigious as the British Finals, it is not possible to appreciate what a privilege it is to be involved. Sadly, we have been informed that the National competition structure is to change next year making it more difficult to qualify to National level, so we eagerly await the details.

The British Finals was Chris Ellsaesser's last competition for Sky High as he has now finished University and is moving back home in Newcastle. He has been a brilliant performer for the Club and an all-round nice guy and we wish him all the very best for the future. We'll miss you Chris.

The Club I and County H competition held in Seaford on 14th July, was equally fabulous.....

Under 11 Girls Club I

Tillie Seaton	1 st	Qualification to County H
Phoebe Ball	2 nd	Qualification to County H
Daisy Horn	3 rd	
Maisie Hook	5 th	
Lottie Brice	19 th	

(Unfortunately, the top 3 were in different teams so no medal!)

Under 11 Boys Club I

Jake Rutherford	1 st	Qualification to Regional G
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Under 13 Girls Club I

Roseanne Martin	2 nd	
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Over 15 Girls Club I

Brogan Tweedie	2 nd	Qualification to Regional G
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Under 11 Girls County H

Emily Scott	2 nd	Qualification to Regional G
Ochea Chapman	3 rd	
Lucy Albuquerque	4 th	
Maddy Osman	6 th	
Rosie Sullivan	7 th	
Jessie Skinner	8 th	
Katie Rainbow	10 th	
Olivia Burvill-Patching	11 th	

Team 1st & 2nd

Under 11 Boys County H

Jonte Fraser	2 nd	Qualification to Regional G
Ben Bradford	5 th	

Under 13 Girls County H

Lauren Longhurst	1 st	Qualification to Regional G
Catie Brignull	2 nd	Qualification to Regional G
Emily Hunt	3 rd	Qualification to Regional G
Cody Pellett	4 th	Qualification to Regional G
Bethany Hunt	8 th	

Team 1st & 2nd

Under 13 Boys County H

Max Seaton	1 st	Qualification to Regional G
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Under 15 Girls County H

Amelia McFagan	2 nd	
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We would like to extend a huge thank you to those who volunteered to help at this competition as these fantastic youngsters would not be able to perform without you. Stella Jackson, Debbie Green, Danielle Akerman, Hannah Saunders, Sally Robson as Judges, Abbie Saunders as Manual Recorder, Niamh Andrews as Warm Up Marshal and Chris Jenner as Competition Marshal. Thanks also to the Coaches on the floor - Gail Andrews, Mike Jackson, Chris Jenner and Niamh Andrews.

Forthcoming competitions:

Sussex Synchro	29 th September, Sussex Springers, Hassocks
Welsh International	6 th & 7 th October, Cardiff
Regional Closed	20 th October, Gillingham
Regional D-G	27 th October, Gillingham
Regional Schools	8 th December, Fun Abounds

Are there any budding journalists/photographers/web gurus out there? We are keen to let everyone know how fantastic the Club is and to publicise all its successes, but we need some help. If you think you could help the Club in this very practical way, please speak to either Stella or Gail.

The Club is now a Charity! There are so many ways in which this is going to benefit Sky High, so it is very exciting news for us. If anyone has experience of seeking out funding, applying for funding or writing funding applications, it would be great to hear from you. There is a wealth of money waiting out there for Sky High to tap into and lots of equipment it could be spent on, but we struggle with time as it is, so we're hoping there's someone reading this that can help. Please speak to either Stella or Gail if you feel you can.

The Sponsored Walk organised by Roxy and Erifilly Heonos was another huge success and sponsorship money is still pouring in. It will definitely help towards reaching the target of £3,600 to buy a new DMT. Massive congratulations to everyone who took part as it was an extremely long way. The promotion video is on You Tube and can be viewed on YouTube Channel Erifilly111 and it can also be found on the Fun Abounds website Facebook page.

The Summer Camp is underway and our Sky Leaders are doing a grand job. Supervised by Gail and Hannah, led by Niamh Andrews and ably assisted by Abbie Saunders, Becky Wallis, Abi Jaques, Tina Jaques, Danielle Akerman, Louise Brownsey and Jade Pearson, the youngsters involved are having a whale of a time, making new friends and learning many new skills. Well done everyone.

Enjoy the sun!

Stella, Gail, Mike, Chris, Kim, Jo, Tim, Hannah and Debbie - The Sky High Coaching team