

Dear All

Is Spring finally on its way? Winter always seems so long and what with the recent awful weather seems even longer this year. Let's hope they don't try to enforce a hosepipe ban in the summer!



As per our recent email, training contracts are up for renewal very soon and the introduction of the Intermediate squad. We hope this will mean everyone is suitably placed and feels confident and secure. We want everyone to be able to achieve, no matter what level and we feel this will help move the Club forward to even greater things. It's incredible to think that Sky High has only been going for 2½ years, because it has changed the lives of so many and we are incredibly proud of its achievements. Just imagine what will be achieved in the next 2½ years!

Well done to Debbie Green for passing her County Judge course at the NDP 3-6 on 16th February - you're a star! Debbie Green and Hannah Saunders have enrolled on the UKCC Level 3 course. It is incredibly long winded involving 4 day learning modules, plus 4 separate exam sessions to have the skills learnt signed off, 3 residential theory weekends at Lilleshall National Sports Centre, a logbook assessment, skype call, video assessment and an individual Club visit and when all of this is added together costs over £1,400 to achieve. Mike Jackson has already taken and signed off his 4 day modules but still has the rest to do. Good luck all - think you're going to need it!

The following Club members qualified to the National Schools Finals to be held on 22nd March in Newcastle and we wish them all the very best of luck:

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|------------------------------|--------------------------------|
| Lily Robson (Individual) | Barcombe Primary School |
| Ben Kelly (Individual) | Buxted Primary School |
| Louise Brownsey (Individual) | Farthingdale School of Science |
| Finlay Andrews (Individual) | Lingfield Notre Dame |
| Oli Guile (Individual) | Newlands School |
| Ben Bradford (Individual) | St Mark's Primary School |

2014 has brought massive changes to the competition structure and it has been extremely difficult picking through the enormous amounts of information and deciding what is best for our members. You can find all the information about the new structure at www.british-gymnastics.org/technical-information/competition-handbooks/trampoline. As the changes are so substantial, the results from the first two NDP 3-6 competitions have been recalled by British Gymnastics to be checked to ensure they adhere to the new judging rules which have also been applied this year. As a result of this, we are unable to be absolutely sure of who has qualified to the Regional Finals in Exeter on 7th and 8th June, but hopefully they will be available in the next few days so we can alleviate any fears that may have arisen.

The final NDP 3-6 competition took place on Sunday, 9th March and Sky High once again came away with great results:

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|--------------|-----------------------|-----------------|----------------------------------|
| 9-10M NDP 3 | Jonte Fraser | 1 st | Qualification to Regional Finals |
| 11-12F NDP 3 | Enya Stanford | 3 rd | |
| | Daisy Brice | 4 th | |
| | Grace Bradley | 5 th | |
| 11-12F NDP 4 | Amelie Woodbridge-Cox | 2 nd | |
| | Lydia Frantz | 3 rd | |
| 11-12M NDP 4 | Max Seaton | 1 st | |
| 9-10F NDP 5 | Leah Prendergast | 1 st | |

| | | |
|--------------|---------------------|-----------------|
| 9-10F NDP 6 | Jasmine Etherington | 1 st |
| 11-12F NDP 6 | Felicity Spackman | 2 nd |
| 11-12M NDP 6 | Ben Kelly | 2 nd |
| 15-16F NDP 6 | Charlotte Palmer | 2 nd |

Thanks to Stella Jackson Chris Jenner as Judges, Debbie Green as Competition Marshall and Gail Andrews and Mike Jackson as Coaches on the floor.

Fun Abounds will play host to all the NDP 1-2 competitions in 2014. The dates are:

Sunday, 30th March
 Sunday, 13th April
 Sunday, 18th May

For many of our members, these will be their first competitions and we hope they enjoy them and find them inspirational. DE Photo will definitely be attending the first event and we are hoping will be able to attend the other two also. The photos they produce are a lasting memento of the day and well worth the money.

Dates for your diary:

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| 30 th March | NDP 1-2 - Uckfield |
| 13 th April | NDP 1-2 - Uckfield |
| 26 th & 27 th April | Spring Event Series 2 - Bath (National competition) |
| 10 th & 11 th May | Spring Event Series 3 - Coventry (National competition) |
| 18 th May | NDP 1-2 - Uckfield |
| 7 th & 8 th June | Regional Finals - Exeter |
| 14 th & 15 th June | Spring Event Series 4 - Newcastle (National competition) |
| 22 nd June | Sussex Individual Championships - Fun Abounds |
| 5 th & 6 th July | NDP National Finals - Telford |
| 19 th - 21 st September | British Championships - Liverpool |
| 28 th September | Sussex Synchro Championships, Seaford |
| 25 th & 26 th October | David Ward Hunt Cup - Gillingham (International competition) |
| 30 th November (tbc) | South East Regional Schools |

The Easter holidays approach and the Centre will be CLOSED from Good Friday, 18th April to Easter Monday, 21st April inclusive. Please also remember that training on Friday 11th April will take place between 16:15 and 18:30 for all groups as is usual in holiday periods.

Happy bouncing!

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