

Dear All

It seems the older I get, the faster time flies! Only 6 weeks until Christmas - scary but so exciting. As I write, Erifilly is at Daytona Beach to represent Great Britain for both trampoline and DMT - what a superstar! A great accolade for the Club - good luck Erifilly! The competition takes place 13th - 16th November and hopefully we will be able to watch all the action via the British Gymnastics website.



From the above comments, you will now be aware that Erifilly attained the qualifying score to represent Great Britain at the World Age Games at both the British Championships and the World Age trials at Lilleshall in September. At the British Championships, she gained the Gold medal and became the British Champion in the 11-12 age group for both DMT and trampoline and with her equally awesome partner Louise Brownsey, gained the Gold medal in the 13-14 Synchro competition. 3 Golds for Erifilly and 1 for Louise - a pretty impressive show at the British Championships. Louise achieved 7th place individually and George Adams gained 8th place individually in the Category 1 Disability section. Just so you know, both Louise and Niamh came 4th in their respective World Age trials, just missing out on joining Erifilly in the USA - the Club just seems to get better and better.

The weekend of 25th & 26th October, 11 of our Club members travelled to Jumpers Rebound Centre Gillingham to take part in the bi-annual David Ward Hunt International Cup and the results were fantastic!

Trampoline

Erifilly Heonos	Junior Females 11-12 Level 1	4 th
Louise Brownsey	Junior Females 13-14 Level 1	2 nd Silver!
Oli Guile	Junior Males 13-14 Level 1	10 th
Finlay Andrews	Junior Males 13-14 Level 1	11 th
Niamh Andrews	Junior Females 15-16 Level 1	2 nd Silver!
Jade Pearson	Junior Females 15-16 Level 1	10 th
Jonte Fraser	Junior Males 9-10 Level 2	2 nd Silver!
Lily Robson	Junior Females 11-12 Level 2	4 th
Mai Wiley	Junior Females 11-12 Level 2	6 th
Maisie Ward	Junior Females 13-14 Level 2	2 nd Silver!
Abi Jaques	Junior Females 17-18 Level 2	1 st Gold!
Louise Brownsey & Jade Pearson	Junior Female Synchro 9-16	1 st Gold!
Maisie Ward & Lily Robson	Junior Female Synchro 9-16	15 th
Finlay Andrews & Oli Guile	Junior Male Synchro 9-16	7 th

DMT

Erifilly Heonos	Junior Females 9-16 Level 1	1 st Gold!	
Niamh Andrews	Junior Females 9-16 Level 2	1 st Gold!)
Mai Wiley	Junior Females 9-16 Level 2	7 th) Team Silver!!
Lily Robson	Junior Females 9-16 Level 2	11 th)
Finlay Andrews	Junior Males 9-16 Level 2	5 th	
Abi Jaques	Senior Females 17+ Level 2	1 st Gold!	

Recent News....

- a) The Eco-Kids collection amounted to £341.94 - amazing! Thanks to everyone who contributed. We will definitely do this again as it's a relatively simple way to clear your cupboards and raise money for the Club at the same time.
- b) The sponsored Run or Dye raised a brilliant £766.50 including Gift Aid - fantastic work guys!
- c) A recent application to Uckfield Town Council has resulted in the Club being promised £500 towards the purchase of 4 push-in mats. The money will not be paid to the Club until 1st May 2015, however it means we don't need to find the money to buy them. Thanks Uckfield Town Council!
- d) George Adams and his Mum, Louise recently made pots and pots of damson jam and sold them to friends and neighbours raising an amazing £120! George wants the money to be used to buy a push-in mat, so that will be ordered within the next week. Thanks so much George and Louise!
- e) Mention must be made of Colleen Young (Amber's Mum) and Justine Nix (Abigail and Gabriel's Mum) for their substantial donations towards the Sponsored Walk in the summer. Huge thanks to you both.

Fundraising is now an extremely important part of income for the Centre and if anyone has any ideas to raise money they would like to try out please let Gail or me know. Ideas in the pot are a Silent Auction on Facebook, an Open Day with demonstrations by Club members, more competitions, grant applications (many are currently being investigated) and more sponsored events. An easy way to help is to use Easy Fundraising to make purchases and as your internet search engine. This is now available as an app on mobile phones and tablets. Please visit this link where it explains how it works: <http://email.easysfundraising.org.uk/HM?a=ENX7CqvCaYIG8SA9MKIIzbHnGHxKKrjf0PcStGb5lw8W0bBhOG5mpqVsjeHhdAHJ1EH>. For all of you who use social media, you will have noticed the presence of Club information on Facebook, Twitter, YouTube etc has risen immensely in the last few weeks. This is as a result of Debbie Green recently attending a Social Media workshop organised by British Gymnastics and she has put the information gleaned from the course to very good use. Please encourage everyone to like our Facebook page to spread the word.

On Sunday, 23rd November, the Centre is to host the first (of many hopefully) Gym Challenge. Clubs from across Sussex and Surrey have been invited. Come on everyone, get your teams together, take the challenge and raise money for the Centre in the process.

On Saturday, 29th November, the Centre is to host the South East Regional Schools Trampoline Championships. This is to be my final year of organising this event. I think I've done my bit - this is my 11th year and I now feel it's time to hand it over to someone younger, with a bit more enthusiasm and time! Come along and support this event if you can. DE Photo will be there along with Little Stars Leotards and some yummy snacks, carefully prepared by Kelly Mileham (Caitlin's Mum). If anyone can spare some time to help on the day, with the raffle, on the door, setting up or clearing up afterwards, your help would be greatly appreciated. This will also be the first time the staging, recently constructed, primarily by Mike and helped by Mark Adams will be used. They have done an awesome job at a fraction of the cost quoted by a local Company and in their spare time. Guys - you are amazing - thank you.

The following day, 30th November, sees the 3rd Performance Pathway Squad day at Olga, Poole. Louise Brownsey and Lily Robson are both part of this squad and the experience is one they are both enjoying. The days are also a good way of gaining information for both Gail and I, working with other more experienced Coaches.

A massive well done to Charlotte Palmer for recently passing her Club Judge course. Unfortunately, she will not be able to use her qualification until she is 16, so she will have to wait until January to help the Club in this very practical way.

The 2015 National competition handbook has now been issued with a couple of significant changes. The most important change is that all grades from NDP 1-6 will now be eligible to qualify to the Regional Finals to be held in Peterborough on 30th/31st May 2015. There will be 2 qualifying events for grades NDP 1-6 to be held at Jumpers Rebound Centre in Gillingham on 1st February and 8th March. Please put these dates in your diary as last year's Regional Finals was absolutely brilliant and definitely something to work hard for. Providing the criteria is met, the top 2 performers from each age group and each NDP level from all South East Clubs will qualify to the Regional Finals. Also (and this is amazing), at the Regional Finals, the top 8 from each age group and each NDP level, will qualify to compete at the NDP Finals! There are to be only 2 Spring Event Series (National level) - the first at the Ricoh Arena, Coventry on 11th and 12th April and the second at the English Institute of Sport in Sheffield on 13th and 14th June. The NDP Finals are to take place the weekend of 10th - 12th July at the International Centre in Telford and the British Championships will take place at the Echo Arena, Liverpool either the weekend of 11th - 13th September or 18th - 20th September. As Eriilly will be representing GB at the World Age Games, she gets an automatic qualification to the British Championships next year.

The Christmas holidays approach and the Centre will be CLOSED from Tuesday 23rd December to Saturday, 3rd January inclusive. Training will resume as normal on Monday, 5th January, 2015.

Happy bouncing!

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