



Dear All

Sky High really are jumping sky high! We are no doubt the best Club in Sussex and improving all the time. Just take a look.....

At the first National Gala competition of 2012 at Hatfield on 28th & 29th January, the Club had some ups and downs (excuse the pun!):

Under 19 Fig B Men Trampoline (19 entries) - Elliot Storey 2nd, qualification to National Finals and promotion offer to Fig A

Under 19 Nat C Men Trampoline (15 entries) - Jack Fitch 6th and qualification to National Finals

Under 19 Nat C Ladies Trampoline (39 entries) - Hannah Saunders 22nd & Pip Nunn 32nd

Under 13 Nat C Girls Trampoline (23 entries) - Louise Brownsey 16th

Over 15 Nat C Men DMT (18 entries) - Jack Fitch 2nd and qualification to National Finals

Over 15 Nat C Ladies DMT (32 entries) - Connie Pooley 28th

Under 15 Nat C Girls DMT (22 entries) - Tayla Nisbet 9th and qualification to National Finals

Katherine Venn was sadly injured in training prior to the Hatfield Gala and had to withdraw from both trampoline and DMT. Hopefully, she will be fully fit for Bath and we wish her all the best for a full recovery soon.

Huge thanks to Chris and Stella for looking after the performers over the two days and to Kim who was Reserve Judge for National C DMT, but in the end wasn't required. Kim did however grab the opportunity to shadow judge in order to gain more experience judging at National level. Thanks Kim!

At the Club I and County H competition at Horsham on Sunday 12th February, Sky High once again reigned supreme....

Under 11 Girls Club I

Amelie Woodbridge-Cox	1 st	Qualfication to County H
Enya Stanford	4 th	Qualfication to County H
Rosie Sullivan	9 th	
Chloe Robertson		11 th
Daisy Brice	14 th	

Team 1st

Under 13 Girls Club I

Kristy Schöller	10 th
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Over 15 Girls Club I

Sophie Calderbank	3 rd	Qualfication to County H
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Under 11 Girls County H

Sophie Tidd	1 st
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Lily Robson	5 th	
Leah Predergast		7 th
Luca Major-Owens	8 th	
Lydia Frantz	9 th	

Team 2nd

Under 11 Boys County H

Stanley Hughes		1 st Qualification to Regional G
Lucas Jones	2 nd	
Daniel Bradford		3 rd
Thomas Magson		4 th
Jake Chesson	5 th	
Fin Turner-McQueen	6 th	

Team 1st and 2nd

Under 13 Girls County H

Maisie Ward	1 st	Qualification to Regional G
Amber Young	3 rd	Qualification to Regional G

Under 13 Boys County H

Ollie Guile	1 st
Harry Willingham	2 nd

Under 15 Boys County H

Kit Hoare	2 nd
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The Club is very fortunate to have a great band of volunteers willing to give their spare time so generously and we would like to thank everyone who helped at the competition - Gail, Chris and Mike as Coaches on the floor, Hugo Spackman, Debbie Green, Katherine Venn and Stella as Judges. Your commitment to the Club is very much appreciated. Thank you all.

Many of you have been asking about the recent changes to the warm up and start of the Club sessions and so by way of explanation.....

Gail and Chris attended a Senior Coaching Day at Olga Trampoline Club in Poole on Saturday 4th February and returned inspired! Olga has been established for a long time and produces the majority of the Great British trampolinists. The way they achieve this is therefore to be emulated. In order to get the best results, we need to be using the best methods and Olga is obviously using them at the moment. Their philosophy is very much that of the body being fully prepared - strong, flexible, supple and a full gymnastic warm up is required to prepare trampolinists for the job they need to do. Additionally, the time on the trampoline is different, as their belief is to have very short turns (1 routine or 2 or 3 tries at a skill) meaning that the turnaround is very fast and the performers therefore spend very little time sitting around getting cold and chatting and their focus is much better. At Olga, all the development squads (which are made up of 4, 5 and 6 year olds)

and their senior squads spend the first half hour of all training sessions on body preparation. The resultant trampolining is found to be much more effective and more dynamic. There is no doubt we should have informed all parents and carers what we were doing beforehand and for that we offer our most sincere apologies. We hope you will support us in this as we want Sky High to not only be the best Club in the County, but the best in the country!

These performers will be going to Bath this coming weekend (18th & 19th February):
Elliot Storey and Katherine Venn, Fig B Trampoline, Jack Fitch, Hannah Saunders and Pip Nunn, Nat C Trampoline, Katherine Venn Fig B DMT, Jack Fitch and Connie Pooley Nat C DMT. Elliot will also be trialling for the European Championships. Good luck all of you!

Happy bouncing!

Stella, Gail, Mike, Chris, Kim and Val - The Sky High Coaching team