



AGM 2009 Report – Coaches

Roos – Francoise Lucas

Well I can't believe another year has gone by and we've seen the Roos go from eight members last year to nineteen members this year. We are now running three Roos sessions with the help of some of our assistant coaches Imogen Howard and Jo Chandler with cover from Imogen Pickup and Sophie Housden. A very big thank you to them all as they work very hard with the younger members.

It's been such fun teaching the younger members, they are all so eager to learn and do well, they love working on their award scheme, to see their faces when they have achieved one of their awards is so rewarding as a coach, I'm sure Sarah would agree. The Roos who were members last December competed (for most) in their first competition receiving great scores for their efforts, since then some have moved on into the main session and doing very well.

Now with the Roos established we feel the club will have good base to become a competition force within the Eastern Region.

Cottenham & Coleridge - Fiona Hill

When I started coaching at Cottenham at the beginning of this year, we started off with just a few kids and 1 trampoline and as the session has gained popularity we have increased to two trampolines, and 2 coaches; Michelle and myself. Michelle is a very good coach and we work very well together! Also we have Tanya who comes to the first session who has been a massive help to me in the sessions, when I have needed it!

This term the first session is practically full with really lovely kids, which have improved so much since the start of the sessions, especially Alice coming 4th in her first ever competition! Whereas the second session has lost a few of the adult members due to other activities going on at the same time as the class. All the remaining members of that session have come on in 'leaps and bounds' since their first start in January.

Coleridge – Shona Taunton

I've really enjoyed starting up and coaching both classes at Coleridge this year. Despite occasional difficulties with access to the hall, the sessions seemed to go very well, and improved as more equipment arrived. As only a couple of the trampolinists had had much previous experience, I focussed on the Awards scheme and this gave a good structure to the sessions. I tried to give them all as much choice as possible with what they wanted to work on each session, encouraging them to do the Awards but not all the time if they didn't want to, and finishing the sessions with either games or back bouncing. I hope all those who have completed Awards have now received their badges!

I would like to give a special mention to Lily and Gabriel Irvin, Sophie Smith and Danielle Day all of whom put in a lot of effort and dedication every session and their progress reflects this.

Overall everyone has shown good progress and I hope they continue to do so. I think some of the bouncers are now reaching a level at which they could begin competing, so

it would be nice for those who wish to to start learning the competition routines and it would provide a new focus to take their trampolining a stage further. I wish Fiona and Nicola all the best with the classes, I'll miss them!

Coleridge Thursdays – Nicola Butcher

The new session at Coleridge has started well, the transfer of students from the Netherhall class seems to have caused little disruption and the students are settling well into the new hall and environment.

The introduction of several adults to the later class has adjusted the dynamic of the group slightly, as adults are less willing to undertake a warm up (e.g. playing tag or shuttle runs) so have moved directly to bed warm ups.

Some of the individuals in the class are getting to a good level and are now using a greater range of my coaching ability, which provides an improved sense of reward for me as a coach. They are also working on their badges if they wish to collect them and some are working on competitions routines with the hope to compete in the future.

The arrival of the second hand trampoline from Bedford has provided a better quality tool for the skills development of the class and overall has been a benefit to the class, as has the new catch mat.

Having Jo as an assistant coach and to monitor the other trampoline has also been of benefit to the class, upon expansion of the class the return of Hannah as an assistant coach will also benefit the class.