



Head Coaches report:

One year has gone since the last AGM and the club has 'celebrated' its 5th anniversary. I have to say I am amazed at how the club has grown over the five years and in particular in the last 18 months. Of course growth has brought with it its own problems and the club has to look forward and consider how it wants to progress over the next 5 years.

Sawston has become a hive of trampolining activity, with the club now operating all but one hour of public trampolining undertaken by the sports centre. With the new trampolines and more coaches we have been able to offer more opportunities to people to take up the sport and those already in it to improve. But extended training hours are not an ideal way to develop quality performance. More training time is needed by performers over more days; it is unrealistic to believe that 3 hours training in one session will lead to big improvements. But here we come to the nub of the problem, Sawston itself although supportive as an organisation is unable to provide us with the additional sessions our members need to excel.

The satellite sessions were supposed to in some way offer greater choice and opportunity to our members, but due to poor equipment (now addressed) and poor location (still a problem), our elite performers haven't been able to utilise the additional bounce time.

The satellite sessions have massively increased the numbers of members; they in turn benefit from some excellent coaching and support and in a number of cases have led to new competitive activity. But not enough are competing and this is a concern.

The club boasts a membership of over 150 people, yet we rarely enter more than 15 into regional competitions. Trampolining is a competitive sport, we must look at ways to encourage competitive entry. Our own competition managed to gain over 60 entries; we should be able to get similar number to all competitions, especially those that offer the lower grades of entry.

The club has some decisions to make as to where our priorities lie, and much depends on the abilities of the coaches and committee to manage the potential outcomes.

As coaches we get our buzz from seeing our charges succeed, whether that's at attaining a new move, gaining a new badge, successfully completing a routine in competition or winning a medal. All these things are achievements that make a coach want to be there. We want and need to maintain this level of achievement; we simply have to decide as a club, what is our ultimate aim. Is it to produce world-class performers or is it to provide extensive and quality trampolining to the South Cambs area. Now these goals aren't mutually exclusive, but they are difficult to achieve without compromising one for the other. I for one, want to see our members achieve the highest possible success and we certainly have the talent in the club to do that. Additionally, without a wide base, talent spotting and nurturing cannot occur, so we have to encourage all aspects... But we must set out our aims and seek to achieve them.

I have to say some thank you's at this point.

Firstly a HUGE thank you to Laura, who has been with the club a year now and seems like she's been here for ever. Laura's organisational skills and attributes have driven the club forward to a new level of professionalism and I think without her our GymMark achievement would have been much harder. Oh and she's not a bad coach to have a round as well 😊

Secondly I'd like to thank Shona who since passing her level 2 coach award took on almost immediately the demands of running two new sessions at our newest satellite, Coleridge. Shona has now left us to go to UWIC and we wish her the very best for her degree and we hope she'll come back and bounce with us out of term time.

Of course I need to thank all my other coaches as well, Nicola and Fiona who have run our other satellites at Netherhall and Cottenham and now at Coleridge as well, since Shona left. Emily, who also joined us this year and does Tuesdays with me at Sawston, Sarah and Françoise who have grown the Roos sessions to become a massive success for the club.

The club has had some notable successes this year, out of competition, we have gained ClubMark, which is a massive achievement, we have raised over £15,000 in grant aid and we have become spokesmen for the sport in our local media. It is fantastic to achieve such recognition and its down to the committee how have brought that about... so Thank You.

Competitively, we've had some great success; I think there's no doubt who the performer of the season has been, with medals in every competition she has entered and most of them 1^{sts}, Naomi Waldock has been amazing. We've also had a fantastic success in achieving grade qualifications at the highest regional levels. And our youngest and newest performers are all starting to get the competition bug and do well. Trophies breed continued success; let us hope that the new season continues as well as the old, but with more entries from the club, from ALL our centres.

2008-2009 has been a big year, I hope that 2009 – 2010 can be bigger and better.

Happy bouncing
Tony Fagelman
Head Coach – 8th July 2009