

Cambridge Cangaroos Trampoline Club



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Awards for All grant application success

In December 2008, the club made an application to Awards for All. Our Grants Officer spent a long time making sure we had all the information required for the application and a comprehensive document was put in in early December. Awards for All contacted us just before Christmas asking for a different referee. Nicola rushed around trying to find a suitable person and we were delighted when the Regional Courses Officer, Barry Bryce volunteered to be our referee.

The bid was re-submitted and we have been waiting on tenterhooks since then.

On 12th February, Nicola received a letter telling her that our bid had been successful and we have been awarded £10,000.

The club bid for two

Eurotramp Grandmaster Elite trampolines, with 6x4mm beds, lifting wheels and raised safety pads. We also sought funding for two extra push-in mats and a pair of lifting wheels.

The club now has a number of options open to it as regards how the equipment is distributed. The



push-in mats have already been purchased with one going to Coleridge and the other to Sawston. Three lifting poles have also been purchased to allow coaches to lift the trampolines on their own,

one is going to Netherhall, one to Coleridge and one to Cottenham.

The club has also purchased a set of springs for one of the trampolines at Coleridge, this will provide two 13mm 77a's at Coleridge.

The club also needs to replace the oldest bed on the Eurotramp Grandmaster Sawston and this is something we will do as part of the re-distribution of equipment.

The club is also aiming to purchase digital video equipment for training use. More details on this are given inside.

The committee would like to thank Nicola for the time she put in to ensure a successful bid and the rest of the committee who helped her in doing so.

GymMark success

The club has been working towards achieving GymMark, which is the British Gymnastics version of the nationally recognized Club-Mark award.

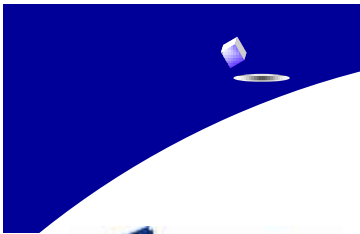
To obtain GymMark a club has to:
Ensure the well-being of young people whilst in the care of adults, other than their parent(s)/carer(s).
Enthuse young people to

enjoy sport and active recreation to build a healthy and active lifestyle. Enable young people to use their leisure time creatively.
Allow young people to optimise their talents and personal ability.
Identify and support the development of the most talented young people.
In February, we received confirmation that we had

achieved all the necessary elements and have been awarded the Mark

We would like to thank everyone who helped to make this possible.





‘Studies by NASA scientists show that rebounding on a trampoline is 68% more effective than jogging and yet requires less effort! You can also develop both upper and lower body strength just as effectively as weight lifting without the strain or threat of pulled or torn muscles. Rebounding on a trampoline has been shown to outperform swimming as an all round exercise.’



Emily Perks, winning fancy dress synchro outfit

Sponsorship

The club has recently been seeking sponsorship from local firms to assist us in our ever increasing needs as the club grows.

The club has previously been sponsored by Protech Computing and GM Bakery Ltd and we are very thankful for their support.

Over the past year, the club has received funding from Roland Amey plumbing supplies. Arm Technologies and a parent.

If you or your firm would like to sponsor the club then please contact us at info@cangaroos.org. In return we can provide a host

of ways to promote your company.

Opportunities include club kit sponsorship, with your name on our tracksuits or T-shirts. Demonstration squad sponsorship with your name on our squad T-shirts for the 2009 summer season. Equipment purchase sponsorship, with your name on a plaque on the equipment and named on the website and on the notice-boards. Or simply purchase advertising on the website. The club website at www.cangaroos.org has a google ranking of 4, and generates over 5,000 visits a month.



Club Competition – Sawston, December 2008

On Saturday, 6th December, Sawston Sports Centre played host to our closed competition. This year, the club decided to hold a competition for just its own members as we have increased so dramatically in size.

With over 50 competitors on the day, the competition was hard fought and well won in all our categories.

In our under 8’s/ Roos grade, Matthew Burson showed great form to win by more almost 3 marks from 2nd placed Sydney Kelly, who on count-back, beat Olivia Vince into 3rd place. What a fantastic competition and just demonstrates our strength in depth and our bright stars for the future.

Our under 11’s competition was also keenly fought with just 1 mark separating 2nd from 6th place. But our winner by a long way at just 7 years old was Trinity Kelly. In 2nd place was Grace Pike and in 3rd was Alix Evans.

We combined our under 13’s with our under 15’s which made it quite difficult for our younger performers. But we saw some excellent rou-

tines, with Naomi Waldock coming out in 1st place, Katy-Beth McKenna in 2nd and Harry Frostic in third place.

Our final individual competition of the day was the over 15’s, this was the mostly closely fought out competition, with the joint leader after the 1st round crashing out in round 2. With just 0.6 marks separating 1st place from 3rd, Imogen Pickup took the honours, beating Michael Keelin into 2nd place by 0.1 and Sophie Housden was 3rd.

It should be pointed out that there were no marks awarded for difficulty and many of the more established performers had to compete harder routines. This put the pressure on them to succeed and I was especially pleased with how well they performed under such pressure.

To round off, the club staged a fancy dress synchro competition. With marks awarded for style of each competitor as they bounced hopefully in synchronisation on 2 trampolines, plus a mark for how well they

match each other’s bouncing, this was always difficult to do well. This was coupled with cheers, claps and whistles to decide the best costumes, some examples can be seen on the right hand side. The day had started badly with one of our senior coaches and synchro pair injuring herself while setting up the trampolines and was thus unable to compete. However, Tony stepped into the breach to bounce with Emily Perks, unfortunately he was still dressed in his clown outfit from his previous performance with Jane Wilkey, so synchronisation was somewhat poor. Despite this, Emily and Laura (in absentia) were awarded the best costumes of the day as Tigers bounded up and down. The competition was fierce, so close in fact we couldn’t separate 1st place. This was shared by the pairing of Katy-Beth McKenna and Francis Pickup as Father Christmas (replete with Ho Ho Ho’s) and Trinity Kelly & Imogen Pickup as Christmas fairies. In 3rd place, were our second set. In 3rd place, were our second set of Christmas fairies, Sophie Housden and

Inside Story Headline

A special mention should go to Sarah Allen and Francoise Lucas whose outfits were narrowly piped by the Tigers.

Finally, after the competition, the club held its inaugural awards ceremony. Hollywood it wasn't, but still to those that were recognised, it means a lot.

Our **club champion**, which is awarded to the performer who scores the highest score of the day at the club competition went to Trinity Kelly, rounding of the day with three 1st placed trophies. **Club Champion** was won by Trinity Kelly
Most improved performer

(**Netherhall**) was presented to Yasmin Halliwell

Most improved performer (Chesterton/Cottenham) was presented to Naomi Waldock

Most improved Roo was presented to Charlotte Allen
Most improved performer (Sawston) was presented to Charles Heales.

The award for the greatest contribution made to the club in 2008 was presented to Neil Pike.

The committee would like to thank everyone who took part in the day, the competitors who made it such a great competition, the judges and officials who gave their time freely and

thoroughly enjoyed it, the parents manning the refreshment stall and the tom-bola and the spectators who saw a fantastic few hours of competitive and fun trampolining.



Grading Competition – Letchworth January 2009

1st competition of the year brings double medal success for Cangaroos men and qualification at last for Max and Joe.

The regional trampoline championships were held at Hitchin Boys School on Sunday 11th January. These championships include trampolinists from the whole of the Eastern region, from as far north and East as Lowestoft, down to the far south west of the region.

Cangaroos original 19 entries was reduced to 11 due to the Christmas break and cold weather interrupting training. But those 11 performers returned with 5 individual medals, 1 team gold and best of all, 2 qualifiers to the highest regional level.

In the Over 15 ladies regional grade D competition, Sophie Housden again cemented her position with 3 quality routines producing a total score of 74.4 and a 7th place finish out of 11 competitors.

Katie-Beth McKenna also had 3 strong rounds in the U15 girls regional D competition, gaining a total score of 72.0

and coming in 5th place.

In the Over 15 Men regional Grade E competition, Joe Chandler showed why he's such an exciting bouncer, scored an excellent total of 77 points that placed him in 1st place and qualified him up to the Grade D competition. After the disappointment of October, failing to qualify to D by just 0.3 points Max Fagelman produced 3 strong routines, achieved the qualifying score and came in 3rd, just 0.1 behind 2nd place with a total score of 76.5. Michael Keelin again provided excellent team support, securing 4th place with a total score of 73.3 and ensured the Men's team won gold again.

In the under 15 grade girls regional F competition, Naomi Waldock had an excellent total of 46.6 and came 2nd after tough competition.

In the over 15 grade girls regional F competition, Izzi Wilson managed to complete both routines safely despite very little training and took 3rd place with a total score of 40.4

In the under 15 grade boys

regional F competition, Eddie Robertson had some mixed routines, but still managed to take 2nd place with a total score of 41.1

In the under 15 grade girls grade G competition, Becky Midgley also safely completed her two routines and scored 38.6, to place her in 19th.

In the under 13 grade girls regional G competition, our 7 year old club champion Trinity Kelly, competing against girls many years older than her, produced 2 strong routines to finish 8th with a total score of 43.4, Grace Pike completed her two routines scoring a total of 39.4 and placing 22nd, just pipping her team mate Charlotte Sweet with a round score of 38, who took 23rd place.

As per usual, our thanks go out to those who officiated on the day Liz Housden and Paul Robertson, oh and Tony judged!

It's thought the earliest trampolining was by Eskimos who used walrus skins to toss each other up in the air!

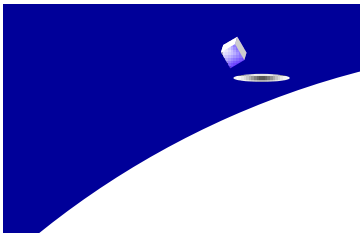
There's also some evidence of English people using a blanket to do the same thing - but proper trampolines weren't invented until about 1930.

The first modern trampoline was built by George Nissen and Larry Griswold around 1934.

The name comes from the Spanish word 'trampolin' which means a diving board.

The first World Championships were held in London in 1964.

Trampolining was introduced to the Olympics Games for the first time in Sydney in 2000



Wisbech Invitational Open – Wisbech, February 2009

Cangaroos took a medium sized team of 18 to the first ever Wisbech Open on Sunday 15th February. This was a chance for our newest, youngest and oldest members to try competition and for some of our established performers to work on their new grades or just improve their routines for the rest of the season. Even the coaches competed, with Laura Able and Tony Fagelman both competing in the Elite competitions, with mixed results. One of the interesting aspects of this competition was that although Wisbech is a near neighbour, they compete in a different region, so we were up against unknown competition, except for our close rivals Comberton Tiggers. We still came away with four medals and two first team medals, and a host of 4th places, so not a bad day considering!

The day started well, with our novice performers all competing at a very high standard, especially as for most this was their 1st ever competition. As usual the U9 girls and boys brought lots of 'Ahhhs' from the spectators, and even some from the judges. In the Novice Under 11 boys, James Able was bouncing against boys much older and he managed two excellent routines to take 1st place with a score of 41.1. George Allen in the same competition unfortu-

nately only managed 5 moves in his routines and scored a total of 19.6, which placed him 7th.

In the Novice Under 9 girls, Charlotte Allen, just missed out on a medal coming in 4th with a score of 40.6 and in the Novice Under 11 girls, Charity Pickup had the same result, missing out on a medal in 4th place with a total score of 41.9.

In club I Under 13 girls, Alix Evans also just missed out on a medal, coming 4th with a total score of 41.4.

In the next group our Club H Under 9 girls performer Sydney Kelly at just 5 years old, came away with 2nd place, with a score of 42.2.

In the Intermediate Under 13 girls, our club champion, Trinity Kelly, was competing against girls many years older and still managed to place 3rd with a score of 44.2. Grace Pike continued her good form with 9th place and a score of 41.7.

In the Intermediate Under 13 boys, Matthew Burson, again competing against boys much older managed a credible 5th with a total score of 41.7.

In the Elite Under 15 girls Naomi Waldock came 7th

with 46.1 and Frances Pickup came 11th with 44.4.

In the Elite over 15 ladies, Maz Pope came 4th with a score of 47.2, just 0.1 of a medal and to show how close it was, Jo Withington came 5th just 0.1 behind with a score of 47.1, Imogen Pickup came 8th with a score of 46.1 and Laura Able came 10th with a score of 43.9. The ladies also came away with the team 1st prize.

In the Elite over 15 men, Max Fagelman continued his excellent form, competing at the new higher level after his qualification at the recent grading competition, managed 2nd place with a score of 49.4. Unfortunately Tony Fagelman, who had braved the competitive world for a 2nd time since his retirement, failed to complete his 2nd routine and despite scoring highly for difficulty, scored badly for form, resulting in a 4th place finish with a score of 44.9. Michael Keelin also failed to complete one of his routines and ended up in 6th place with a score of 38.3. At least our men came away with the 1st team medal.

So a day of mixed results, a big thank you to the parents and coaches of Cangaroos who helped officiate on the day.



In 1985, Cangaroos Head coach Tony Fagelman retired from competition. In 2008, Tony came out of retirement. Since then he has entered 2 competitions and been beaten by Max twice

Forthcoming Events and Competitions

The club takes part in a number of events and competitions throughout the year. 2009 is continuing to fill up with events that the club will be attending or hosting.

In the week commencing 9th March, the club will be raising money for Comic Relief. The club has purchased a box of red-noses and we want every member to buy one and bounce in them at their sessions that week. Red-

Noses are £1. will all monies raised going to Red Nose day. Please see your coach or a committee member.

The club will be doing a number of demos this summer, we are already booked to appear at the Shelford Feast on July 12th. We have also been asked to take part in the Fen Edge Festival at Cottenham sports centre on 20th & 21st June. Finally as new club sponsors we have offered to perform at the Arm family Fun Day

this summer, the date to be confirmed.

We hope to have sponsorship for our demonstration squad, so everyone will look good.

The club has also been invited to a charity competition at Brentwood on 19th April and the Easton Open in Norwich on 26th April. We will be sending a team to both events. The next grading competition is on 29th March in Harlow.



Courses-2009

The club is keen to see more and more members qualified, that can be as coaches, or judges. However, we also want our members to attend courses in Safeguarding Children, Equity in Coaching, Club Management, Welfare and many others.

Tony Fagelman, head coach is a qualified coach tutor up to level 3 and runs courses at level 1, 2 and 3 out of Sawston a number of times a year. The club is always seeking qualified coaches and you will always be in demand for coaching work.

The club attends 7-8 compe-

titions per year and we always have to provide officials. As the club increases in size, more and more members will compete and therefore we will need to provide more and more officials. The club will train any member to be a marshal or a recorder, but to Judge you need to take a course.

The club is intending to host a Judge course in May 2009 at Sawston Village College. If you are interested in taking your judging qualification, which you can do from 15 years old, then please contact Tony or a committee member. If you are a quali-

fied judge interested in taking their County judge award, we hope to run one this year, or find one for you to attend. Again, please contact Tony.

Club Kit

The club now has a number of kit options for members. These include: T-shirts, polo shirts, leotards (men's and ladies), whites for men, shorties for ladies and tracksuits.

We have placed an order for a sample fleece and should have these available shortly.

All the club kit is emblazoned with the club logo and name.

The T-shirts and polo shirts are available in a number of colours but these are de-

finied by the members competitive status, for example, our non competitors can purchase heather grey shirts, our grade F & G competitors will wear blue, our Roos wear white, our, E competitors wear red and our D competitors wear purple. All T-shirts and polo's must be signed by the members coach to confirm they are in the right group.

The tracksuits can be ordered as separate pieces, so it is possible to order just

a top or bottom.

The club has the opportunity to have our logo embroidered onto virtually any piece of kit including baseball caps, kit bags, shorts, and so on. If there is a demand for a specific piece of kit, then we will get it made up.

If you wish to place an order for kit, please contact Stuart Kelly for T-shirts/polo shirts and tracksuits and Francoise Lucas for Leotards, shorties and whites.

Committee

The club committee is made up of volunteer parents, coaches and members.

We have permanent positions for Chair, vice-Chair, Treasurer, Secretary and Welfare Officers.

We also have positions for Grant Officer, Competition secretary, Fund-Raising secretary and Membership secretary, plus co-opted members.

The Head Coach also sits on the committee.

The club would like to involve our younger members to get involved in the running of the club. To that end we want to set up a junior committee, with its own chair and secretary. The Junior section will have two representatives on the club committee to voice the opinion of our junior members and provide input and support to our continued growth.

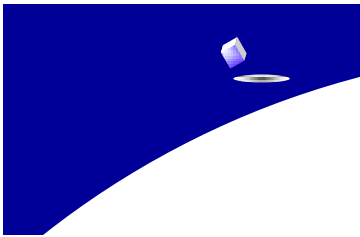
If you would like to be part of the Junior Committee,

please contact Adrienne, Kathy, Stuart or Neil and we will put you on the list. We hope you will be able to hold your first meeting in early March.

The next club committee meeting is planned for 7.30 on 18th March, location to be confirmed.

Our club coaches include: An Interim manager, a Doctor, an Operations Manager, a PE teacher, full-time mum, a beautician, a scientist and various students studying a wide range of subjects. Anyone can be a coach





Cambridge Cangaroos Trampoline Club

Bouncing at:

Sawston Sports Centre, New Road, Sawston, Cambridge, CB22 3BP
Netherhall Sports Centre, Queen Edith's Way, Cambridge, CB5 9LD
Cottenham Sports Centre, High Street, Cottenham, Cambs, CB24 8UA
Coleridge Sports Centre, Ragegund Road, Cambridge, CB1 3RJ

E-mail: info@cangaroos.org

Bouncing for Cambridgeshire

Were on the web at:
www.cangaroos.org



Editors news



Tony Fagelman -
Head Coach

In June 2009, the club will be 5 years old.

As head coach I am amazed and encouraged at the growth, commitment and attitude at the club.

We started with just a few interested people at Sawston sports centre. Now we have almost 150 members bouncing at 4 centres all over Cambridge and we keep being asked for more sessions and more centres.

The club owns a host of equipment including 4 trampolines and a double mini tramp and is about to

order 2 more trampolines, plus additional safety equipment.

The club has 9 coaches, regularly coaching at our sessions every week, plus another 10 assistant coaches who help out.

The club has a strong enthusiastic committee who put time and effort into running the club correctly. In fact they have done such a great job that we have been awarded GYMMARK, which recognizes the efforts of club to operate safely for all concerned.

Finally, the club has you, the members, bouncing away each week, enjoying the sport, getting fit, taking badges and competing.

We do this for you... I love this sport and I'm just glad that every week I can get some of my passion and enjoyment to you the members.

So, keep on bouncing... 2009 is going to be another great year for the club, I hope it's a great year for all of you.

Tony, February 2009