



# Team Nova Trampoline Club

## Welcome to the Club-1st Session

Welcome to your first session at Nova Trampoline and DMT Club.

Our sessions are:

**Monday Session 1 - 6-00-7.30 pm Session 2 - 7.30-9 .00 pm**

**Tuesday Session 1 - 6-00-7.30 pm Session 2 - 7.30-9 .00 pm**

**Thursday Session 1 - 6-00-7.30 pm Session 2 - 8.00-9.30 pm**

**Saturday 11.00 am-1.00 pm**

- You can attend as many or as few sessions as you wish. You will obviously make more progress and progress faster if you attend more than one session per week!
- The first session is free – consider it a trial for you to make sure you feel happy here.
- After the first session, you need to know the following.
  - ◆ You will be given an application pack. Please will you make sure you complete and return the membership form to the club when you come to your second session.
  - ◆ You can come for up to 4 weeks as a non-member. Non members fees are currently £6.00 per session
  - ◆ After 6 weeks (or earlier if you choose) you must join.
- You will need to also join British gymnastics (for insurance purposes). This is currently £19.00 or £29 for competitive members.
- We aim to have a maximum of 4 or 5 per trampoline.
- We aim to have a coach and/or senior national performer per trampoline.
- All members get a folder in which they keep their personal records (kept at the club)
- We are a competitive club – we expect all members under 15 to represent the club when they are ready.
- Parents are also welcome to join and jump if they wish!
- We will train 15 years olds to do their coach and judge awards when they are ready
- We offer reduced rates for GCSE/A level PE students/JSLA/DoE
- All Coaches are enhanced CRB checked
- We are Gym-mark (Sport England and British Gymnastics sanctioned) Club

## **Some General Information**

- We have been in existence for over 30 years.
- We have coaches with major national and International experience.
- We are a “not for profit” club. All of the income generated goes back into the club for equipment, equipment maintenance, administration etc.
- We have coaches with extensive national and international experience
- Coaches are unpaid and voluntary. No club member or official receives any remuneration for their work
- We are a competitive club. There is an expectation that members will compete for the club when they are ready. This expectation only applies to under 16's. Adults are free to jump competitively or recreationally as they wish.
- We welcome parents watching and taking a greater interest in the club.
- We will train members/parents/carers as coaches and judges if desired.

## **Trampoline**

- Trampolining in Britain is graded from grade H to A
- Entry level for trampolining (and entry level for competitive trampolining) is normally grade H
- We compete in; grades H-D events (London); grades A,B and C2 (National) and International Club Invitational Events (mainly European and for grades A and B) and local and national invitational (friendly) competitions
- We have had nearly 90 National Finalists in the past 10 years.

## **Double Mini Tramp**

- This is a cross between Trampoline and Gymnastics and can be viewed at most sessions (not usually Saturdays)
- We offer Double Mini tramp competitively at grades 3-1 and host London Squad training for DMT.
- We are one of the top 2 clubs in London and in the top 10-15 clubs in Britain in DMT

## **Fees**

- We aim to keep fees down. However, this is a resource dependant sport and we also need to keep numbers down. We *aim* to have a maximum of 5 jumpers on junior trampolines and 3-4 on senior trampolines.
- Membership fees are used (primarily) for equipment purchase and maintenance.
- Session fees are used for hall hire
- Temporary membership is for a maximum of 6 weeks. After this period you must join (British Gymnastics rules)
- We normally require session fees 12 weeks in advance or payment by standing order.

**We hope this sheet answers most of the questions you may have.  
If you have any other queries, please feel free to ask Sheila, Nikky, Sangeeta  
(Saturday) or John at the changeover period or at the end of sessions**