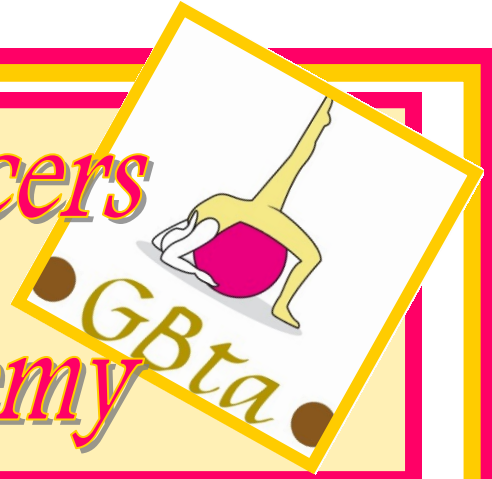


# Greenwich Bouncers

## trampoline academy



Newsletter 1: March 2010

# Welcome!!!

## to the 1st ever GBta Newsletter....

### Introductions...

We thought it's about time that it happened! All good clubs have a newsletter, so why should we be any different?!!! This issue is to really introduce ourselves here at GBta—you all know us already (*especially as we often have our names written on our backs...*) but do you REALLY know us? - That is the question that we will deal with in this issue! So sit back, relax and read on. Lets see what you find out...

### Youth Games Try-Outs

On the 19th June there will be a big trampoline competition for all the different boroughs in London called The Youth Games. Greenwich Bouncers will be jumping and we are currently holding try-outs for our squad. Last year we came 17th out of 24 teams! (*Our 1st major competition—we were so happy!!!!*) If you want to take part you have to perform a 10 bounce routine, but speak to one of the coaches about what to do



*Psssstttt....*

Feedback about this newsletter would be appreciated...

Email: [Natalie@greenwichbouncers.co.uk](mailto:Natalie@greenwichbouncers.co.uk)

### In this issue:

- \* Introductions
- \* Youth Games Try-Outs
- \* Changes...
- \* *Life's unanswered Questions: GBta—Who are you? Where did you come from????*
- \* Our home: Samuel Montagu Youth Centre
- \* What happens at GBta?

### Changes

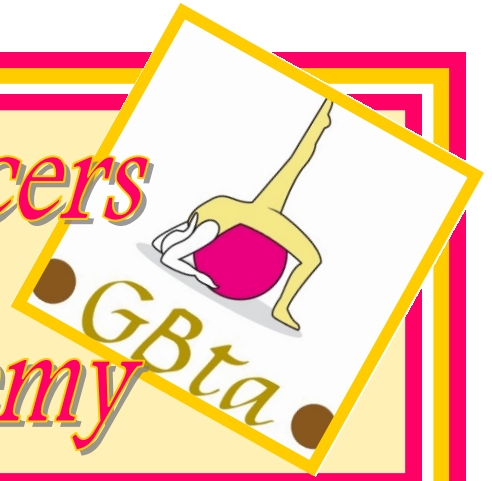
There are a few changes happening here at GBta. We are experimenting with a new blog format (*check out the blog on the GBta website to see what's happening!*) There are activities other than trampolining in the pipeline (*hula hooping for one!*) and of course, this new newsletter feature. If you have any ideas for things you would like to see in this newsletter, or changes that you think would make the club a better place, or even if you would like to submit a feature for publishing, speak to or email me (*I am Assistant Manager and so have lots of POWER!!!*)

[natalie@greenwichbouncers.co.uk](mailto:natalie@greenwichbouncers.co.uk)

**\*International Womens Day - Saturday 6th March\***  
**\*Free trampolining at Samuel Montagu 12-5pm\***

# Greenwich Bouncers

## trampoline academy



### Our Home: Samuel Montagu Youth Club

Home is where the heart is, but for us, home is where the trampolines are! So right now, that home is **Samuel Montagu Youth Centre**.

Once an all boys club, Samuel Montagu (SMYC) now opens its doors to everyone (*I wouldn't want only boys either!*) But GBta isn't the only ones that call SMYC home. Did you know that SMYC also provide a youth club, boxing, cricket, football, 'Friday Friends' for down syndrome children, and occasional fun days. Why don't you read their notice boards and go along one day for a different reason? (*in ADDITION TO trampolining, not INSTEAD of!*)

### Newsletter 1: March 2010



*Life's unanswered questions ....*

GBta—Who are you??...

Where did you come from??!!!!!!

Greenwich Bouncers trampoline academy is a, well... Trampoline club!! (*duh!*)

Basically you pay us and we teach you how to jump up and down! (*Don't we have the coolest jobs!!!*)

Once upon a time, there was a predominant and well-respected manager in a well known college in Plumstead. This predominant and well-respected manager used to take long lunch breaks and skive off early (*leaving her minions to do all her work*) while she taught school children trampolining....This manager's name was Anne-Sonia King.

One day **Anne-Sonia** realised she was bored of her job and quit (*oh, to have that luxury!*) She quit with nothing but an idea and a car full of stationery....(*Any former colleagues—that was a joke...please, please, please do not search her car....*) That idea was 'Greenwich Bouncers trampoline agency.'

That idea became a project and Greenwich Bouncers opened its doors in September 2008 when mother and daughter team **Anne-Sonia** (*Level 3 Head Coach/manager*) and **Chanelle** (*Admin Assistant/Level 1 Assistant Coach*) started off the only trampoline club in the Greenwich borough (*we still have that status today*). Mid 2009 Anne-Sonia's favourite, much loved, talented and oh so modest daughter **Natalie** (*Level 3 Club coach, Assistant manager and writer of this newsletter...*) joined the ranks and made the club a much better place!! (*Don't let Chanelle try to tell you otherwise...!!*) Then in early 2010 **Sarah** — a once avid participant on our adult Bounce Your Way to Fitness course, loved us so much that she trained to become a Level One Trampoline Coach so she could join our crazy team of coaches!! (*she must be mad....*) Finally, **Carolyn** (*another Bounce Your Way To Fitness enthusiast*) decided to follow in Sarah's footsteps and has just started her Level one training!

So there you have it! We started off as a bored managers dream and have ended up a fully fledged club with 4 (*and a half*) coaches: *Anne-Sonia, Natalie, Chanelle, Sarah and Carolyn (our half)* — but we are always looking for more! (*hint hint..*)

Next month: GBta—Why are you here??!!!!!!

### What happens at GBta?

Easy question which deserves an easy answer .... 'trampolining' happens at GBta! But is that it? Despite my introduction in the 'life's unanswered questions' section—a lot more is involved than jumping up and down! So here are our programmes—Exactly what it says on the tin!

- **Drop in trampoline Sessions**—unique circuit based adult fitness class revolving around the trampoline,
- **Bounce your way to Fitness**— adult fitness class revolving around the trampoline, and other fun activities
- **Baby Bouncers**— playtime for under 5's! Trampolining—whatever you wana call! It is hula hooping!
- **Hoop Hoop Hooray!** - Hoop dance/hulaerobics/ hoop-ing—whatever you wana call! It is hula hooping!
- **Hoop Skip and Jump**— do what you want and we'll watch you!

### What do the levels mean???

- Level 0: Awards Coach**— aged 14+ you can teach the British Gymnastics Proficiency Award Scheme
- Level 1: Assistant Coach**—aged 18+ - You can coach up to local club level
- Level 2: Trampoline Coach**—aged 18+ - Can coach to regional competition standards
- Trampolining for Teachers Award**— Basic moves up to front and back somersault for qualified PE teachers
- Level 3: Club Coach**— Can coach up to national competition standards and can Mentor other coaches
- Level 4: Senior Club Coach** - Can teach double somersaults
- Level 5: High Performance Coach** - can teach double somersaults with twists either side
- Level 6: International Performance Coach**— You're going to the Olympics (*yeah baby!!!!*)