TRAMPOLINE AND GYMNASTICS CLUB 2016/2017

The Trampoline and Gymnastics club has done exceedingly well over the past year. We currently have 43 members. This figure is slightly lower than previously due to several of our members attending study abroad years. That said, the club has benefited from many of these students returning for socials and competitions as well as the continued support from our alumni.

We have attended a whole host of competitions during the second semester including BUCS (for both Trampolining and Gymnastics), SSS Leagues, Geordie cup and ISTO (Irish Student Trampolining Open). This year we have seen an increase in our medal collection, coming away with nearly 30 medals!
Recap from Semester 1:

**Pre-season:**
Preseason was lovely this year, holding many sessions and socials. The first few sessions were focussed on getting people back into jumping after the summer. We worked on some key basic moves as well as strength and conditioning. We then got back to focussing on improving everyone’s skills in preparation for what hoped to be (and turned out to be) a great season for the club.

**Competitions:**

Northern Trampolining League:
➢ Ruth Wright won Gold at Ladies NDP 3

SSS League 1:
➢ Men’s intervanced: Matt Nutter 1st Place
➢ Ladies Intervanced: Iona Chisholm 3rd place
➢ Ladies Novice: Daria Savanovich 2nd place

SSS League 2:
➢ Men’s intervanced Matt Nutter 1st place
➢ Ladies Intermediate Gabi Bouvier 1st place
➢ Ladies Novice: Daria Savanovich 1st place

Gymnastic Formers:
➢ Jamie Wilson: Bronze at Men’s Beginner tumbling
➢ Jamie Wilson: Bronze Men’s Beginner gymnastics
➢ Halle Nelson: Gold at Ladies Intermediate Gymnastics

Fundraising:
➢ Bake sales outside Library raised a nice amount of money for the club

**Trampoline:**
Midseason:

Mid-season took a similar approach to pre-season. Jamie Wilson planned 6 sessions, focussing particularly on basic skills that are often neglected, such as straight jumps. There was also a focus on areas such as “time of flight” which is useful for the higher competing categories and a useful conditioning exercises. We also did some strength and conditioning in the gym and held lots of socials.

Competitions:

League 3/Scottish Student Trampoline Open (SSTO):

League 3 (SSTO) was our first competition of the semester, held in Edinburgh from the 3 to 5 February, 2017.

- Novice Women’s Gold: Daria Savanovich
- DMT Novice 2nd place: Matt Nutter

BUCS:

This year we had 15 people travel down to Sheffield for the BUCS Trampolining nationals – a two-day event held at the Ice Sheffield arena and our biggest competition. Due to rule changes at BUCS this year less people could qualify for the finals. However, we saw several of our members make it through to the finals including several of our starters! The high level of skill we see at BUCS is phenomenal and we are all very proud of our competitors, many coming in within the top 20% of their category! It was great to see so much support from our alumni and study abroad students who came back for the competition!

Along with our individual performances we also had 5 synchro pairs who competed on the Sunday:

- BUCS 2 Synchro: Matthew Nutter and Halle Nelson
- BUCS 3 Synchro:
  - Hayley Remde and Emily Longtin
  - Mark Bailey and Gabi Bouvier
  - Sophie Tyler and Lauren Smith
  - Kirill Rodriguez and Charlotte Knight
Qualifiers:
- Jordan MacNeil BUCS 6 Men
- Gabi Bouvier BUCS 5 women
- Lauren Smith BUCS 5 women
- Halle Nelson BUCS 4 women

Medallists:
- Matthew Nutter 2nd BUCS 4 men
- Sophie Tyler and Lauren Smith 3rd Bucs 3 synchro

League 4:
Our last SSS competition of the year for Trampolining proved to be extremely successful. Coming back with 3 shields and 3 medals despite only taking a few people to the competition! We even had a year abroad student come back to take part in the competition and win gold!

Novice ladies 1st place: Emily Longtin
Intervanced men 1st place: Matt Nutter
Intervanced ladies 2nd place: Iona Chisholm

SSS Novice ladies champion 2016/17: Daria Savanovich
SSS Intervanced ladies champion 2016/17: Iona Chisholm
SSS Intervanced men’s Champion 2016/17: Matthew Nutter

You can only qualify for a shield if you have competed in the same category in all 4 SSS competitions and have shown consistent medalling and improvement

Northern League:
At the end of February, we had several gymnasts travel to BG/SG’s Northern League to compete. This is a non-university competition and, therefore, is a lot harder as we are going up against full-time gymnastics and trampoline gyms. We came away with one medal:
NDP 2 1st Ruth Wright

ISTO:
From the 30th March to the 2nd April the Trampolining club packed up to Dublin to compete at the Irish Student Trampoline Open (ISTO). Over the 3 days of competing we had a lot of fun going up against universities from all over the UK in individual, synchro, DMT and two trick competitions. The standard of competing was incredibly high this year and, despite not gaining any medals last year, we came away with 5 this time.

Novice Ladies Gold: Sophie Ollivier Tyler
Intermediate Ladies Silver: Ruth Wright
Synchro L1 Gold: Ruth Wright and Emily Longtin
Synchro L2 Silver: Matthew Nutter and Halle Nelson
Two Trick L1 Champion: Ruth Wright

Geordie Cup:
This was our last competition of the year. We were invited by Newcastle University to attend the Geordie Cup. We took 8 gymnasts across the border and spent the weekend trying to do our best to represent Team Scotland. We even had our old head coach Colin come join us for the weekend. This year we again increased the number of medals from last year coming away with 2 gold medals and 2 bronze medals!

Intermediate Ladies Gold: Emily Longtin
Novice DMT Gold: Halle Nelson
Intermediate Men Bronze: Mark Bailey
Intervanced Men Bronze: Jamie Wilson

Gymnastics Competitions:
We only attended 2 Gymnastics competitions this year: Formers (semester 1) and BUCS Gymnastics from the 25th to the 26th of February in semester 2. Despite only winning medals at Gymnastics formers (See Semester 1 recap) we took more members to BUCS gymnastics this year.
It was great to see increasing numbers at our competitions. We hope to take even more next year and potentially win a medal in the biggest competition we attend!

End of Year Competition:
As per tradition, at the end of every year we hold a club competition, open to all our members which took place on the 3rd May from 13:00 – 17:00 giving people a chance to show off all the brilliant skills they had learnt over the year. This happened a couple of days after our lovely end of year meal to celebrate our club. For the competition, we judge individual routines using SSS judging rules and split the club into novice, intermediate and interelite (mashing several categories together so we have multiple competing in each section). It was a lot of fun and a brilliant way to end a great year as SAUTC (as well as to provide some much-needed revision break).

Coaching:
We now have 8 qualified Trampoline coaches and 3 coaches undertaking mentorship (1 x Level 3, 2 x Level 2, 8 x Level 1). Our head coach, Ruth, has created a coaching timetable to ensure everyone is volunteering roughly the same amount and to ensure those who have taken part in coaching courses can have time with their mentors. We have 2 fully qualified level 1 Gymnastic coaches (Ruth Wright and Thomas Munley) and one person who has taken the Level 1 course but not yet the exam (Jamie Wilson). Below is a list of where we are in terms of mentoring coaches and those looking to undertake a course.

- Sophie Ollivier Tyler and Daria Savanovich have both completed a Trampolining Level 1 coaching course and are currently undertaking mentorship from Ruth Wright
- Alex Lednicky will be attending both a Trampoline level 1 and a general Gymnastics level 1 coaching course in May
- Izzy Clark is looking at taking a level 1 Trampolining course in the summer/autumn
- Hayley Remde has done a level 2 coaching courses and is planning to take the assessment soon.
- Mark Bailey will be doing a level 2 Trampolining course in June and July
- Gavin Sandford is doing a level 1 Trampolining course in August
- Lauren Smith (a level 1 qualified coach) is looking to take a level 2 coaching course in the Autumn
● Jamie Wilson and Emily Longtin is planning on doing Level 3 technical modules and course over the summer

● Ruth Wright is planning to take the Level 2 General Gymnastics course in the summer/autumn

Judging:
For our competitions, we must provide a certain number of officials to volunteer. We have sent 4 people on an execution judging course (Mark Bailey, Halle Nelson, Charlotte Knight and Hayley Remde) and 1 person (Mark Bailey) on a tariff judging course this year. This means we now have 11 execution judges and 2 tariff judges. Ruth Wright is our only member qualified to judge at any competition not solely student ones like the rest of our judges.

Outreach/Junior Saints:
This year, we have run four blocks of weekly trampoline classes for local school children, steadily gaining new participants throughout the year. Four of our coaches (Ruth Wright, Jamie Wilson, Emily Longtin and Gabrielle Bouvier) ran the sessions regularly, with others (Camille Troisi, Mark Bailey, Finlay Marno, Daria Savanovich, Sophie Ollivier Tyler and Alex Lednicky) gaining experience of coaching children at occasional sessions. We have plans to develop the junior saints programme for next year, and this community aspect to our work will allow us to acquire new equipment such as a double-mini trampoline through Awards For All.

Both Trampoline and Gymnastics:

Training:
Training takes place 3 times a week for both Trampolining and Gymnastics. We have a consistent turn out to both parts of the club, although more participants for our Trampolining sessions. It is our belief the reduced numbers for our Gymnastics sessions are partially due to a lack of equipment. However, thanks to recent gifts from the AU, which we are very grateful for and a recent discovery of a large sum for equipment we are going to be purchasing more equipment with the hope this will increase our membership number.

Our gymnastics team is small, but everyone there is passionate about their sport. We recently held a gymnastics open forum to see how to improve our club with some useful suggestions to
implement for the next year. Our new Gymnastics coordinator (Halle Nelson) has got some great ideas for next year and is really excited to progress the club.

Fundraising:
This semester our Fundraising and Public Outreach Officer (Mark Bailey) held a pub quiz at the Byre Theatre (our sponsor) which was a lot of fun and raised some money for us. We also held some more successful bake sales.

Summer training sessions:
This summer, Ruth Wright and Jamie Wilson are again holding a summer programme at the AU for SAUTC. This will include a trampoline training session around four times a week, alongside gymnastics sessions. Ruth and Jamie are coming up with a development plan to make sure that we see some really good progress over the 13 or so weeks.

Several people have shown interest in the programme. We were initially worried that there wouldn’t be enough interest to make it a viable training programme, but we have more than enough people interested so it should be a fun and well-organised event. We are also opening the sessions up to other students staying in St Andrews who can either buy a semester membership to participate, or pay on a session-by-session basis.

Alumni weekend
The first Alumni weekend for our club was run by our Alumni and Corporate Sponsorship Officer, Gavin. He put a lot of effort into this weekend holding 3 socials, including a meal and Easter egg hunt! We also had a couple of prolonged training sessions for our alumni which current members could also attend. The club had a great time, for some meeting new people and for others it was a chance to catch up with old friends. Now we have had a practise run for the Alumni weekend, we hope to build on our success from this year and Gavin will be working towards trying to attract more alumni.
Conclusion

Overall, both halves of the club are thriving. SAUTC is a very close-knit group, holding many fun socials throughout the year, with thanks to our Social Rep, Emily Longtin. We hope to gain more members next year, encourage more people to become qualified coaches and bring home even more medals! We are so proud of all our club and we are all appreciative of the continued support of our alumni, study abroad students and the AU. Looking at next year our main aims are to increase our Gymnastics membership and hold a Trampolining competition. This is now possible due to the new sports arena and the great new 4x4 Trampoline gifted to us by the AU. The new committee, elected in February, all have exciting new plans to improve our training sessions and the general running of the club.