

# HARROW TRAMPOLINE CLUB



NEWSLETTER 103 – December 2015



## JANUARY COURSES AT HARROW

Priority booking is from now until Saturday 5th December, after which time it will be open to the general public.

We suggest you take full advantage of this as many of the courses are full, some with a waiting list, so you may risk losing your place.

## CHRISTMAS SESSIONS

All drop-in sessions at both Harrow Leisure Centre and Canons will continue as normal over the Christmas period.

Canons are running a special offer (see below).

There is no trampolining at Harrow on Thursday 24th and Thursday 31st January as the leisure centre is closing early on those days.

## CHRISTMAS DISCOUNT FOR CANONS

**CHOOSE 4 SESSIONS OVER CHRISTMAS AND PAY FOR ONLY 3**

Wednesday(s):

9th December

16<sup>th</sup> December

23<sup>rd</sup> December

30<sup>th</sup> December

Sunday(s):

13<sup>th</sup> December

20<sup>th</sup> December

27<sup>th</sup> December

3<sup>rd</sup> January



# LONDON SYNCRO COMPETITION



Well done to everyone who competed in the London Syncro competition on the 8<sup>th</sup> November.

Harrow were very successful with Paige and Lilia placing 3<sup>rd</sup> in the Novice group, Sandhya and Samantha placing 1<sup>st</sup> in the Elementary group and Sophia and Leo placing 1<sup>st</sup> in the Intermediate group.

Sophia and Leo also received an award for having the highest syncro marks out of the whole competition beating Lilia and Paige by only 0.2.

# BRENTWOOD OPEN



Harrow had a very successful day at the Brentwood Open competition finishing in 1<sup>st</sup> place in two team events and gaining 6 individual trophies.

A special well done to Remy Lekieffre who finished in 3<sup>rd</sup> place which gave him his first ever trophy!



## NATIONAL LEAGUE



There were 4 National Competitions in this years' League and those who qualified for the finals had the privilege of competing at the Copper Box in the Olympic Park.

It was a really good competition at a fantastic venue and both Noah and Kit did well with Noah placing 6th in country.

Our thanks also go to Beeshman for training and supporting our gymnasts through the national league and for travelling all over the country this year.

## MONTHLY ACHIEVEMENT AWARD



The achievement award for **October** goes to **Paige Harper**

Paige has been working very hard to learn back somersault for some while and finally got the confidence to try one unsupported. Not only did she achieve this but she also learnt barani (front somersault with half twist) and is now working on putting them into her voluntary routine which will give her a routine with three somersaults.

Well done Paige. You have impressed us all.

## NEW SQUAD MEMBERS

We would like to welcome some new members into the Squad.

GEMMA CAPLAN  
NATALIE HOWARD  
JORDAN CORK  
KATIE AND JAMIE CAHILL  
KEMI ODANTAN  
AMBER AND MIA CARR

JOSEPH VERNAZZA  
HOLLY PORTON  
JENIN MEGHJEE-CAINE  
LUCIE MURPHY  
ALEXIS AND ANYA SAVVIDES

Gemma and Joseph have already competed at the Brentwood Open in November and Gemma also did the London Syncro. Everyone else will compete for the first time in January and we wish them every success.



# BADGE PASSES

## 1 STAR AWARD

Arun Myurathan  
Grace Gibson  
Suhani Mantora  
Millie Shah  
David Abraham  
Damini Dattani  
Arthur Hutchinson  
Shy'la Bryan-Moody  
Serena Noronha  
Arav Gadhia  
Elliott Ford  
Ashrami Bharti  
James Gibbs  
Isabella McLellan  
Miya Shah  
Maisie Barnett  
Janaye Cousins  
Ashaani Malde  
Tamara Shamash  
Macie Lewis  
Emelia Sivickas  
Sophie Darnell  
Anna Haskurti  
Aadam Quadir  
Suhani Goenka  
Hannah Maghjee-Caine  
Nabha Ranavade  
Reese Forest  
Sophia Mitas

## 2 STAR AWARD

Dylan Noronha  
Serena Noronha  
Robyn Etheridge  
Isaac Etheridge  
Husna Noory  
Hannah Pillemer  
Elijah Pillemer  
Lani Haria  
Arav Gadhia  
Sammy Amzal  
Lily Barnes  
Arun Myurathan  
Tilly Williams-Barnet  
Philip Matysik  
Ashrami Bharti  
Isabella McLellan  
Kamea Stewart  
Aalim Virani  
Sophie Darnell  
Imani Shah  
Shy'la Bryan-Moody  
Aadam Quadir  
Anna Haskurti



## 3 STAR AWARD

Zayn Raghoobar  
Rebekah Dowsett  
Naomi Benosiglio  
Kyla Herrington  
Robyn Etheridge  
Khooshey Gudka  
Amber Greasby  
Lucy Ackroyd  
Michael Mullins  
Sajanthia Siridiran  
Hannah Pillemer  
Sammy Amzal  
Ananya Patel  
Arav Gadhia

## 4 STAR AWARD

Ella Ackroyd  
Lucy Ackroyd  
Kyra Sullivan  
Amelie Kester  
Ellie Stevens  
Sienna Patel  
Zara Bartosiak  
Hari Joshi  
Simi Joshi  
Rebecca Rose  
Maya Shah  
Khooshey Gudka  
Chhimi Lama  
Mona Vaseghi  
Kyra Sullivan  
Jonathan Boakes  
Matthew Boakes  
Chloe Young  
Keira Young  
Isabella McLellan

## SILVER MEDAL

Orli Ash  
Samantha Hall  
Millie Devine-Tournier  
Devina Bhatt  
Daniel Lee-Ajala

## 5 STAR AWARD

Kyra Sullivan  
Misha Sharpe  
Rebecca Rose  
Livi Carr  
Ella Shah  
Simran Mistri  
Skye Greasby  
Lucy Ackroyd  
Zara Bartosiak  
Annabelle Suffield  
Amelie Kester  
Khooshey Gudka  
Diya Kotecha  
Rachel Foreman

## 6 STAR AWARD

Ellie Stevens  
Charlotte Rose  
Tianna Smith  
Ella Ackroyd  
Simran Mistri  
Molly Rochford  
Chloe Katugampola

## BASIC SKILLS MEDAL

Katie Rattigan  
Anna Armstrong  
Brooke Phillips  
Chloe Katugampola  
Dilan Saglam  
Gemma Caplan  
Katie Cahill  
Jamie Cahill  
Sean McEvoy  
Hannah Dowsett  
Molly Rochford  
Jaey Gudka

## BRONZE MEDAL

Brooke Phillips  
Jamie Cahill  
Katie Cahill  
Molly Rochford  
Joseph Vernazza  
Jenin Caine  
Olivia Goldthorpe  
Isabel Lustigman  
Shay Sanghani

## GOLD MEDAL

Sarah Collins  
Keryn Miller