



Term 3 Newsletter 2023

Welcome back to Term 3

Our year has been working up to Nationals for many of our athletes. Huge congratulations to all of our athletes who qualified and attended Nationals in Tauranga; you represented the best Trampoline athletes in New Zealand! There were 246 athletes in total in the trampoline competition across Trampoline, Double Mini and Synchro, 14 athletes represented Icon.

New Zealand Gymnastic Championships 2023



Coaches

"Our coaches are awesome!"

Thank you to our coaches Alexa Kennedy, Gerry O'Brien and Justin Dougal for preparing our athletes and being available at competition, your support is so appreciated. From trampoline skills to life skills, our athletes are so fortunate to have you as coaches.

Our thanks also to Angie Dougal and Rachel Schmidt who were unavailable as were attending competitions overseas but are committed to the coaching and well being of our athletes, both were recognised with coaches medals and proficiency for their athletes at Nationals.

"You're all amazing. What a difference you are making to these kids, who will always remember you. Thanks so much."



Judges

Our judges hide in plain sight at competitions and it is often easy to miss them on the panels while we focus on our athlete's - it's just as hard to get a photo of them together. We are required to provide 1 judge for every 10 athletes at competition but are able to provide so many more!

We are incredibly lucky to have a large group of highly qualified judges at our club who judge FIG level competition or are working towards this qualification. Thank you to our Icon judges who volunteered their time to judge at Nationals - Alana Costley, Alexa Kennedy, Annabel French, Lance Henry, Philip Henry, Rhona Robertson, Simon Thompson and Tony Costley.



Alexa Kennedy



Alexa Kennedy
TRA Athlete Advisor



Alexa had a super busy nationals coaching, judging and within her role as Athlete Advisor – an ongoing role with GNZ. Part of her role was to offer an open forum for athletes to comment on topics such as are they comfortable with the uniform, what would make competition more enjoyable and other issues that affect the wellbeing of our athletes. Thank you so much Alexa, we are so proud of you and acknowledge your ongoing work to support Trampoline!

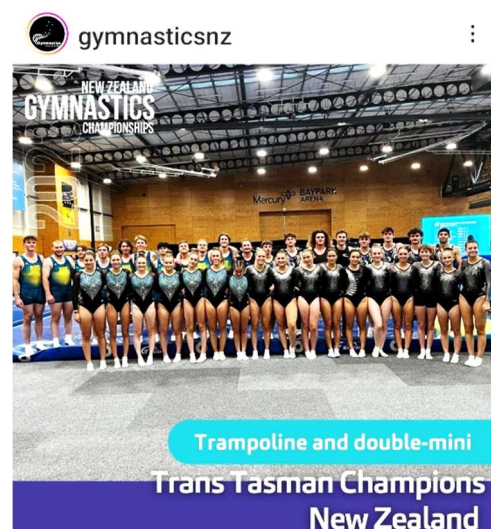
Nationals Medals

Gold

Nat 11-12 M Double Mini	Cameron Francis
Nat 13-14 M Double Mini	Henru Viljoen
FIG 15-16 M Double Mini	Eras Viljoen
FIG 17-21 W Double Mini	Grace Foster
FIG 17-21 W Trampoline	Grace Foster
FIG 17-21 M Trampoline	Ethan Strickland



FIG W Senior Trampoline	Sienna French (Canterbury)
FIG M Senior Trampoline	Regan Langford
FIG 13-14 M Synchro (Waikato)	Janko Viljoen & James Seward
FIG 15-16 M Synchro	Theo Bray & Eras Viljoen
FIG Senior W Synchro (both Canterbury)	Sienna French and Lauren Sheere
FIG Senior M Synchro	James Dougal & Regan Langford



Trans Tasman NZ Team Trampoline – Grace Foster, James Dougal, Regan Langford & Sienna French (CAN)
 Trans Tasman NZ Team Double Mini – Eras Viljoen, Grace Foster & Sienna French (CAN)

Silver

FIG 13-14 M DMT	Janko Viljoen
FIG 13-14 M Trampoline	Janko Viljoen
FIG 15-16 M Trampoline	Eras Viljoen



Bronze

FIG 17-21 W Synchro	Grace Foster & Charlotte McDonald (Waikato)
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Congratulations to athletes who received special awards

Most Significant International Achievement	Dylan Schmidt
New Zealand Champion Men's Trampoline	Regan Langford
New Zealand Champion Women's Trampoline	Sienna French (CAN)
New Zealand Champion Men's Synchro	James Dougal & Regan Langford
New Zealand Champion Women's Synchro	Sienna French & Lauren Sheere (CAN)
Overall Trophy for Junior International Women	Grace Foster
National TRA Champion Form	Blake Costley
Trampoline Personality of the Year	Sienna French (CAN)

Proficiency Pins – awarded to athletes (and their coaches,) who reach the proficiency score in the preliminary round at the New Zealand Championships.

Athletes - Cameron Francis, Grace Foster, Henru Viljoen, James Dougal, Janko Viljoen, Regan Langford & Sienna French (CAN)

Coaches – Angie Dougal, Gerry O'Brien & Rachel Schmidt

For full results go to <https://sporttech.io/events/9faf9077-e2c1-415c-7e30-d7fb93305e63/ovs/event/TRA>

Our Volunteers

Icon as a club is one of the few volunteer run trampoline clubs in New Zealand and we support the trampoline community in many ways. We loaned 2 of the 3 trampolines and the surrounding mats to NZ Gymnastics for Nationals. Thank you to our athletes and families who helped to load before Nationals and unload the tramps and mats and the trailer-load of gymnastics equipment (which was later on-shipped,) so the driver could finish his shift on time.



House Keeping

House keeping around the gym is done by volunteers. Thank you to everyone who does the little tasks such as cleaning, picking up rubbish, tidying and clearing clutter. This helps to keep the gym clean and inviting.

If you notice bins need emptying these go into the larger bin by the door which goes out weekly, there is also a recycling bin. Both of these need to come in after they have been emptied from the front gate.

If there is no toilet paper or tissue please ask the coach for the key to the store room off the kitchen, there is a plastic key that opens the dispensers and supplies. Please encourage our athletes to do tasks as they arise; they get the most benefit from the use of our space.

Recreation Classes

Classes are available in Term 3 – Monday 4.30-5.30pm and 5.30-6.30pm.

We are also running a class for adult athletes, this is also a drop in session for ex- athletes from 8-9pm

Registrations are open on line via www.icontrampoline.co.nz

October Competition

We are waiting on an announcement but it is likely Icon will hold a competition 27-29 October. In a similar format to last year we plan to open the competition to all athletes from novice to FIG level. Please pencil it in your diary, we will confirm as soon as we know. We will need help from volunteers, baking and donations for the kitchen.

Security

Following the break-ins the security has been upgraded including installation of a new alarm system and additional security lights around the building and carpark area, We have also installed a security product on the weights room windows. Thank you to everyone who has worked hard behind the scenes and given up their time to meet with contractors.

*****Please be responsible for each other's safety and leave the gym together especially in the dark. PLEASE wait with your coach when locking the gate.*****

Club Repairs and Maintenance

Please do touch base if you have a specific trade or skill and are able to offer some advice or assistance when the odd job arises.

Uniform and Double Mini Shoes

Uniform and Double Mini shoes are available from the office, please ask your coach if you are needing some.

Please like and follow our Facebook page Icon Trampoline page and posts.

Upcoming Dates

1 st Wednesday of each month	Icon Committee Meeting
27-29 October TBC	North Island Championships – Icon Auckland
December	Prizegiving and AGM

If you have any questions regarding the newsletter or would like to contribute, please contact Andrea Foster e: peach.hill@xtra.co.nz p: 0273 505 202