



End of Term 1 Newsletter 2024

Term 1 has proved to be busy at Icon. We have hosted our first competition of the year which was well supported not only by our athletes but also our families. Thank you all for your help with the first of our major fund raisers for the year, it was a successful competition.

You may see some new familiar faces at training. We welcome Sebastian Smith who has joined Icon, he competing in Senior International Men's division. We also welcome back Sienna and Grace who have returned from University for holiday training.

This week we wish James Dougal a very happy birthday, enjoy your 21st celebrations!

Thank you to Janine Glover for your Trampoline Trivia, we will include some fun facts about trampolining in our newsletters. It's a crazy world out there!

Olympic News

We have been keenly following the New Zealand Olympic team qualifying competitions. Dylan Schmidt with coach Angie Dougal (Icon) and Maddie Davidson (Olympia) with coach Alex Nilov competed recently at the World Cup in Cottbus.



Dylan's hit two new NZ records at the competition and had the highest difficulty score of 18.5.

Maddie achieved her second highest score and a 9.9 out of possible 10 in horizontal displacement.

Both Dylan and Maddie secured Olympic Trampoline spots for New Zealand. The next qualification process is to seek nomination from the New Zealand Olympic Committee for the New Zealand Team. Best of luck to you both!

Icon Competition Results

Well done to everyone for competing at our first competition of the year. Thank you to our coaches, judges and team of supporters who helped to set up and run the competition. Without our helpers we could not run competitions.

For results see

<https://outbounce.nz/results/grades.php?guid=861720F6-565C-4131-BABB-7D57C26FA86E>



Trampoline

Senior International Woman		Sienna French (Olympia)
		Rachel Schmidt
Senior International Men		James Dougal
		Regan Langford
Sub Junior Women		Grace Foster (Olympia)
Sub Junior Men		Janko Viljoen
15-16 Men		Henru Viljoen
13-14 Women		Mila Norton
		Alice Wellington

Synchro Trampoline

Senior International Women		Rachel Schmidt & Sienna French (Olympia)
Senior International Men		James Dougal & Regan Langford
		Mitchell & Timothy Unkovich
Junior International Women		Luci Unkovich Smith & Lily Arnold (Gisborne)









Double Mini

Junior International Women		Grace Foster (Olympia)
		Luci Unkovich Smith
Sub Junior International Men		Janko Viljoen
15-16 Men		Henru Viljoen
13-14 Women		Madeline Du Toit
11-12 Men		Cameron Francis
11-12 Women		Holly Unkovich Smith

Super Bounce Results

We had a team of athletes attend Super Bounce at Ice Trampoline. It's a great competition to support as is a qualifier for NZ and Australian Nationals and Icon athletes had some excellent results.

Trampoline

Senior International Women		Sienna French (Olympia)
		Rachel Schmidt
Senior International Men		Regan Langford
		Jamieson Horst
Junior International Women		Luci Unkovich Smith
Junior International Men		Timothy Unkovich
13-14 Women		Mila Norton
		Alice Wellington

Synchro Trampoline

Senior International Women	🏆	Rachel Schmidt & Sienna French (Olympia)
Senior International Men	🏆	James Dougal & Regan Langford
Junior International Women	🏆	Anika Wood & Grace Foster (both Olympia)

Double Mini

Senior International Men	🏆	Sebastian Smith
Junior International Women	🏆	Grace Foster (Olympia)

2024 Australian Nationals Team Announcement

Congratulations to the team selected to represent New Zealand. They will be travelling to the 2024 Australian Gymnastics Championships on the Gold Coast from the 18-22 May.



<https://www.gymnasticsnz.com/nz-team-announcements/tra-2024-australian-nationals-team/>

Trampoline

Senior Women	Rachel Schmidt – Icon Trampoline Sienna French - Olympia
Senior Men	Dylan Schmidt – Icon Trampoline James Dougal – Icon Trampoline Regan Langford – Icon Trampoline Sebastian Smith – Icon Trampoline
Junior Women	Grace Foster – Olympia
15-16 Men	Tim Unkovich – Icon Trampoline
15-16 Men	Luci Unkovich-Smith – Icon Trampoline

Double-mini

Senior Men	Mitchell Unkovich – Icon Trampoline
Junior Women	Grace Foster – Olympia
15-16 Women	Luci Unkovich-Smith – Icon Trampoline

Mangere Otahuhu Junior Sports Awards

Congratulations to our nominees for the Mangere Otahuhu Junior Sports Awards and winner of the U19 Sportswoman of the Year – Sienna French!

Luci Unkovich Smith
Timothy Unkovich
Eras Viljoen
Janko Viljoen
Grace Foster

Recreation Classes

Recreation Classes are available in Term 2 – Tuesday and Thursday 5.00pm

If you know of anyone wanting to give Trampoline a go; we offer one off sessions for \$20.00 by prior arrangement.

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

GNZ Uniform Changes

<https://www.gymnasticsnz.com/media-release/media-release-gymnastics-new-zealand-overhauls-competition-attire-rules/>

Gymnastics New Zealand has changed the uniform rules particularly involving female athletes. The new policy has been in place for some time but it has recently received more publicity. All gymnasts in New Zealand can now wear shorts over their leotards and will no longer face penalties for issues like having a visible bra strap.

“The changes are about making athletes – the majority of whom are young females – feel comfortable and safe and ensuring the sport is fully inclusive, Gymnastics New Zealand Chief Executive Andrea Nelson said. These changes are timely as they align with a research report just released by Massey University’s School of Sport, Exercise and Nutrition which details national sport organisation (NSO) perspectives, decision-making processes, and directives pertaining to female athlete uniform designs.”

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 incident arises.

Nationals Update

We have secured accommodation in Palmerston North. Please email confirm as soon as possible if you are wanting accommodation with Icon, it is at a premium due to several events in Palmerston North in the same week.

If you have Gymsport Manukau uniform that is no longer required please let us know, we can make inquiries regarding selling this.

Uniform and Double Mini Shoes

Uniform and Double Mini shoes are available from the office, please ask your coach if you would like to purchase a pair.

Janine’s Trampoline Trivia

Nissen named the trampoline after the Spanish word, ‘trampolin’, which means ‘diving board.’

Total madness but the world record for the most people on a trampoline at once is 324, achieved by a group in the United Kingdom in 2015. This will not be repeated at Icon!

Upcoming Dates

19-21 April	Central Championships Gisborne Trampoline Club	<i>NZ Nationals Qualifier</i>	International & National
1st May	Icon Committee Meeting	6.30pm Icon Club Rooms	
17-22 May	Australian Championships Gold Coast		International
5th June	Icon Committee Meeting	6.30pm Icon Club Rooms	
8-9 June	Tri Star Championships Tri Star – Auckland	<i>NZ Nationals Qualifier</i>	National
22-23 June	Auckland Championships Icon – Auckland	<i>NZ Nationals Qualifier</i>	International & National
6-7 July	South Island Championships Olympia – Christchurch	<i>NZ Nationals Qualifier</i>	International & National
20-21 July	Midlands Competition MIG – Rotorua	<i>NZ Nationals Qualifier</i>	International & National
26 July – 11 Aug	2024 Paris Olympics	***Trampoline 2 August ***	
3-4 August	North Island Championships & NZ Secondary Schools Icon Auckland		International & National
8-12 October	NZ GYMNASTICS CHAMPIONSHIPS Central Energy Trust Arena, Palmerston North	NZ Nationals	
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