

TRAMPOLINE TECHNICAL COMMITTEE REPORT



This last year saw trampolines first season in the new format. This has resulted in an increase in the number of qualifying competitions with an unprecedented 11 held. This has resulted in an increase in opportunities for gymnasts to compete and has therefore improved their experience gained. New skills were introduced to some of the routines to address weaknesses which had been identified within gymnasts in Ireland. The effect of this has been an improvement in the execution of those skills by a large proportion of gymnasts. The Elite gymnasts now have the Fig B routine as their compulsory with the Ladies and Mens using the Fig A requirements. It is hoped this has helped gymnasts to better prepare for international competitions.

There are two national finals, the first the Grand Prix Final is an Inter-Regional Final with the top gymnasts in each region being selected to compete as a team. The All Ireland Final is an individual event where gymnasts represent their club. Gymnasts have to reach a qualifying score to be eligible to compete in either event. These scores are not easily achieved and have been increased this year resulting in gymnasts improving their performances, so all gymnasts competing in finals have had to work hard to earn a place at these events.

Unfortunately both the finals were postponed due to the snow and were rescheduled on one day in February. The day proved very successful with most gymnasts successfully completing their routines. The Ladies champion for 2010 is Sarah McMullen (Kestral) and the Mens champion is Boyd Cathcart (Northern Stars). The Grand Prix proved to be a very close competition with the Northern Region finishing 1st, closely followed by the West, with the South and South West tying for third. All the winners for both events are given below. A record number of 425 gymnasts competed in qualifying competitions and 170 qualified for the National Finals.

We held our first Northern Ireland v Republic of Ireland competition was held in Carrigtwohill in November. The teams consisted of 10 gymnasts with the top 6 scores for each team counting in the team score. Northern Ireland won with a total score of 198.0 with the Republic of Ireland scoring 188.9.

An Irish team were sent to the World Age Group Competition in Metz in november and competed very well. The following results were achieved:

Boyd Cathcart (Northern Stars)	35 th (trampoline)	18 th (DMT)
Daniel Cathcart (Northern Stars)	33 rd (trampoline)	14 th (DMT)
Frances Wilson (Kestral)	62 nd (trampoline)	25 th (DMT)
Sophie Patton (Northern Stars)	40 th (trampoline)	
Jack Davis (WGK)	41 st (trampoline)	
Dylan Marshall (Cobra)	44 th (trampoline)	

The national squad has been training very hard since these events and by building on last year's competition has grown in size and ability and are looking forward to even bigger achievements in the near future

Trials for places on the Irish team for a competition in Loule, Portugal in September and the World Age Group Competition in England in November have just been completed and the following teams have been selected:

Loule

Boyd Cathcart (Northern Stars)
Daniel Cathcart (Northern Stars)
Andrew Houston (Northern Stars)
Jack Davis (WGK)
Nicole Geaney (WGK)
Dylan Marshall (Cobra)
Caoimhe Garrett (Athlone)

World Age Group Competition

Boyd Cathcart (Northern Stars)	Individual & synchro trampoline & dmt
Daniel Cathcart (Northern Stars)	Individual trampoline & dmt
Andrew Houston (Northern Stars)	Individual & synchro trampoline & dmt
Jack Davis (WGK)	Individual trampoline
Dylan Marshall (Cobra)	Individual trampoline.

Many coaching and judging courses have been held during the last year. A number of the participants on the coaching courses were new to trampolining and we look forward to them becoming a big part of our sport. Many gymnasts took part in judging courses and since passing them they have judged exceptionally well at a number of competitions.

Congratulations to all gymnasts competing both last year and this year and we wish you the best of luck.

As with all disciplines we manage to run events due to a lot of hard work by a small number of volunteers. We would like to thank you for all the hard work carried out by coaches, judges, marshals, score keepers, parents and everybody who helps setting up equipment. All your efforts are greatly appreciated and it takes all of you to enable our sport to develop and grow.

NATIONAL FINALS GOLD MEDALISTS

NOVICE

8 Years Girls	Ruth Sheahan (Cobra)	8 Years Boys	Tom Hoey (Cavan)
9 & 10 Girls	Cara Cussack (Cavan)	9 & 10 Boys	Jack O'Reilly (Cobra)
11 & 12 Girls	Isabel Staunton (Cobra)	11 & 12 Boys	Darragh Moane (Shannon)
13 & 14 Girls	Eimear Gallen (Cavan)	15 & 16 Girls	Shannon Burns (Cavan) 15
& 16 Boys	Aidan Mannon (Athlone)	19 + Girls	Siobhan McDermott (UL)

INTERMEDIATE

8 Years Girls	Juliette Reynolds (Tir na nOg)	9 & 10 Girls	Ellen Patterson (Rathdrum)
11 & 12 Girls	Jessica Farrelly (WGK)	11 & 12 Boys	Dylan McCabe (Cavan)
13 & 14 Girls	Naoise Kearney (Carrigaline)	13 & 14 Boys	Kyle Quinn (Northern Stars)
15 & 16 Girls	Niamh Murray (Carrigaline)	17 & 18 Girls	Shannen Minter (Shannon)
17 & 18 Boys	Eamon Naughton (Athlone)	19 + Girls	Lisa Dundon (UCC) 19
+ Boys	Jim O'Hagan (UCC)		

ADVANCED

11 & 12 Girls	Caoimhe Garrett (Athlone)	11 & 12 Boys	Killian Stuart (Supersonic)
13 & 14 Girls	Ruth Armstrong (Northern Stars)	13 & 14 Boys	Scott Cathcart (N. Stars)
15 & 16 Girls	Eve Wilson (Northern Stars)	15 & 16 Boys	John Burchill (Salto)
17 & 18 Girls	Cherie Tinsley (Northern Stars)	19 + Boys	Brian O'Halloran (UCC)

NATIONAL

9 & 10 Boys	Donagh Rice (Salto)	11 & 12 Girls	Tara Collins (Cobra) 11
& 12 Boys	Daniel Cathcart (N. Stars)	13 & 14 Boys	Dylan Marshall (Cobra)
17 & 18 Girls	Shannon Garrett (Athlone)	15 & 16 Boys	Jack O'Halloran (Athy)

ELITE

13 & 14 Girls	Frances Wilson (Kestral)	13 & 14 Boys	Jack Davis (WGK)
15 & 16 Boys	Boyd Cathcart (N. Stars)	17 & 18 Girls	Sarah McMullen (Kestral)
19 + Boys	Pauric Dooley (Athy)		

Ladies	Sarah McMullen (Kestral)	Mens	Boyd Cathcart (N. Stars)
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GRAND PRIX FINALS GOLD MEDALISTS

NOVICE	Eimear Gallen (Northern Region)
INTERMEDIATE	Lisa Dundon (Southern Region)
ADVANCED	Caoimhe Garrett (West Region)
NATIONAL	Dylan Marshall (South East Region)
ELITE	Boyd Cathcart (Northern Region)
OPEN	Boyd Cathcart (Northern Region)