



Edinburgh University

# TRAMPOLINE CLUB

Members' Pack

2021-2022



# WELCOME!

Trampolining - it's falling with style. All you need is plenty of enthusiasm, a competitive streak, a pair of socks and be up for some fun; we provide the rest!

EUTC is a highly successful and competitive club with the highest standard of coaches and equipment anywhere in Scotland. Whether you have been bouncing all your life or the only bed you've ever known required a duvet, we cater for everyone!

So come and join a club where you can learn new stuff, improve old skills, socialise and make friends while participating in a sport that literally gets you high!



# WHERE TO FIND US

Make sure you don't miss anything that's going on!

Our Facebook Group, 'Edinburgh University Trampoline Club', is where information for EVERYTHING is posted so get yourself added to that!

There's also a Facebook page, Instagram, Twitter and website which will keep you up to date on everything that we get up to.



[Edinburgh University Trampoline Club](https://www.facebook.com/EdinburghUniversityTrampolineClub)



[@edinburghuniversitytrampoline](https://www.instagram.com/edinburghuniversitytrampoline)



[@EU\\_Trampolining](https://twitter.com/EU_Trampolining)



<https://edinburgh-university-trampoline-club.webnode.com/>



# THE COMMITTEE

The committee are elected by our club members at our annual Annual General Meeting (AGM). Each is responsible for a different element of the club, although we all work together to ensure that the club runs smoothly. If you are looking for help or information, these are the people to go to!



**PRESIDENT**

## **Bella Johnson-Martin**

Bella has well and truly worked her way up the Tramp Ladder since being a tiny fresher 3 years ago. From novice to intermediate and Publicity and Webmaster to President! Bella always brings chaotic energy and a smile to training and her attitude towards the Trampoline Club and all of our members is going to make her the perfect leader for the team this year! Not to mention the fact she's always up for a social and trampolining just isn't quite the same without Bella!

## **Fiona Dumont**

Where to begin on Fiona! You will never meet such a warm, friendly, wholesome being as Fiona. When she isn't nurturing animals back to health as a vet student you'll find her being a social butterfly at training making sure that everyone feels included and has someone to talk to. Despite not being able to trampolining herself she still attends every comp she can and you'll often see her sat on the judging panel all day so if you spy her be sure to bring her a treat! She is one of the most hardworking people ever to grace a committee and from what she lacks in bouncing she makes up with a super sunny personality and welcoming attitude. We can't wait to spend a year with you on committee, bienvenue!!



**SECRETARY**



### **Eryn Graham**

After proving her resilience by surviving a year of organising Zoom socials, who better to take on the club's finances than Eryn! Since joining the club three years ago, Eryn has proved a Tramp through and through, turning up to every training and social with some great chat and an infectious smile. Having spent a year on committee already, this Chemistry student is well versed in all things trampoline - if her dedication to her role is anything like her dedication to a night out, we can be sure the accounts will be kept in check!

**TREASURER**

### **Gwynneth Tucker**

The lovely Gwynneth is taking on the role of Captain this year and you'd struggle to find someone more qualified for this job. Not only has Gwynneth done a stellar job on committee before as our 2019/20 Community and Welfare Officer, she's also been bouncing for years! Gwynneth is a kind, helpful, and hugely dedicated member of the club. When she's not taking care of animals as a final year vet student, she's by the side of a trampoline being a fantastic coach and a warm, friendly face around the club. So glad to have you on the team this year Gwynneth!



**CAPTAIN**



### **Seren Limb**

As an ever-friendly face at training, Seren was an obvious choice for a dedicated and enthusiastic community and welfare officer for EUTC this year. Her positive attitude and infectious smile will be sure to brighten and strengthen our trampolining community. She has always been a reliable and approachable presence at training and will be sure to support the welfare of our club members. We can't wait to see what she brings to the club and community in the upcoming year!

**COMMUNITY AND  
WELFARE OFFICER**

## Cat Letley

Since she joined EUTC as our new member's representative in 2019, Cat has been to almost every social, which makes her one of the most qualified people to be our social secretary for next year! Her many talents include being a friendly and welcoming face for everyone, getting lost in Glasgow, and always lightning up the room with a funny story. Cat truly is the best person to organise the club's socials, as she knows the best spots in town to have a good time. She's also in charge of sponsorship, securing some juicy contracts to enable our club to grow and improve. When not at training, you'll find her enjoying a boogie in Big Cheese or filming her next viral tiktok!



**SOCIAL SECRETARY**



## Alison Ross

Entering her third year at the club, Alison is a well-seasoned tramp!! She bounced into EUTC with so much enthusiasm there is no doubt that she will also put this energy into her role. Bringing laughs, smiles and fun all the way from Ireland, you won't catch an EUTC event without her. As of yet not an injury nor year abroad has been able to keep Alison away - which means our Instagram feeds will surely be filled with lots of trampy fun in the exciting year ahead!!

**PUBLICITY AND  
WEBMASTER**

**NEW MEMBERS' REPRESENTATIVE**

Could this be you?



# OUR COACHES

Coaches are essential in enabling training sessions and the club as a whole to run smoothly. They are all voluntary and give up a huge amount of time to help you all progress, and to be the best that you can be!

They are always on hand to give you help with moves you are working on and answer any questions you may have!

## LEVEL 1



Anna Snedden



Emily Lazaroo



Bansri Dodhia



Seren Limb



Kayleigh  
Cameron



Elinor  
Greenshields



Grace Williams



Mairi Eades

## LEVEL 2



Gwynneth  
Tucker



Jenny Anton



Kat Thomson



Sean  
Forrest



Sophie Tyler

Several of our alumni (past members) also come back to coach so keep your eye out for other faces!

# TRAINING

We train 3 times a week in the Sports Hall at Sport and Exercise (the gym). These sessions run Tuesdays, Fridays and Sundays, with coaching available at all.

Training is casual and you are welcome to attend as many or as little of them as you wish (dependent on current capacity restrictions).

Ordinarily, we try to use our Sunday sessions for 'Squad' training. This is open to everyone but commitment is important and coaching more personal for faster development.

However, under the current Covid-19 circumstances we have chosen to instead treat Sunday sessions the same as Tuesdays and Fridays, with the potential for squad reintroduction in the future.

## TRAINING TIMES

Tuesday 20:00-22:00

Friday 19:00-21:00

Sunday 18:00-20:00

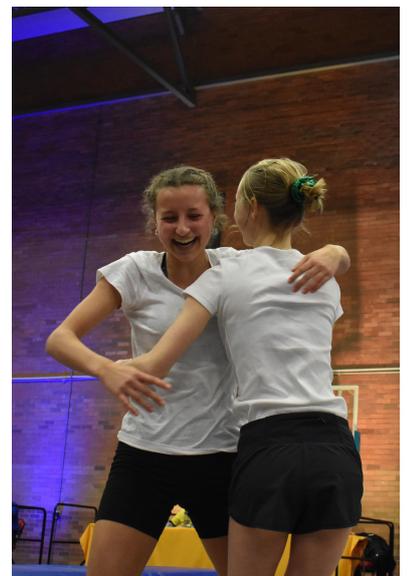
Sunday 17:00-18:00 Coaches Session

Turning up on time to training sessions is important so we can set up the trampolines as quickly as possible. The more people there are to help, the sooner you can bounce!

If you're unsure how to put up a trampoline, find somebody who does and they can guide you. Everyone is always more than happy to help. Even getting mats out the cupboard is a huge help so get involved!

It is important that you do not get onto a trampoline without a coach being present or try moves without your coach's go-ahead. They are there to keep you safe!

Make sure that there is at least 1 person on either side of the trampoline when someone is bouncing to keep you safe as well.



# SOCIALS

EUTC would not be the same without our legendary 'tramp nights out' filled with banter and #STUNTIT antics.

One of our earliest socials will welcome club members to vote in a New Members' Representative who will sit on the committee.

Our Halloween Zombie Run Pub Crawl sees the committee chasing club members around Edinburgh in a bid to see who can resist the zombie curse for the longest.

In addition, throughout the year we hold joint socials with other sports clubs so you can get to know people outside of Trampolining and make even more new friends!

Tramps are BIG fans of The BIG CHEESE so you will always have pals to go with when your flatmates bail on you.

For the academic year 2021-22 we are proudly sponsored by Pear Tree- great for after training pints- and Love Wednesdays at WhyNot- a tramp favourite for throwing some shapes on a dancefloor!!

Another tramp staple is the nights out after competitions, where we celebrate our achievements and really get to know tramps from all other Scottish unis.

Some of the most anticipated socials of the year are at the Irish Student Trampoline Open, where all of Scotland travels to Ireland to enjoy some great socials (and trampolining) with the rest of the UK and Irish tramps!

And, although we know how to party hard, we also know how to chill hard too. Keep an eye out for chill socials such as our annual pancake party, Christmas Dinner and many more!



# COMPETITIONS



Alongside the fun, EUTC loves to embrace the competitive streak all of us have somewhere within us! Every year, there are four Scottish League Competitions where we compete against other Scottish Universities for the League Cup. What everyone will tell you is true! These competitions are extremely chill and are perfect for anyone apprehensive about competing for the first time.

The other Scottish Clubs are really friendly and great fun so the competitions are a great chance to meet new people. There is always a social wherever we go so if we haven't managed to convince you to compete, you're more than welcome just to come along for the social. You won't regret it!

As part of your club membership, you will get free entry into all of the Scottish League Competitions as well as free transport as far as that is viable for the club. We stay with tramps from other universities so accommodation is also free. You just need a sleeping bag or be quick enough to bag the bed when we get there!

The details for the League Competitions this year are still uncertain due to the ongoing Covid-19 crisis:

**League 1** : TBC

**League 2** : TBC

**League 3 (SSTO)**: TBC

**League 4**: TBC

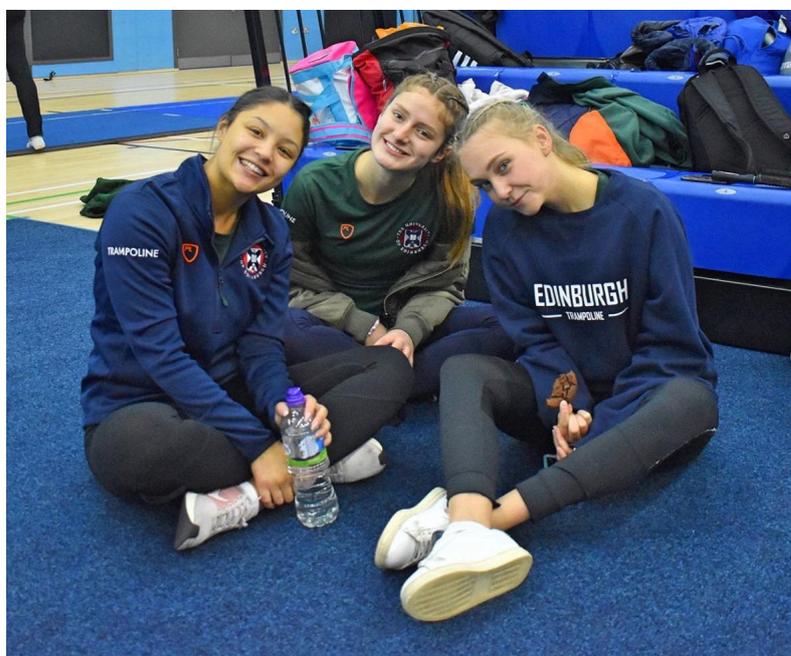
League 3 also doubles as the Scottish Student Trampoline Open (SSTO) which involves around 500 students from all over the UK. There is Double Mini Trampoline (DMT), Tumbling, Synchro Trampolining and Two Trick; two skills which are a whole new level of crazy!



In addition to the Scottish League Competitions, we go to the Irish Student Trampoline Open every year. This is more of a weekend away with a bit of bouncing on the side. This year's venue and dates are yet to be announced but previous years have seen hundreds of tramps take over Belfast, Dublin, Cork and Galway around late March/April time. The Manchester Open and the Geordie Cup are also popular competitions which we sometimes go to.

EUTC also enters some more serious competitions for those who are interested. These include BUCS, League and the Scottish Regional Competitions. All of these are directed at those who are interested in competing against a higher level of gymnasts and have shown commitment to their training throughout the year.

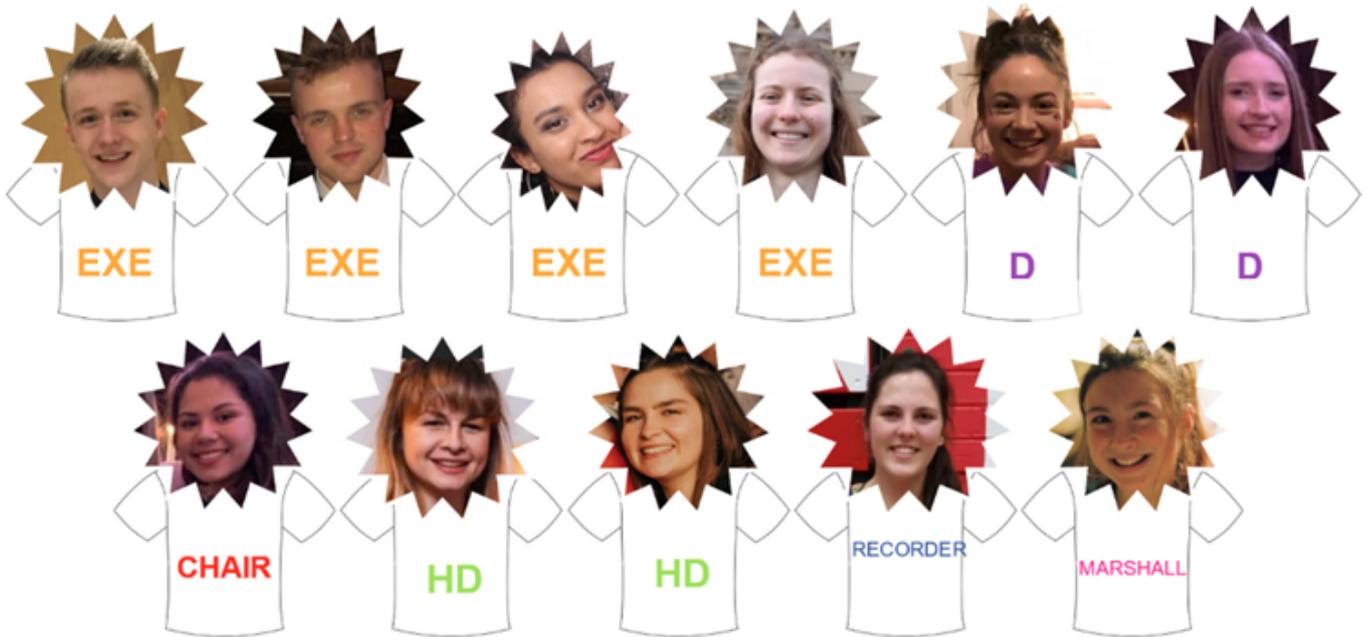
More information is available in the Competition Pack!



# JUDGING

Competitions need Judges and that could be you! SSS Trampoline runs judging courses every year and these are a great way of getting more involved and learning about Trampolining. Each club needs a certain amount of judges per number of entries so we need you in order to compete. It is good fun and a great way to spend some of your time at competitions.

Keep your eyes peeled!



**Execution Judges** score how well each move in your routine is performed. Each move can score a maximum of 1.0 and can receive a deduction of up to 0.5 in 0.1 increments.

**The Difficulty Judges** check that your set routine is correct and record the difficulty/tariff of your voluntary routine. Each move in your routine is worth a certain amount and these are added together to get your tariff.

**The Chair** is in charge of the panel and makes sure everything runs smoothly. They work with the judges to ensure that fair scores are given and any necessary deductions are made.

**The Marshall** ensures that all of the competitors are present at the time of their competition and are ready to bounce when it is their turn. They help the panel run to time and are essential for general organisation.

**The Recorder** notes down the scores from the judges for all of the competitors.

**The HD (Horizontal Displacement) Judges** look at how much you move around the trampoline and make deductions to your score accordingly.

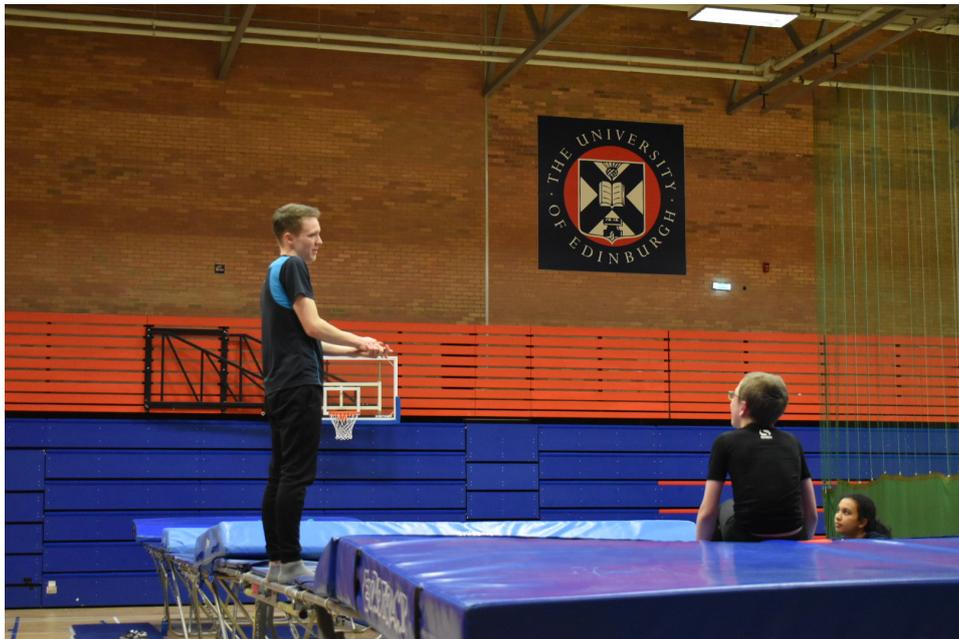
\*Disclaimer: Lazaroo is in fact not a chair and Sweeden cannot difficulty judge, inclusion for humorous purposes only courtesy of Forrest, S. (2020).

# COMMUNITY AND FUNDRAISING

## COMMUNITY WORK

This year we are aiming to expand our previous work with the community. We are aiming to build long-lasting relationships with local schools through running PE lessons for them and giving opportunities to try Trampolining, which they otherwise would not have had the opportunity to do.

This year we want to continue to engage with Disability Sport in Edinburgh through Lothian Disability. We had huge success during 2019/20 with this and it brought so much joy to those who took part, we hope to be able to do this again this year. We are also starting communications with the Royal Blind School. We believe it is important to bridge the gap between disability and sport!



# FUNDRAISING

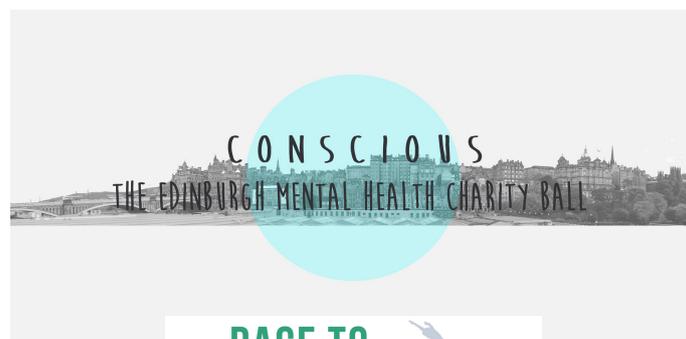
EUTC's fundraising ambitions are entering their second year and we would love to have you on board! The charity that we have decided to support this year is **Conscious Edinburgh**, a student-led mental health charity founded in 2019 by Anusan Wijayendran and Shanna SU.

*"Our main aim is to train at least one person from every club and society at the university of Edinburgh in mental health first aid. In this way we hope that the majority of students will have at least one approachable and familiar face they can go to if they need any advice or help." - Conscious Edinburgh's Founders.*

We also held our inaugural charity Race Night in aid of Shelter Scotland in the 2019/20 academic year. Last year, despite difficult circumstances, we managed to hold a virtual spin on this fundraiser: Race to Fort William raising over £700 for Hopscotch Children's Charity. Fundraising is an amazing way to help the community whilst spending time with your pals!!

We have a Facebook Group dedicated to those members of the club who are particularly keen to get involved in the Community and Fundraising aspect of the club this year. There is no specific commitment so even if you can only help out with one event, that is absolutely grand. We appreciate everyone's contributions!

If this is something that you think you would like to get involved in, speak to **Seren Limb**, our Community and Welfare Officer, or anyone else on the committee. The link to the group is: <https://www.facebook.com/groups/728152270859598/>

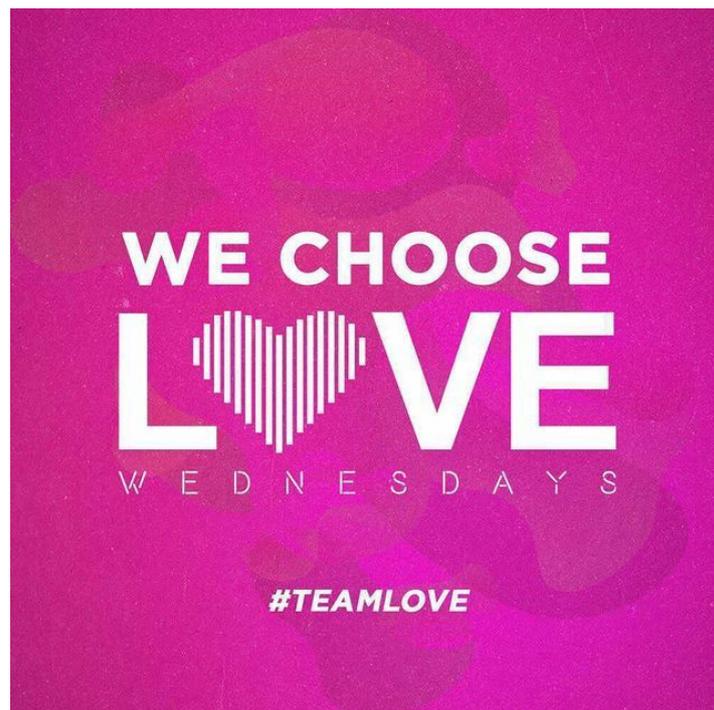


# SPONSORSHIP



The Pear Tree

This year we are delighted to be back at Pear Tree and their affiliated venues The Counting House and 32 Below! We've had a great relationship with Pear Tree in the past and after a year away we're more eager than ever to get back to making fantastic memories with all our members here. From pub crawls, to wholesome Christmas dinners and charity fundraisers, we're sure this year is going to be another great one!



After far too long away from the clubs we're very excited to be sponsored by Love Wednesdays at WhyNot Nightclub this year! We've enjoyed a successful and fun partnership with Love in the past and we're sure we'll enjoy the same good vibes this year too! Us tramps love a good night out and a boogie on the dancefloor and we know Love Wednesdays will provide just that!

# KIT

Our kit supplier this year is PlayerLayer and can be purchased by clicking in this link:

<https://playerlayer.com/teams/university-of-edinburgh.html>

Any branded kit worn at competitions should be Playerlayer. In other words, clothes with a Nike logo, for example, should not be worn when representing the University.



The club has leotards for club members to wear at competitions. However if you would like to purchase your own, talk to **Gwynneth Tucker**, our Captain. She is also on hand for any kit related questions, whatever they may be.



# FINANCE



**Eryn Graham**, our Treasurer, will release a monthly spreadsheet onto the EUTC group with any money that you owe to the club for things like kit, judging courses or competition extras. It would be helpful if you could pay any money that you owe to the club as soon as possible. However, if you are short of money and need a bit more time to pay, just let Eryn know and she will be more than happy to accommodate you.

**Club Bank Account Details**  
**Sort Code: 80 02 24**  
**Account Number: 00341393**



Older club members are always on hand to answer any questions you may have and to help you out, so don't be scared of us. We don't bite! We're all super friendly and love welcoming newbies into the club so get stuck in and you'll have a fab year!

Training and competitions are to be enjoyed at your own pace but don't be afraid to say yes to the opportunities the club offers you!! Our aim is to provide an environment where you can make friends whilst progressing in a cool and exciting sport!

Welcome to our Tramp Family that is EUTC. We're glad that you've joined us and we hope you enjoy your year (and beyond) as a tramp!

