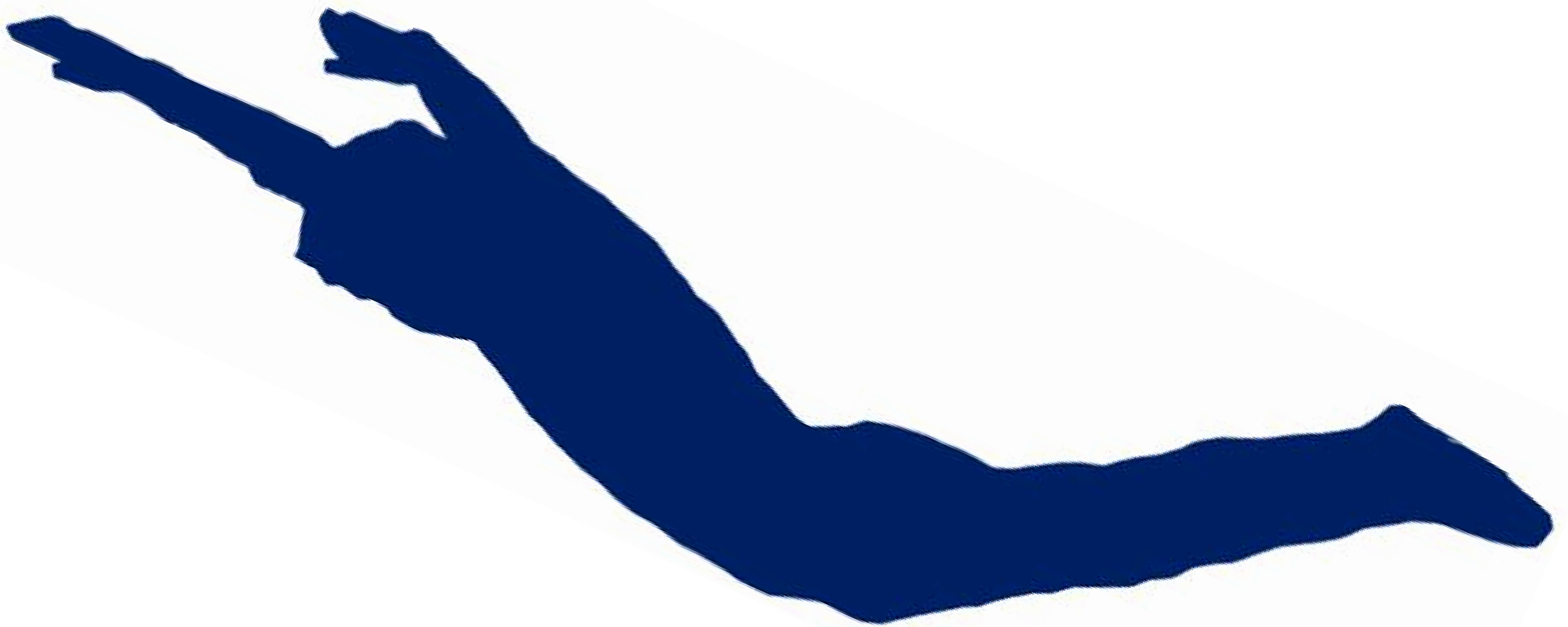
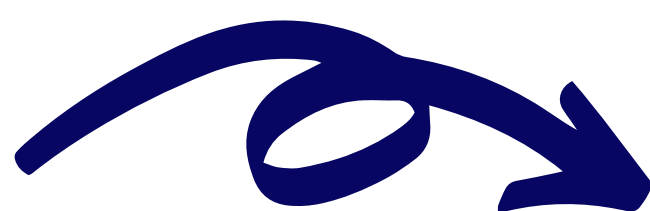


TRAMPOLINE CLUB



Top Tips For New Competitors



we do not endorse sharpie-ing your kit

What To Pack

Sadly Mum won't be packing for you as you're all big boys and girls now you're at Uni so please don't forget to bring these things....

For The Competition Day

White socks!!

Snacks for during the comp/money to buy food

Dress in PlayerLayer kit if you have some to wear

Competing clothes - see below

For The Social & Staying Over

Bev?!

Awesome social costume

Sleeping bag/blanket (pillow if you wanna be extra boujee)

Money for Dinner & Breakfast the next morning

Competing Clothes:

Novice & Intermediate:

Plain white t-shirt and plain black/navy shorts, or borrow a club leotard

Intervanced and above

Club leotard and shorts, you can borrow from us



Around The Comp

You'll already have seen from the EUTC Comp Pack the structure of the competition and what happens when you go to compete. But we want to give you a couple extra tips to be mindful of around the hall and over the competition day.

Over League 1 & 2 especially, the gym halls can be quite cold in the Winter months so feel free to bring a blanket for warmth.

The Obvious Rules:

Do not warm up or compete without a coach and spotters with you

When a panel is competing don't walk in between the judges and the trampolines.

Be safe in warm ups just as you would in a training session!

Warm up time per shot on the trampoline should be no longer than 30 seconds... so 1 full routine and some bouncing basically.

Competent teammates or coaches can stand with / hover with a throw in mat, for your routines in competition, not just warm up.

When our members are not competing, we always encourage them to go **support** their fellow teammates, its one of the club's values after all... and feel free to take plenty of photos and videos too.

Anything Else

Competition days are long but is the best time to get to know your fellow team mates! The time we spend together over the day as a team is greater than a full week of training, and we know its this time together that we really get to know each other!

But don't feel stuck with us! We hope you want to socialise and mingle with the rest of the amazing people and clubs across the sport over the competition weekends.

Remember student competitions are really not all that serious! We go for the fun and to meet other clubs from universities around Scotland. It's a great chance to meet some amazing people and to get to know your fellow tramps better within EUTC and over Scotland!

If it's competition advice, questions you have, or anything you're unsure of, the coaches and committee are super knowledgeable and approachable, and Emily (President), Sean (Competition Secretary) or Jenny (Secretary) might be the first place to go!

For any more information, you can check out EUTC's Comp Pack

