

SEPTEMBER 2025

NEWSLETTER

2025 news, updates and a recap of the season so far

Welcome to our new club members, its great to see new faces in club and we are looking forward to watching you all progress over the coming months.

Club News

Social media

We love sharing our members achievements!!

We are currently in the process of **updating our social media**, so we will be **filming** and **posting more content** from **training sessions**, as well as **resharing** posts that our members have posted.

Please ensure you **tag us** in your posts so we can re-post them!

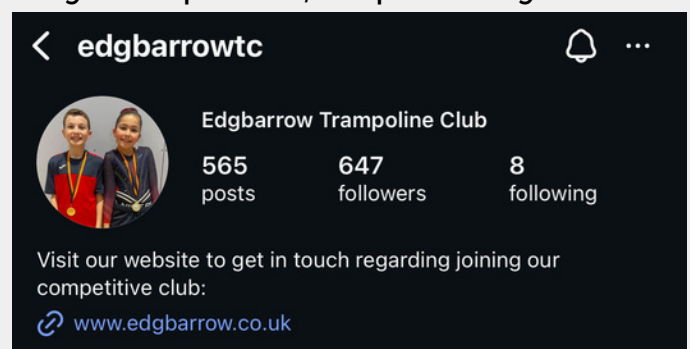
If you share something on your instagram story and tag us, we will happily re-post it. To make this easier, we'll be **following** our **members back**. If you notice we haven't followed you yet, just let Hannah, Tahlia or Cerys know, and they will get it sorted right away.

We are looking forward to seeing all of your posts, especially from the next few competitions!

Find us on instagram:



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CLUB NEWS

Goodbye and thank you

Over the last few months we have slowly been saying goodbye to 3 of our lovely coaches, Sofia, Kieran and Abby.

Sofia

Has been having fun on her gap year while working out her plans for university, and has plans lined up for a ski season abroad!

Abby

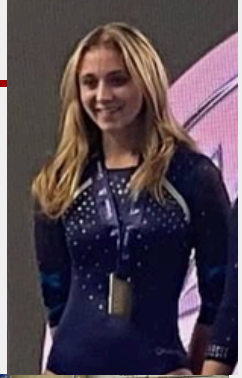
Will return to university for her final year, we have been very lucky to have her back with us whilst she has been on placement. We are looking forward to her returning post-university!

Kieran

Is about to welcome a new baby boy with his wife Harriet, so will be taking a step away from coaching for the foreseeable future. We hope when the time is right, that he will rejoin our coaching team (and maybe the little one will join the club too!)

Thank you, so much to you all for your hard work over the years with your groups, and the support at competitions and events.

You will all be missed!



Hello and welcome

To our 4 new coaches who have joined us recently, it's great to have you!

Connor

Connor is joining the coaching team regularly for club sessions, after being with us for some time coaching adults and double mini trampoline. We are really looking forward to having him on board and his groups are already having a great time!



Cerys, Eleanor and João

Are all current top level competitors for the club, and are all representing their countries on National Squads (Wales trampoline for Cerys, England trampoline and GBR double mini trampoline for Eleanor, and Portugal trampoline for João) We are looking forward to them sharing their experience with the younger members of club that they are coaching.



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EDGBARROW TRAMPOLINE CLUB



SUMMER RECAP

We have had an amazing summer with lots going on in and out of club!

Highlights include:



Algarve Summer Camp

15 gymnasts travelled to Loulé, Algarve, for an intensive training camp. They all progressed their skills, and had an amazing time in the sun, and visiting the waterpark and beach nearby. Thank you to the 4 coaches who gave their time to take them, and the seniors who helped out along the way, we couldn't do it without you all!

----- Synchro with the stars!

Our wonderful synchro pairing, Eleanor and Tahlia were invited to a simulation competition in Lilleshall National Sports Centre, to aid the Great Britain team in their preparations for the World Games in China. The girls were so consistent that they ended up winning the knock out competition!

Home nations camp -----

Welsh squad members Lucy and Cerys attended a fantastic weekend squad at Lilleshall with the squads from Scotland and Northern Ireland. The weekend was made up of great training, workshops and getting to know other gymnasts from the other nations. 3 time Olympic medalist, Bryony Page spent the day with the team, an incredible opportunity to learn from the legend!

---- Elite squad with Amanda Parker

Amanda Parker, previous ETC member, Olympic reserve, GBR squad member and world medalist, visited us for a squad session with our elite groups, and she inspired the gymnasts talking about her career, achievements and time at Edgbarrow, as well as giving some tips and insight into their training. Thank you, Amanda, it was great to see you!



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COMPETITION SUCCESS

The Trampoline League -----

We are always wow'ed by Edgbarrow's performance at the league competitions, and this year has been no different, we reached an **Edgbarrow club record of 55 individual qualifications**, with many of those gymnasts having 2 or more events. **Well done** to all who have qualified, we can't wait to watch you perform at finals!!

----- Regional competitions


A big **well done** to all of our regional competitors this year, we are so proud of your hard work and performances. A lot of you have experienced competition for the first time, and we have been so pleased to see you enjoying the experience and achieving amazing results! A **special congratulations** to **Harry Knight, Max Roberts, Tor Sandwell, Teagan Guest and Matilda Beaumont**, who qualified and medalled at the **Inter Regional Finals** in July, which the regional competitions lead to. We are looking forward to another year of regional competitions in 2026!

English qualifiers and championships -----

We had amazing results at the English qualifiers, earning lots of spots at the English Championships, where everyone performed extremely well. **Well done to everyone** including our medalists: **Tahlia Williams, Eleanor Edwards, Josh Bouwer and Leia-Mai Hawthorne!**

----- Scalabis Cup International

England squad members Harry Slatter, Eleanor Edwards and Anabel Edem travelled to Santarém in **Portugal** for **Scalabis Cup international competition**, and they wow'ed us with their fantastic performances and results. **Well done** to you three, and we are so glad you had such a good time! **Results** included **U16 male team gold, Senior women DMT team gold and Bronze for Eleanor in Senior women's DMT.**

A **special mention also to João and Sofia Caeiro** for their fantastic work representing their **Portuguese club** at scalabis, and for their many **competitions** over there this year where they have both **performed amazingly well**, we are **so proud of you both.**  @edgbarrowtc www.edgbarrow.co.uk



Team Edgbarrow at League Finals 2024



Smiles from Freya, Abi and Ethan at the regional qualifier



Edgbarrow podium at Eng Q2: Eleanor 🥇 Michaela 🥈 Tahlia 🥉



Harry and Eng team mates, Scalabis Cup U16 M 🥇

COMPETITIONS CONT...

Loulé Cup International -----

Congratulations to the following gymnasts who have been selected to compete for their home nation in the **Loulé Cup international competition** in **Portugal** in **October**!

Anabel Edem (ENG, DMT), **Cerys McIntosh** (WAL, TRA), **Eleanor Edwards** (ENG, TRA & DMT), **Harry Slatter** (ENG, TRA), **João Caeiro** (AGYM, TRA), **Lucy Barker** (WAL, TRA) and **Sofia Caeiro** (AGYM, TRA)



----- NAGF/British

Cerys McIntosh, Eleanor Edwards, Eloise Taylor, Harry Slatter, João Caeiro, Josh Bouwer, Kofi Elhaggagi, Natalya Wheeler, Rachel Tapster, Sergey Ermakov and Tahlia Williams, have all qualified to **NAGF/British Championships** weekend at the start of October. **Well done** to you all on your hard work and performances to qualify, and **good luck** for the weekend. **Enjoy it and show everyone what you've been training!**



trampoline,
tumbling & dmt
**GYMNASTICS
BRITISH
CHAMPIONSHIPS**



----- World Age Group Competition -----

As a club, we want to say a **huge congratulations** to **João Caeiro** on his selection to **World Age Groups**, representing **Portugal**, in Spain in November!

João is an **excellent, and inspiring member of the club** both as a gymnast, and a coach, and has **worked extremely hard** to achieve this spot on the **Portuguese team**. We **can't wait to cheer him on!**

We will be watching along João, **we are so proud of you**, and very excited to hear about the experience, once you are back!!

Very best of luck, go show everyone what you can do!



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UPCOMING EVENTS

AND DATES FOR THE DIARY

- **League Finals**

26th - 28th September - Derby Arena

Live scores: <https://results.trampolineleague.com>

- **National Age Group Finals/British Championships**

3rd - 5th October - Telford international centre

Live scores: <https://scorebase.co.uk/events>

- **Novice Regional Comp**

19th October - White Horse Leisure centre, Abingdon

(List of scores will be sent after the event)

- **Loulé Cup**

23rd - 26th October - Loulé, Portugal

Live Scores: <https://sporttech.io/explore>

(event scores will become available closer to the competition date)

- **World Age Group Competition**

13th - 16th November - Pamplona, Spain

(We will share the scores link closer to the competition date, when we know which website they will be on)

- **Club Championships***

13th December - Bracknell Trampoline Centre

** Followed by evening event TBC*

Good Luck to everyone competing at the upcoming competitions!

We can't wait to see you all show off your talent at the last few competitions of the year.

Yours,

The ETC coaching team