

## Coaches thoughts of Tumblers who competed at the 2 national events in Coventry and Sheffield

### Soaring with the eagles...

I believe that all coaches in any sport know that achievement and success cannot always be measured and gauged on results alone, particularly at high level events. As one would expect, being the coach of a gymnastic discipline after a competition I always get asked by interested on lookers "How did they get On?"

Well this analogy "Soaring with the eagles..." I feel sums up the my coaches view for **Emily, Charlie Lucy** and **Katie** who all competed in the National Tumbling Spring Event Series 2 at Sheffield on the 8th and 9th May 2016.

Part of tumblers development has to include the experience of competing at a number of high level events they training for. This provides and induces the many feelings and thoughts that cannot be reproduced in the gym when training. So one of the KEY first steps for any competitive tumbler, is to have these experiences as early and as often as they can. Human adaptation and "finding your comfort zone" to most things in life often comes from the repetition of exposure.

There were a number of things I wanted to see and become aware of, for all of them so to consider the next phase of their development. These considerations were not so evident to each tumbler as they were more about they own responses to the event, experiences and how they believed they performed and what might have influenced this?

I took a bunch of new born eagles out of their nest and took them soaring with some of the most advanced and experienced eagles "tumblers" in the world. How did they cope? I believed they all experienced all the relevant emotions and pressures required for their on-going development at this level. So in this front I feel a very success outcome for everyone.

Results and placement for information only:-

For Both Series 1 and 2 events...

## RESULTS

### Tum Elite Level - Women 13-14 Trampoline and Tumbling Spring Event Series 1 2016

Ricoh Arena, Coventry

16th - 17h April 2016

14	435	FISHER Emily	Southampton Gym Club	23.600	2.5	0.0	26.100	<b>50.000</b>
				22.000	1.9	0.0	23.900	
15	434	DARBY Katie	Southampton Gym Club	20.100	1.3	0.0	21.400	<b>44.800</b>
				21.900	1.5	0.0	23.400	

# RESULTS

## Tum Elite Level - Women 15-16

Trampoline and Tumbling Spring Event Series 1 2016

Ricoh Arena, Coventry

16th - 17h April 2016

Run 1/Run 2

14	633	DAVIES Hawys	Haverfordwest Gymnastics Club	22.300	1.9	0.0	24.200	<b>50.250</b>
				23.550	2.5	0.0	26.050	
15	638	HULL Lucy	Southampton Gym Club	21.700	2.6	0.0	24.300	<b>47.500</b>
				20.700	2.5	0.0	23.200	
16	636	GOUGH Charlotte	Basingstoke Gym Club	24.500	1.9	0.0	26.400	<b>26.400</b>

# RESULTS

## Tum Elite Level - Men 13-14

Trampoline and Tumbling Spring Event Series 2 2016

EIS, Sheffield

7th - 8th May 2016

Run 1/Run 2

				23.600	1.9	0.0	25.500	
14	295	GOODWIN Charlie	Southampton Gym Club	22.900	2.3	0.0	25.200	<b>50.800</b>
				23.100	2.5	0.0	25.600	
15	302	OLIVER-BAYNHAM Sebastian	City of Birmingham Gym Club	23.000	2.7	0.0	25.700	<b>50.500</b>
				22.900	1.9	0.0	24.800	
16	294	FENNELL Jay	Basingstoke Gym Club	23.400	2.6	0.0	26.000	<b>50.400</b>
				22.500	1.9	0.0	24.400	
17	293	DEAS Evan	Dynamite GC	24.600	4.1	0.0	28.700	<b>28.700</b>

# RESULTS

## Tum Elite Level - Women 13-14 Trampoline and Tumbling Spring Event Series 2 2016

EIS, Sheffield

7th - 8th May 2016

### Run 1/Run 2

8	441	SUTCLIFFE Eleanor	Diamonds Gymnastic Club	24.600	2.5	0.0	27.100	<b>54.400</b>
				24.700	2.6	0.0	27.300	
9	443	WATTS Lauren	Haverfordwest Gymnastics Club	23.600	2.5	0.0	26.100	<b>53.700</b>
				25.100	2.5	0.0	27.600	
10	437	KEMP Ashleigh	Harlequin Gym Squad	24.300	2.6	0.0	26.900	<b>53.200</b>
				23.900	2.4	0.0	26.300	
11	434	DARBY Katie	Southampton Gym Club	24.800	2.0	0.0	26.800	<b>51.600</b>
				23.600	1.2	0.0	24.800	
12	433	COPESTAKE Phoebe	Milton Keynes Gym	23.100	1.9	0.0	25.000	<b>50.400</b>
				23.500	1.9	0.0	25.400	

Emily had to withdraw due to injury after run 1

# RESULTS

## Tum Elite Level - Women 15-16 Trampoline and Tumbling Spring Event Series 2 2016

EIS, Sheffield

7th - 8th May 2016

### Run 1/Run 2

15	636	HAMILTON Charlotte	Dynamite GC	23.800	2.5	0.0	26.300	<b>50.500</b>
				22.600	1.6	0.0	24.200	
16	645	STORROW Sara	Haverfordwest Gymnastics Club	21.400	1.9	0.0	23.300	<b>50.000</b>
				24.100	2.6	0.0	26.700	
17	638	HULL Lucy	Southampton Gym Club	22.000	2.6	0.0	24.600	<b>48.700</b>
				21.400	2.7	0.0	24.100	