

Trampolining

Why try Trampolining?

Trampolining is an exhilarating and fun sport. It is technically challenging, physically demanding and requires athletes to refine their motor skills. Skills start at basic shapes and progress to multiple somersaults.



Who can do it?

Senior pupils can choose trampolining as a Games option both recreationally and competitively. Trampolining sessions occur at lunchtimes to allow pupils to avoid clashes with other Games activities. Trampolining is also offered as part of the Millfield Activities Programme. We enter the National Schools Competition at novice, intermediate and advanced levels.



Highlights from 2018-19

- Both girls' and boys' teams competing at the South West Schools Competition

Looking forward to 2019-20

- National Schools Competition
- New pupils joining Millfield at squad level
- Developing beginners to reach competition level
- A complete refurbishment of all equipment, including two new trampolines

Head of Trampolining: Julie Boyd
Email: boyd.ju@millfieldschool.com
Coaches: Tracey Allen, Julie Boyd and Polly Evans



MILLFIELD

Trampolining

2

High performance

Pupils generally choose trampolining as a second sport. Several senior pupils have specialized in trampolining and developed their skills to a high level. Millfield has a level 4 trampolining coach and therefore multiple somersaults and twisting somersaults can be learnt. We enter the National Schools Competition where we have achieved many successes, including the U15 Boys Elite Team national title, U15 Girls Novice Team runners-up and U19 Girls Intermediate Team bronze medal. Pupils wanting to access grading competitions would do this through an external club, and advice can be given on the availability in the area.

"I have been a trampolinist for some years starting at Millfield Prep. I have managed to continue to trampoline at Millfield despite a busy timetable. I have learnt many new skills and competed in the regional competition, qualifying for the next round in all three years. My goal is to reach the National Schools Finals whilst in the Sixth Form."

Asha Colmar



Success stories and future stars

Traditionally all squad bouncers compete for the school. Some pupils access grading competition through an external club and we support them when working on more challenging routines. Many younger pupils started as beginners this year and are now learning somersaults and routines, with potential to compete in the upcoming academic year.



"I have represented Millfield in Year 9 and 10 at the National Schools Finals, achieving a silver and bronze medal. I enjoyed the challenge of learning more complex skills and adding them into my 'voluntary' routine."

Eleanor Lloyd



MILLFIELD