

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 students 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. 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 2019-20

- Over 40 students bouncing each week either at a recreational or squad level
- Seven students finished in the top ten at the South West Schools trampolining competition
- Five students qualified through to the Zonal Championships
- Brand new equipment and two new competition trampolines

Looking forward to 2020-21

- National Schools Competition
- New students joining Millfield at squad level
- Developing beginners to reach competition level

Head of Trampolining: Julie Boyd
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Coaches: Tracey Allen, Julie Boyd and Polly Evans



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High performance

Students generally choose trampolining as a second sport. Several senior students have specialised 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. Students 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 students access grading competition through an external club and we support them when working on more challenging routines. Many younger students 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

