

TRAMPOLINING

DISCOVER BRILLIANCE

HEAD OF TRAMPOLINING

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HIGHLIGHTS

- Traditionally, all squad bouncers compete for the school. Some students access grading competitions 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.
- Each year we take approximately 20 students to the South West Schools Championships. In 2023, five students qualified through to the National Schools Finals, with our Year 7-9 boys team winning the intermediate title.



BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



MILLFIELD

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THE PROGRAMME

WHAT TO EXPECT?

Students generally choose trampolining as a second sport. The sessions are held at lunchtimes and after school which do not clash with the major games' timeslots. This allows anyone to attend a session, regardless of their commitment to other areas of the school. 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 each year, where we have achieved many successes and often have students qualify through to the National Schools Championships in March. Students who wish to access grading competitions would do this through an external club, and advice can be given on the availability in the area.

WHO CAN DO IT?

Any student can choose trampolining as an additional 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 weekly Millfield Activities Programme. We enter the National Schools Competition at novice, intermediate and advanced levels.



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