

# ANNUAL TRAMPOLINE COMPETITIONS IN HAWAII: 10th Larry Anderson Classic & Seniors Exhibition

14 SEPTEMBER 2008 (Sunday)

We mark the beginning of Hawaii's Trampoline-Tumbling season with an annual tribute to the late Mr Larry Anderson, the most distinguished pioneer of trampolining in Hawaii. Mr Anderson created the first trampoline school in Hawaii (the Larry Anderson Trampoline Club) and coached into his 90s inspiring thousands of students (including our trampoline coach Wendy Rosen) to enjoy bouncing tramp, regardless of age or ability. This event is a fitting forum to show examples of activities from our senior exercise class and to spotlight late starting trampolinists. This will be the 10th time Hawaii Academy is hosting this meet. It is an opportunity for everyone to try new routines because there are no judges or scores... this is a FUN meet with a pot luck to follow. It is also an opportunity for everyone to see our community elders demonstrate what they do in their classes (grand parents and great grand parents; 60-100 year olds).



Entry Fee: \$30 Donation + Potluck Item This is a major fund raiser to maintain the best rebound equipment in the Pacific  
1:00pm Open Stretch; 2:00pm Timed Warm-ups ; 3:00pm March In; 3 - 5:30pm Competition & Potluck

## 5th Paradise Friendship Meet

13-16 JANUARY 2009 (Friday-Monday) [Monday is the Picnic]

Welcome to our international invitational competition. With visitors from the Mainland and other countries in the past, this meet is a wonderful opportunity for everyone to enjoy showing their trampoline skills. This is the 5th time Hawaii Academy has hosted such a meet, starting as a friendly trampoline training between Hawaii Academy and Canadian clubs (the first two were called other names). The goal for this competition has always been to maintain friendships between clubs and to find new friends in programs around the world. In the past it has been a memorable training week for athletes and coaches, a friendly competition, a good time at the beach and warm outdoor activities in the middle of winter. **This year this event coincides with the ALOHA GYM FEST (artistic gymnastics).**

This meet features three events: trampoline (TR), double mini-trampoline (DM), and tumbling (TU) in three sessions with six groups of athletes, six coaches, and six judges. Clubs should not worry about trying these events for the first time... spend some time practicing and give it a try. It's a friendly environment to try new things. We are practicing the exact format of the Hawaii Championships, which are held in late March. Those coming from outside of Hawaii should contact us early for help with travel and housing accommodations.

Fri Jan 13th — Training Day  
Sat Jan 14th -- Preliminaries  
Sun Jan 15th — FINALS  
Mon Jan 17th — Picnic at the Beach



Registration Fee: \$50 for all events in one session, \$60 for out of town visitors  
Exact Times for Stretching, March-in, and Competition will be determined based on the number of entries. Teams are expected from the Mainland, Canada, and Japan.

# 8th Hawaii Championships

20-23 MARCH 2008 (Thursday-Sunday)

Welcome to our 8th and ever growing Hawaii Trampoline Championships. Participation in this meet has increased from 30 in 2002 to over 150 last year (we expect over 200 this year). The number of sessions has grown from one to six. This event features a finals session (Performance of Champions) that presents the champions for all ages and ability levels plus the highest skilled routines (elites) all competing for an overall ranking (grand champions) on trampoline and double mini-trampoline (no tumbling). It is a great experience for some of the younger participants to out-perform higher level athletes who are attempting their skills of their highest difficulty. For the first time in the history of the Hawaii Trampoline Championships, the competition is open for anyone wishing to participate, no matter if the athlete lives in the state of Hawaii or anywhere else in the World.

This meet features the three formal USAG/FIG events: trampoline (TR), double mini-trampoline (DM), and tumbling plus four fitness measures (Push-ups, V-Sit-ups, 10 Bounce Time, & Vertical Jump). The equipment used is manufactured by EuroTramp (Germany) and Rebound Products (Canada). All competition sessions will be held at the Hawaii Academy's newly remodeled gymnasium (ceiling height is 29.5'/9.8m). Adults, Seniors and Age Groups will be competing by FIG second routines (optionals, but USAG Levels 1-12 are allowed). After having qualified by winning different age groups and levels, FINALS will be held on 22 March 2008, with all the champions competing against each other. Sunday (Easter), 23 March 2008, will feature a clinic (bungee, trampoline, double mini, and sport science) for athletes, coaches, and judges in the morning and a picnic at Ala Moana Beach Park, across from Ala Moana Shopping Center, in the afternoon. Enjoy beach/water activities like swimming, kayaking, and some beach games (food is provided by the Hawaii Academy Booster Club).

Additional training time is available before and after the competition for those spending a week or more in Hawaii.

**Those coming from outside of Hawaii should contact us early for help with travel and housing accommodations.**

**Entry Donation for All Events: \$75 for out of town athletes (includes goodie bag), \$50 for HA members. The Exact Times for Stretching, March-in, and Competition will be determined by the number of entries at each level.**



**Wednesday 19 March — Training & USAG Qualification**

**Thursday 20 March — Session 1: Adults (19-59 yrs) & Seniors (60-95 yrs)**

**Friday 21 March — Session 2: FIG Youth, Open, & 13-18 yrs**

**Saturday 22 March — Session 3: Ages 3-4 & 5-6 yrs  
Session 4: Ages 7-8 yrs  
Session 5: Ages 9-10 & 11-12 yrs**

**Saturday 22 March — Session 6 FINALS: 5p WU / 6-8p (TR & DM)  
(Elites & event winners in all age divisions) \$2 Admission**

**Sunday 23 March — 8:30a WU 9a-12p Clinic for Athletes/Coaches/Judges \$25  
11a-3p Picnic at Ala Moana Beach Park**



All Sessions are at Hawaii Academy unless otherwise noted  
Download information and registration forms from:  
[www.hawaiiacademy.com/web/SpecialEvents/AthleticCompetitions.htm](http://www.hawaiiacademy.com/web/SpecialEvents/AthleticCompetitions.htm)  
EuroTramp and Rebound Products Equipment to FIG Specifications

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