

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

08-10 JANUARY 2009 (Thursday-Saturday)

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 initiates an exchange with Japan and is also called the 1st PACIFIC FRIENDSHIP MEET.

This meet features three events: trampoline (TR), double mini-trampoline (DM), and tumbling (TU). 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. 2009 will feature the All Japan Junior Champions (female and male) for grades 1-3, 4-6, and 7-9 and a small group from Maui in their first such meet. Those coming from outside of Hawaii should contact us early for help with travel and housing accommodations.

Thu Jan 08th — Training Day
Fri Jan 09th -- Clinics & Preliminaries
Sat Jan 10th — Preliminaries & FINALS
Sun Jan 11th — Picnic at the Beach



Registration Fee: \$65 for out of town visitors; \$40 (Level 1-4) and \$50 (Level 5-12) for Locals plus pot luck. Exact times for stretching, march -in, and competition will be based on the number of entries. This year welcome the **All Japan Junior Champions** and **Maui Elite Gymnastics Academy**.

9th Hawaii Championships

26-29 MARCH 2009 (Thursday-Sunday)

Welcome to our 9th 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. 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 28 March 2009, with all the champions competing against each other. Sunday, 29 March 2009, 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 Team Parents 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 all sessions & goodie bag)
\$50 for HA members plus pot luck item for picnic and assistance hosting the event.**

The Exact Times for Stretching, March-in, and Competition will be determined by the number of entries at each level.



Wednesday 25 March — Training & USAG Qualification (\$15)

Thursday 26 March — Session 1: Adults (19-59 yrs) & Seniors (60-95 yrs)

Friday 27 March — Session 2: FIG Youth, Open, & 13-18 yrs

**Saturday 28 March — Session 3: Ages 3-4 & 5-6 yrs
Session 4: Ages 7-8 yrs
Session 5: Ages 9-10 & 11-12 yrs**

**Saturday 28 March — Session 6 FINALS: 5p WU / 6-8p (TR & DM)
(Elites & event winners in all age divisions) \$2 Admission**

**Sunday 29 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
EuroTramp and Rebound Products Equipment to FIG Specifications

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