



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Trampoline Academy



For more info email Jesse Sazant - Head of Elite Academies
on jsazant@canterbury.kent.sch.uk

Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school

www.canterburyacademy.co.uk



The Canterbury Institute of Sport Trampoline Academy

Programme Overview

The Trampoline Academy in partnership with Aire Trampoline Club is based at a purpose built facility in Canterbury, housing Olympic standard equipment including a double-mini trampoline. It is the only Trampoline Academy in the South East of England.

The academy prides itself on delivering the highest standard of trampoline coaching for those athletes that are ambitious and desire to improve their trampoline skills and technical understanding of this exciting sport. The syllabus features a sport specific, athlete focussed, body management and conditioning programme to improve core stability, improvement of current skill set, new skill acquisition and linking new skills into new and improved routines.

The Trampoline Academy has the advantage of video analysis to identify and understand biomechanical inaccuracies by continually monitoring each athlete's performance, thus enabling improved execution and consistency.

A typical week consists of a minimum of three training sessions at Aire Trampoline Club including on trampoline drills of fundamental skills with plyometric training. Athletes work fragments and full current compulsory and voluntary routines with the balance of training tailored to the competition calendar.

The programme focusses on functional movement to improve speed, strength and power as a gymnast. The academy has an outstanding £4 million sports centre and gym facility providing top class equipment to support development, including an innovative and personalised strength and conditioning programme.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme and this is combined with academic study.

Director of Coaching at Aire Trampoline Club, Dexter Millen is a British Gymnastics Level 4 Trampoline and Level 3 Double Mini Trampoline coach. He has attended his Level 5 (High Performance Coach) Trampoline Coaching qualification and is currently waiting to sit the exam. Dexter graduated from the University of Greenwich in 2008 with a Sports Science degree and has coached a number of gymnasts from club level all the way through to national level. His insistence on technical accuracy and consistency are key to the athletes' achievements.

Student successes include: Luke Shiels – Competed at national level last season concluding with national finals in July. Kate Wiggins, completed her two years at the academy competing at one grade below national level.

Contact: Dexter Millen
Email: dexter@aire.tc
www.aire.tc