

Training Boost for Young Freefallers

Western Power Distribution

Young gymnasts in Abertillery hope new training equipment will drive them on to even greater successes in the future.

The equipment was provided to the Freefallers Trampoline Club by electricity company Western Power Distribution (WPD).

Formed ten years ago and based at Abertillery Leisure Centre the club has 82 members who vary in age from four to 19 years of age, and who can train up to six times a week.

The club provides training for trampoline gymnasts at all levels but in recent years members have enjoyed successes at both Welsh and British level – with 26 having qualified and competed at the Welsh Zonal Championships, bringing home both individual and team medals.

Two of its members have also been part of the Great Britain Youth Squad and one member came second in the Great Britain Championships this year.

Head coach Lisa Edwards explained: “This is the first time our youngsters have had the opportunity of being able to train using fitness and medicine balls. We hope this will make a big difference by improving fitness and strength levels and help us to keep up our high standards.

“We approached WPD for financial support and were delighted when they agreed to pay for the purchase of the balls and ankle weights.

“The equipment has arrived just in time for our practice sessions leading up to the Welsh Schools Championships and the Welsh National Championships which take place before the end of December, and we are hoping to bring home some more medals,” said Lisa.

For further information: Karen Welch, Public Relations Officer, WPD ON 01633 628119 or email kwelch@westernpower.co.uk

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