

Fédération Internationale de Trampoline
International Trampoline Federation
Internationaler Trampolin-Verband

FIT

NEWS



Volume 3
No. 6
December 1999

EXECUTIVE COMMITTEE 1994-1998

President: Ronald Froehlich (USA)
 Vice-President: Gerda Bierenfeld (GER)
 Secretary: Andre Gueisbuhler (SUI)
 Treasurer: Ben van Waeyenberghe (BEL)
 Members: * Horst Kunze (GER)
 John D Beeton (SCO)
 Filipe Carvalho (POR)
 Lars Christensen (DEN)
 Nikolai Makarov (RUS)
 David Wareham (AUS)

*Technical Committee President

PRESIDENTIAL COMMITTEE 1994-1998

President: Ronald Froehlich (USA)
 Members: Gerda Bierenfeld (GER)
 Andre Gueisbuhler (SUI)
 Horst Kunze (GER)
 Ben van Waeyenberghe (BEL)

TECHNICAL COMMITTEE 1994-1998

President: Horst Kunze (GER)
 Members: Pierre Blois (FRA)
 Bonnie Davidson (USA)
 Aaron Johnson (CAN)
 Jos Kerkhoven (NED)
 Ignacio Ortiz (ESP)
 David Ward-Hunt (GBR)

MEDICAL COMMISSION

Chairman: Filipe Carvalho (POR)
 Co-ordinator: Xavier Grapton (FRA)
 Members: Bonnie Davidson (USA)
 Luis F Duarte (POR)
 Andy Newman-Morris (AUS)
 Tim Ryan (USA)
 Carla Verstraten (NED)
 Nikki van der Walt (RSA)
 Edgar Wirsching (GER)

PROMOTION COMMISSION

Chairman: John D Beeton (SCO)
 Members: Ulf Andersson (SWE)
 Fernando Brochado (BRA)
 Filipe Carvalho (POR)
 Horst Kunze (GER)
 Michel Roquette (FRA)
 Angrej Singh (IND)
 David Wareham (AUS)

IWGA - The 1997 Sports Programme	3
FIT and FIG meet with IOC	4
World Cup Series 1996/1997	5
News from the Federations	7
FIT Technical Forum	9
Athletes Profile - Luis Nunes	12
FIT Calendar	14

**INTERNATIONAL TRAMPOLINE FEDERATION
 FIT NEWS NO 6 DECEMBER 1995**

Issued: April, August and December

Publisher:
 International Trampoline Federation

Editor:
 John D Beeton
 24 Park Drive
 STONEHAVEN
 AB3 2NW
 Scotland
 Tel: (01569) 766074 (H) (01224) 826239 (B)
 Fax: (01224) 705474 (B)

Annual Subscription:
 3 Issues
 Europe DM10
 Rest of the World DM15
 Please send your international money order to:

International Trampoline Federation
 Banque de Bruxelles Lambert
 Kouter 9000
 Gent/BELGIUM
Account Number: 390 0022 34186

Next Issue: April 1996
 (all articles for this issue to be forwarded to the Editor
 by 28th February 1996)

Printed in Scotland

EDITORIAL

By *The President*



Dear friends,

We have certainly progressed this year like no other with regards to our competitions, our technical forum and, above all, growth within the sport. The General Secretary and I have travelled on many occasions and the one question in everyone's mind has to be whether or not we should amalgamate with the FIG, with the possibilities of us becoming one of the Olympic disciplines under the FIG banner. This is a very difficult decision for everyone of us to wrestle with and I for one want it clearly understood that, *under no circumstances* am I going to allow any of the trampoline disciplines we have under the FIT banner to be compromised for the sake of joining with the FIG.

The present World Cup series has drawn to a close and for the second finals, we were invited to Copenhagen. Whilst this article is written prior to the event, I am hoping that everyone who attended had a good time.

The Technical Forum which was held the last weekend of September once again proved that we need to have this type of meeting to gain everyone's input in the technical field which is so important to our sports. I am indeed grateful to **Horst Kunze** and the technical committee who have worked so diligently, not only in putting the forum together, but to have travelled to every remote area in the world to run coaches and judges courses to enhance our sports.

Our Board meeting in Vancouver during one of the World Cup events proved to be very successful and gave us the opportunity to inspect the sites for the World Championships and the World Age-Group Competition for 1996. I am sure that our Canadian member will be excellent hosts and will organise a first-class World Championships and World Age-Group Competition. I am hoping that we will have a record entry and that some of the newer members will also take part, not only in the congress, but also in the competitions.

I am indeed proud to be able to represent the FIT in other areas, in particular, as President of the World Games, as well being the board member and treasurer of GAISF. While this certainly requires extra effort on my time, I realise that in the long run this should certainly be to the benefit of the FIT and its members.

I am hoping that next year, with enough participants, we can consider a Tumbling World Cup series and, of course, this requires our member federations to be able to participate on a regular basis.

It is our intention to promote our sports wherever possible throughout the world and our Promotion Commission is working very diligently in finding ways and means to encourage new members to join. The Promotion Commission with the Technical Committee will work hand-in-hand to assist these new federations to be able to run their judges, coaches and promotion of the sports within those new countries.

I would like to take this opportunity of thanking my General Secretary and the entire Board, both administrative and technical for the amount of work they put in and the tremendous work-load that everyone takes on to make sure that the FIT continues to grow from strength-to-strength.

We are going to have a very busy 1996 and I am hopeful we will have some response as to whether or not we will be able to participate in the Olympics 2000 in Australia. Hopefully, we will have good news, but this will require a lot of extra effort on everyone's part. So, as we leave 1995, I would like to take this opportunity of conveying my very best wishes to everyone for a happy, healthy and prosperous 1996 and to *thank you all* for your continued support.

Ron Froehlich
FIT President

FRONT COVER

Irina Kharavaeva (RUS) ladies individual Gold Medalist at the 1994 World Championships, held in **Oporto**.



THE 1997 SPORTS PROGRAMME

The World Games 1997 *official Competition Programme* has now been established by the Executive Committee. Although one cannot exclude amendments because of circumstances which might arise between now and 1997, the following sports (in alphabetical order) will feature on the official programme:

Aerobics, Artistic Roller-skating, Body building, Bowling, Casting, Field Archery, Faustball, Fin swimming, Ju-Jitsu, Karate, Korfball, Life Saving, Netball, Parachuting, Petanque, Power lifting, Racquetball (if current difficulties regarding suitable courts can be solved) **Roller Hockey, Sombo, Speed Rollerskating, Sports Acrobatics, Squash, Taekwondo, Trampoline, Triathlon, Tug of War, Tumbling and Water-skiing** (including Barefoot Water-skiing which was a Demonstration sport in 1993). It is also expected that Dance Sports will also be included in the programme.

As compared to the 1993 Games, new sports on the programme are Aerobics, Ju-Jitsu, Parachuting and Squash. **Beach Volleyball**, participating in 1993, will not be in **Lahti**; it is now an Olympic discipline on the programme of Atlanta. Although Taekwondo and Triathlon are on the Olympic programme of Sydney 2000, under the IWGA Constitution, they are eligible for WG participation until the end of 1999.

For the *Demonstration Programme* the following sports and sports disciplines have been selected:

Aikido, the 'Lyonnaise' discipline of **Boule Sport, Floorball, Military Pentathlon, Pesapallo** and **Women's Indoor Tug of War**. Of these, only Aikido and Tug of War were also in the 1993 Games.

Floorball and Pesapallo are locally popular variations of indoor hockey and baseball respectively.

Changes to the Demonstration Sports cannot be ruled out prior to the start of the Games.

All sports venues have been visited in Lahti by the ExCo and all found to be more than adequate. The majority of venues are located in a circle with a diameter of 2 kilometres, well within walking distance of each other. The 1997 Games will be the most 'compact' of all.

Housing of participants in 1997 will be centralised in three institutions: **Vierumäki Sports Centre, Pajuhlahti Sports Centre** and the **Hennalä Regimental Barracks**. The first two being located outside Lahti, a transport service will be set up, with regular shuttle buses and special transport for the teams on the days of their competitions.

NAME CHANGE

The Australian Trampoline Sports Union has changed its name and will now be called: "**Trampoline Sports Australia Incorporated.**"

The address will remain the same but the telephone and fax numbers have changed (with the addition of a 9 in front of the local number).

ADDRESS CHANGE

One of the FIT 'manufacturers' has changed their address as follows:

TRAMPOLAIR
Place de l'église
78540 Voilsles

FRANCE

FIT ARTICLES FOR SALE

The FIT has a number of articles for sale at cost price to Member Federations. Please order direct from the Secretary General.

Article	Cost
White Watch	30.00
Black Watch	38.00
Silver Watch	42.00
Stickers	00.60
Small Pocket Knife	15.00
Tie	18.00
Lapel Pin	04.00
Keyring	05.00
Small Pennant (flag)	06.00
Large Pennant (flag)	20.00
Letter Opener	20.00
T-shirt (violet)	15.00
T-shirt (black)	15.00
Polo Shirt (white)	25.00
Video-clip Promotion	25.00
Video-clip Schwertz	30.00

All prices are in German Marks



The German Sport University has announced the death of

Prof. Dr. Manfred Donike

Prof Donike was a scientific pioneer and leading science authority in the national and international campaign against doping. His work helped to set international standards in research on doping and also in the development of leading methods for the analysis of drug tests.

His unexpected death is a sad loss.

FIT Secretary General

André Gueisbuhler
Rue des Oeuches 10
Case Postale 10
CH-2740 Moutier 1
SWITZERLAND

Tel: (41) 32 936666
Fax: (41) 32 936671



WORLD CUP SERIES 1996-1997

The following World Cup events have been assigned for the above series:

1996

27-27 May - Krasnodar, RUS
27-28 Sep - Frankfurt or Hannover, GER
05-06 Oct - Ceske Budejovice, CZE

1997

In view of the 1998 World Championships being staged in Sydney, the FIT has contacted **HKG** and **AUS** to see if these member federations will organise World Cup events during March 1997, to be held within one week of each other, in **Hong Kong** and **Sydney**.

World Cup Final 1997

FRA and **GER** have presented their candidatures for the World Cup Final 1997.

WORLD CHAMPIONSHIPS 2000

The 21st World Championships 2000 will be assigned at the 1996 Congress in Vancouver.

Federations who are interested in hosting this major event are requested to send their candidature, including all documents, as well as the necessary deposit, as per the Regulations for the Assignment of Championships (Handbook 1995 page 139) to the Secretary General by **20th February 1996**.

NEW MEMBER FEDERATION

The FIT Board has unanimously accepted the **Namibian Gymnastics Federation** as a provisional member of the FIT and will propose Namibia (NAM) to be accepted as a full member by the Congress 1996.

President of the Namibian Gymnastics Federation is **Mrs Valereis Geldenhuys** and address of this new member is as follows:

Namibian Gymnastics Federation
P.O. Box 834
Swakopmund
NAMIBIA 9000

Tel: +264 641 62659
Fax: +264 641 62813

FIT NEWS sends its congratulations to the new member.

CONGRESS 1996

Tuesday 20th August

The Congress will take place in the official FIT Hotel, which is the **Burnaby Villa**, Vancouver, Canada.

Member Federations are reminded, that the last date for proposals to be received by the FIT Secretary General, is:

21st May 1996 (to be received in Moutier)

Congress Documents will be mailed to all between 1st and 5th July 1996.

JANNIE JANSEN AWARD

Nominations for this bi-annual award are to be submitted by Member Federations, to the **FIT Secretary General**, by **21st May 1996** at the very latest.

INDO-PACIFIC TRAMPOLINE FEDERATION (IPTF)

The IPTF held their conference on the occasion of the Indo-Pacific Championships, in **Kitami City, Japan**, last July.

Ann Sims (USA) was elected the new President and **Masanori Obayashi (JAP)** Vice-President.

The IPTF has confirmed **South Africa** as candidate for the next Indo-Pacific Championships, to be held in **Sun City** during the month of September 1997.

FIG GALAS in TOKYO and OSAKA

Following their 1995 Gymnastics World Championships in **Sabae, JAP**, the FIG organised two Galas with the Gold Medal winners. The FIT were invited to participate in both galas, with both their individual ladies and individual men's world champions. Also invited to participate were the FIT President and the coaches of both champions. A similar invitation was sent to **IFSA**.

Both the FIT and the Russian Trampoline Federation were pleased to accept the invitation.

The galas were held in October, and from all accounts were a tremendous success.



NEWS FROM THE FEDERATIONS

AUSTRALIA

The 1995 national championships were held in the town of **Southport**, Queensland at the end of September with the following results:

TR(L)IND

01. **Donna White** 94.2 points
02. **Robyn Forbes** 92.8 points
03. **Jackie Cully** 92.5 points

TR(M)IND

01. **Adrian Wareham** 103.6 points
02. **Michael Johnston** 101.6 points
03. **Ji Wallace** 96.8 points

DMT(L)IND

01. **Robyn Forbes** 19.40 points
02. **Donna White** 19.27 points
03. **Elizabeth Cox** 19.23 points

DMT(M)IND

01. **Adrian Wareham** 22.40 points
02. **Adam List** 19.34 points
03. **Paul Hadfield** 18.80 points

TU(L)IND

01. **Elizabeth Heslop** 65.27 points
02. **Tammy Green** 61.60 points
03. **Nikki Ahrens** 60.60 points

TU(M)IND

01. **Aaron Richards** 69.90 points
02. **Ji Wallace** 69.50 points
03. **Karl Chipendall** 64.70 points

TR(L)SYN

01. **Cully/White** 123.10 points
02. **Hanselmann/Ridge** 118.7 points
03. **McDougall/Forbes** 119.6 points

TR(M)SYN

01. **Wareham/Johnston** 129.3 points
02. **Craighead/Shore** 111.10 points
03. **List/Huff** 93.90 points

NZL athletes were also in attendance.

The 1996 national championships are due to be held in the city of **Perth**, Western Australia, from the 8th to 12th July.

BELARUS

The Federation has a new fax number. This is:

00375.02122.40482

Reserve fax numbers are:

00375.0212.373113

00375.02122.15379

CANADA

Vancouver was the host city for the last in the 1994/95 World Cup series, with the competition being held in the PNE. Although large crowds visited the huge site during the long competition schedule, very few bothered to take in the competition, even although entry was free. As this is also the venue for the 1996 World Championships, a great deal of publicity will have to be generated over the next eight months if we are going to attract spectators. A task that the Canadian Organising Committee for the World Championships are now very much aware of.

The event gave a number of athletes the opportunity to obtain the necessary additional points required to gain a place in the World Cup Final, which was held in Copenhagen last November.

Results were:

TR(L)IND

- 01 **Susan CHALLIS (GBR)** - 10 points
- 02 **Tatiana KOVALEVA (RUS)** - 9 points
- 03 **Jennifer SANS (USA)** - 8 points
- 04 **Catherine WORLEY (CAN)** - 7 points
- 05 **Marianne ST JACQUES (CAN)** - 6 points
- 06 **Alice BESSEIGE (FRA)** - 5 points
- 07 **Jennifer PARILLA (USA)** - 4 points
- 08 **Magali TROUCHE (FRA)** - 3 points
- 09 **Galina LEBEDEVA (BLR)** - 2 points

TR(L)SYN

- 01 **BESSEIGE/TROUCHE (FRA)** - 10 points
- 02 **WORLEY/RATCLIFFE (CAN)** - 9 points
- 03 **LARSON/SANS (USA)** - 8 points

TR(M)IND

- 01 **Dmitri POLIARUSH (BLR)** - 10 points
- 02 **Fabrice SCHWERTZ (FRA)** - 9 points
- 03 **Michel GREEN (CAN)** - 8 points
- 04 **Mads LEDSTRUP (DEN)** - 7 points
- 05 **Lennard VILLAFUERTE (NED)** - 6 points
- 06 **Jesper DALSTEN (DEN)** - 5 points
- 07 **Alexandre TKATCHEV (RUS)** - 4 points
- 08 **Fabrice HENNIQUE (FRA)** - 3 points
- 09 **Andrei KOSOV (RUS)** - 2 points
- 10 **Jeremy BROCK (CAN)** - 1 point

TR(M)SYN

- 01 **DURAND/HENNIQUE (FRA)** - 10 points
- 02 **LEDSTRUP/DALSTEN (DEN)** - 9 points
- 03 **TURGEON/GREEN (CAN)** - 8 points
- 04 **VILLAFUERTE/VILLAFUERTE ((NED))** - 7 points

CZECH REPUBLIC

The 1995 Czech Trampoline Open Championships were held in the town of **Ceské Budejovice** last September. There were a large number of foreign athletes present at the event. Main results were as follows:

TR(L)IND

01. **Lada TSEBRENKO (UKR)** 97.8 points
02. **Alexandra HAJKOVA (CZE)** 92.7 points
03. **Katarina PROKESOVA (SVK)** 92.3 points

TR(M)IND

01. **Evgeny BELIAEV (BLR)** 104.5 points
02. **Ruslan KASHPERKO (BLR)** 104.1 points
03. **Guillaume BOURGEON (FRA)** 103.4 points

TR(L)SYN

01. **HONZAKOVA/VACHNIKOVA (CZE)** 125.8 points
02. **LANGEROVA/HAJKOVA (CZE)** 124.8 points
03. **SMOLJAKOVA/PODASENKO (BLR)** 121.2 points

TR(M)SYN

01. **BELIAEV/KASHPERKO (BLR)** 133.1 points
02. **ZAIM/SAWICK (POL)** 127.5 points
03. **HRUDA/DOSTAL (CZE)** 121.9 points

DENMARK

Two of Denmark's long serving former internationalists, **Anders Christiansen** and **Majka Sand** were married in Haslev last July in the town of **Haslev**.

Majka, who is now in charge of the Danish Youth Squad, had her best result in the Auckland World Championships, finishing 6th in the ladies individual event.

Anders was European Champion in 1989, along with his partner John Hansen, in the synchronised event. The pair also took the silver medal at the Auckland championships, with Anders ending his career with the individual bronze medal at the 1993 European Championships.

As well as her coaching commitment with the national squad, Majka works as a teacher. Anders works in a government commission and is a forester.

All of their friends in the FIT family wish them every happiness in the future as husband and wife.

GERMANY

The **1st FIT World Team Masters** was held in the city of **Frankfurt** last September and what an excellent event it turned out to be. Along with the thorough German organisation, this innovative event proved so successful that a number of member federations present were talking about hosting future World Team Masters.

With the female and male athlete from each team performing their individual routine, followed by both taking part in the mixed synchronised element of the event (all three scores counting towards the overall title) the results of the competition were not known until the very last team had completed their routine.

It was quite evident that a lot of preparation had gone into the synchron element especially, and the spectators thoroughly enjoyed the whole competition which was televised live on German TV.

15 of the top teams from the last World Championships participated, with the following results:

1. **BLR - 120.1 points**
2. **GBR - 120.7 points**
3. **FRA - 119.3 points**
04. **GER II - 116.5 points**
05. **DEN - 115.0 points**
06. **UKR - 114.8 points**
07. **POL - 113.3 points**
08. **USA - 110.0 points**
09. **CZE - 108.6 points**
10. **RUS II - 88.6 points**
11. **SCO - 87.0 points**
12. **BLR II - 80.8 points**
13. **GER I - 80.3 points**
14. **RUS I - 76.5 points**
15. **NED - 50.3 points**

The top three teams were represented by the following:

Belarus

Galina Lebedeva and Dimitri Poliarush

Great Britain

Andrea Holmes and Paul Smythe

France

Magali Trouch and Fabrice Schwertz

HOLLAND

From the month of October past, there has been a number of changes to telephone/fax numbers in the country. The following changes will be of interest to members:

KNGB

tel: +31 55 5052131 fax: +31 55 5052505

Jos Kerkhoven (member FIT TC)

tel: +31 23 5292828 (B) +31 251 239284 (H)
fax: +31 23 5280530 (B)

Carla Verstraten (member FIT Medical Commission)

tel: +31 55 5062692 (H)

PORTUGAL

The **IV International Trampoline Youth Tournament**, was held in the town of **Santa Maria de Lamas** during the month of July past. There was a large entry from a number of European countries and it was pleasing to note the entry from Algeria. Main podium placings went to the following:

TR(Girls)IND

01. **Marina MOURINOVA (RUS)** - 95.0 points
02. **Natalia BOROVIK (RUS)** - 91.4 points
03. **Marta KUBIAK (POL)** - 91.1 points

TR(Boys)IND

01. **Krystian SAWICKI (POL)** - 99.5 points
02. **Joao MARQUES (POR)** - 97.5 points
03. **Diogo FARIA (POR)** - 94.9 points

TU(Girls)IND

01. **Tania SANTOS (POR)** - 66.54 points
02. **CATIA Silva (POR)** - 64.93 points
03. **Susana VICENTE (POR)** - 60.93 points

TU(Boys)IND

01. **Hugo REIS (POR)** - 69.60 points
02. **Bartosz DONDAJEWSKI (POL)** - 66.67 points
03. **Rui GOMES (POR)** - 65.40

DMT(Girls)IND

01. **Marina MOURINOVA (RUS)** - 18.00 points
02. **Sara NEVES (POR)** - 17.76 points
03. **Tania GALAO (POR)** - 17.20 points

DMT(Boys)IND

01. **Nuno LICO (POR)** - 21.34 points
02. **Diogo FARIA (POR)** - 21.33 points
03. **Carlos SINGEIS (POR)** - 21.10 points

TR(Girls)SYN

01. **M KUBIACK/A LONOWSKA (POL)** - 108.7 points
02. **T GALAO/S NEVES (POR)** - 107.3 points
03. **I VASSILIEVA/N BOROVIK (RUS)** - 92.5 points

TR(Boys)SYN

01. **C SINGEIS/D FARIA (POR)** - 119.6 points
02. **J FAGUNDES/P REIS (POR)** - 118.9 points
03. **K SAWICKI/M MANIA (POL)** - 114.3 points

This annual youth competition is becoming extremely popular with more and more member federations taking part each year..

RUSSIA

Nicolai Makarov (member FIT Executive) has new fax and telephone numbers. These are:

tel: +07 812 2514159 fax: +07 812 2514262

Russian athletes took part in the FIG Galas in Osaka and Tokyo, at the conclusion of the 1995 FIG World Championships, which were held in Sabae in October.

The **13th European Youth Championships** will be held in the city of **St Petersburg** from 22-28 October 1996.

SCOTLAND

An international Youth match between Scotland and Holland was held in September past, resulting in a win for the Dutch team.

The match was held in the town of **East Kilbride**, which is situated in the West of Scotland, and was attended by a small, but enthusiastic audience.

A return match is planned for 20 April 1996 in the town of **Beekbergen**.

SOUTH AFRICA

New telephone/telefax number for SAATTU is:

+27 (011) 7685693

SWITZERLAND

Cornelie Ott (TV Weisslingen) and **Thomas Sütterlin (TV Sursee)** are the reigning 1995 senior national champions, having won their titles in **Mörriken-Wildeg** last May.

Didier Raffaelli (FSG Ecublens) and **Markus Wiesner (TV Lies)** were the men's synchronised champions. Junior synchronised champions were **Veroniq Boillet** and **Mathia Schorro (FSG Cully)**.

USA

Ann Sims is to be congratulated on her recent appointment as **President** of the **Indo-Pacific Trampoline Federation (IPTF)**.

FIT REPRESENTATIVES

FIT representatives at an official event, will in future, not only be responsible for the technical supervision and formation of judges panels, arbitration juries etc., but also all non-technical matters such as officials speeches, representation of the FIT, medal ceremonies etc.

The FIT representative will have the right to interfere at any time in the interest of the FIT and to make certain that all rules and regulations, FIT protocol etc., are adhered to.

An article in the Championship Regulations as per 1st January 1997, will be introduced to cover this decision.

AWARD OF FIT DIPLOMA

Rebound Products of Canada have been awarded the FIT Diploma for their trampolines, which are to be used in Vancouver for the World Championships, and Kamloops on the occasion of the World Age-Group Games.

Rebound Products is a company owned by **Dave Ross**, who has been involved in the sport for many a long year. FIT NEWS sends congratulations to Dave.

FIT EVENTS LIST

The dates of your national events are now required by myself and the FIT Secretary General as soon as these are known.

We also require to know the dates of other major events being held by your federation. We are continually being requested to provide dates etc., by a number of agencies, and this is very difficult to do if we do not know dates in advance.

Our Events List is circulated all over the world, to the IOC, GAISF, AIPS and the world press.

Your assistance in providing dates will be much appreciated. **Ed.**

FIT TECHNICAL FORUM

Frankfurt - September 1995

28 participants representing 14 member federations were present in Frankfurt for the Technical Forum, hosted by the German member federation.

Topics discussed over the two days covered all aspects of our sports, and included an excellent presentation from **Prof. Ludwig Schwiezer** on the work being carried out by the Freiburg Institute on testing of FIT equipment.

President **Ron Froehlich**, who was in attendance throughout the forum, took the opportunity to update those present on the discussions with the FIG. He was happy to report that his meetings with the FIG and with the IOC to-date had been both fruitful and helpful.

A report on Judges and Coaches Courses held throughout the current year, was presented by the TC President, **Horst Kunze**. Much has still to be done, and will continue to be done, in an effort to help develop our sports in non-member countries, with the TC continuing to work closely with the Promotion Commission on these matters. '*Judges seminars*' will now be held prior to major championships, with the first of these having been scheduled for the European Championships in Antibes this month.

Amongst other important topics under discussion were a number of decisions from the Executive Committee at the FIT Board Meeting held in Vancouver, August 1995. These included:

Synchro at World Championships.

Only 1 pair per member federation is allowed to compete.

Due to increasing number of participants, the FIT Board feels that it has to begin some limitation of entries. Already, the Regulations invest the Executive with the power to limit, or in some other way, alter the number of participants at an event. To come into effect from **1st January 1996**.

There was general agreement concerning this proposal.

Regulations for World Age-Group Games. Drop the 10-11 and 18+ groups.

There were no objections to the dropping of the 10-11 age-group. However, the TC will re-examine the proposal to drop the 18+ group.

Those who have competed at World Championships may not compete at World Age-Group Games.

It was felt that athletes should not be able to compete in World Age-Group Games in the same year that they compete at World Championships.

A suggestion that a new format, based on Club entry, which be renamed World Club Championships, or similar, might be a better proposition and one for which clubs could more easily raise funds, than the national federation.

The question of a World Youth Championships is another way of looking at this event.

The TC would look at these suggestions before re-wording a proposal for the 1996 Congress.

Proposals from the meeting in Vancouver included:

Zero start in Finals ("Fresh start finals")

After much discussion a show of hands indicated there was a majority of those present in favour of a zero start into the final.

Sanctioning of events.

There was a general agreement that the current wording was too excessive and in a number of cases unworkable. The FIT had already formed a small commission to look into re-wording the paragraphs pertaining to sanctioning of events, which would take into account what happened in practice rather than what was actually written in the present regulations.

Rule Changes every four years.

Apart from the point of stability in the rules it was also beneficial to treat technical matters in more depth in years of 'non election' Congresses.

All present were in favour of this proposal.

Synchro Preliminaries - Voluntary only.

The TC President explained the need to limit scheduling for major championships and this was the main reason for the proposal.

After a lengthy discussion it was clear that the consensus of opinion was against the proposal.

Changes to the calculation of Difficulty.

This subject caused most discussion, with additional suggestions being put forward from the floor from both the French and Russian delegates. Although it was agreed that these proposals were interesting developments, they required to be looked at more closely.

The TC will reflect on these matters for the future but for 1996 will stick with the proposal as presented in Oporto.

Changes in World Cup Regulations.

It was explained how the current wording needs to be changed to reflect the present situation now that World Cups are an established part of the FIT Calendar.

There was no dissent to the proposal.

Format of the Team competitions at Championships

The TC felt that the amendment to their original proposal had resulted in problems with the scheduling of championships and in the light of this wants to re-submit their original proposal. The Canadians were having great difficulty with the schedule for Vancouver.

After discussion two possible alternatives were put forward. The TC will produce examples of the actual time taken to run the proposed format and the two alternatives so that these can be compared.

Proposals from the Swedish Federation.

The Swedish member federation had put forward a number of items for discussion, amongst which were their ideas on:

Competition Cards/Compulsory Routines.

Removing the need to complete competition cards for compulsory routines.

The Forum were not against this proposal and the TC will look at the details and consider whether or not it could be implemented.

Foot Covering (allowing bare feet).

On the grounds of hygiene there was no support for this. The TC will look at the current rules which do not prevent someone warming up in bare feet.

Other items on the Agenda included:

World Cup 1996-1997.

World Cups already decided:

25-26 May 96 - Krasnodar RUS

27-28 Sep 96 - Hannover GER

05-06 Oct 96 - Budejovice CZE

Further World Cups are being scheduled for:

Dec 96 - Haslev DEN

Apr 97 - Sydney AUS

A number of proposals were put forward at the Forum regarding scheduling and number of World Cups, which the Executive will look at so that new proposals can be formulated.

Further discussion looked at **Judge Nationality, the FIT Handbook and Copyright** amongst many others.

Gillingham, England have provisionally offered to host the next Technical Forum, which will be combined with a Judges & Coaches Clinic, in October 1996.

ATHLETES PROFILE

Luis Nunes - Portugal

In this issue of FIT NEWS we profile Luis Nunes, bronze medalist in Double Mini-Tramp at last year's World Championships. Luis is one on the most successful DMT competitors of the 1990's but has now retired and become one of the youngest national coaches around.

When I call Luis up, it is after midnight and he is just about to start (!) studying. As a third year Physical Education teacher student, with important exams only a few weeks away, Luis is used to late nights. "I usually come back from training around this time. Then I study until about 3 o'clock in the morning. I find it hard to get up early in the mornings, so this suits me fine."

Over the years he has won 14 FIT Championship medals, is a reigning world champion (teams) and three times European Champion (twice for teams and once individually). He started with mini-tramp at the age of 9, in his home town, Lisbon. Three years later, when his club bought a trampoline and double mini-tramp, he gave up the mini-tramp. However, to compete was not part of the plan at first. "We were an exhibition team from the beginning," says Luis. His competition debut was in 1983 and one year later he was a member of the Portuguese National team which was competing internationally for the first time.

Soon Luis became a promising DMT athlete. As early as 1987, aged only 16 years, he was already one of the best in Europe. In the European Championships of that year he had the highest score in the first and third passes, but fell in the second pass. Falling off in one pass, and performing extremely well in the other two, happened to Luis quite a lot until a few years ago. "I think it was because I felt lots of pressure from the people in Portugal. I was everyone's hope. I often over-concentrated in my ambition to perform well." After the European's in 1987, he began to see one of Portugal's most renowned sports psychologist, **Sidoneo Serda**. "That was very useful to me," said Luis. "He helped me a great deal." Luis worked regularly with Serda until 1990, the year after he won his first individual medal in a FIT Championship, by finishing third in the European Championships, held in Poland.

His two greatest successes are the gold medal from the 1993 European Championships, and his third placing in last years World Championships. Making the podium in his home country, and receiving the cheers from the largely home crowd in the **Rosa Moto Sports Hall** was a highlight of his career. However, it could have been even better. Luis could have so easily won the event. After two brilliant skills, and an excellent landing in the first pass of the final, he was in the lead by 0.2 points. In the last pass, Luis travelled too far, finishing outside the landing zone,

resulting in the loss of 0.4 points, and exactly the number of points he required to win the overall title!

Throughout his career, Luis competed in both trampoline and DMT, although he was never as successful in trampoline as he was in DMT. His best result in a trampoline competition was when he made the final of the Nissen World Cup in 1994. "But I always practised more trampolining and double mini." says Luis. "I normally practised five days a week, and approximately 70% of the time I was on the trampoline." But of course, training on the trampoline is also good for the double mini technique as well. Over the past two years, Luis improved considerably in trampolining. "We started to study other competitors closely," says Luis. "I remember that we studied **Sue Challis** a lot, and we also had long discussions about technique with coaches and athletes from around the world, and especially with the French."

What does it take to become a good trampoline and DMT performer? "Strength, both mental and physical," Luis says. "Strength training, conditioning and flexibility training is very important, although that was never my strong side. Most of the time I did weights after the training sessions, but I was too lazy to do as much complementary training as I should have. Also, *craziness* is a must if you are to succeed in double-mini," Luis says. Well, a World and European champion should know!

Nowadays, he doesn't have to worry about weight training, flexibility etc. After the 1994 World Championships Luis decided to retire from competition (he still does the occasional show). **Why did you decide to retire at such a young age?** "It was impossible to combine my own training, coaching and studies, so I had to make a choice. Another reason was that I didn't have a coach at the time." He doesn't seem too disappointed that he never became the World Champion ("I've always trained because I enjoy it, not to be successful") but he would have liked to continue developing in trampolining. "I was feeling very good when I stopped and would have wanted to compete in the World Cup, in an endeavour to make the World Cup Final."

Since November 1994, Luis has been the Portuguese National Coach. **You are very young for a national coach. Is that a problem,?** "Not at all, I can only see advantages. Talking with the athletes is easy for me, and it is easy for me to be their friend, which I think is important. And because I've been rather successful, they sort of look up to me, and they respect me. Coaching **Joao (Ferreira, 5th in World 1992)** is very easy since I've known him and trained together with him for so many years."

When I finally ask Luis what he appreciates most with our sport, he doesn't hesitate. "The friendship. Making friends from all over the world. Although trampolinists, in general, are very competitive. There is always a friendly atmosphere at competitions, even at World Championships. I hope that this does not change in the future."

Ulf Andersson

FIT CALENDAR 1996

May			
04-05	National Championships	Ingelmunster	BELGIUM
11-12	National Championships		
25-26	1 FIT World Cup	SWITZERLAND Krasnodar	RUSSIA
30-01	June FIT Board Meeting	Moutier	SWITZERLAND
July			
02-08	National Championships	Phoenix, Arizona	USA
06-07	National Championships	Kettering	ENGLAND
08-12	National Championships	Perth	AUSTRALIA
27-04	August Olympic Games	Atlanta	USA
August			
20	FIT CONGRESS) Vancouver) CANADA
23-25	19th World Championships) Kamloops) CANADA
29-01	Sep 12th World Age-Group Games		
September			
28	2 FIT World Cup	Hannover	GERMANY
October			
05-06	3 FIT World Ccup	Ceské Budejovice	CZECH
22-28	13th E uropean Youth Championships	St Petersburg	RUSSIA
November			
11-13	National Championships	Imphal	INDIA
23	National Championships		SCOTLAND

FIT CALENDAR 1997

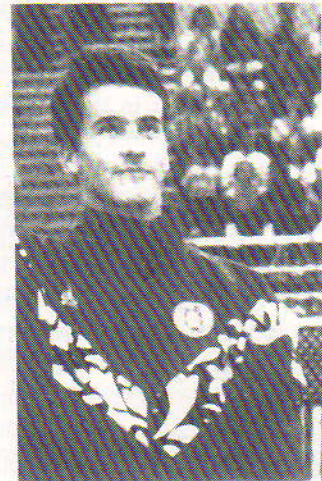
August			
07-17	World Games	Lahti	FINLAND
	Indo Pacific Championships	Gauteng	SOUTH AFRICA
October	15th European Championships	Eindhoven	NEDERLAND
November	3rd World Cup Final		

CHANGE OF NAME

The American Trampoline and Tumbling Association have changed their name to:

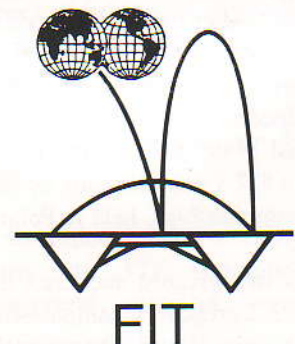
"USA Trampoline & Tumbling"

The address, tel and fax numbers remain the same.



Luis Nunes - Portugal

(See article on Luis elsewhere in this edition of FIT NEWS).



The reproduction of articles and news is welcomed by the FIT. We should however, like to receive a copy of those publications which reproduce any of our articles, either whole or in part.

The opinion expressed in the FIT NEWS merely reflect the views of the authors and are not binding in any way on the Editor or any member of the FIT.

FIT CALENDAR 1998

06-07	FIT CONGRESS)	Sydney
09-11	20th World Championships)	AUSTRALIA
14-18	13th World Age-Group Games)	
	14th European Youth Championships		

NEW TRAMPOLINE TRACK FROM EUROTRAMP

EUROTRAMP Trampoline put on show their revolutionary new Trampoline Track at the recent FIT Team Masters held in Frankfurt.

A demonstration by the Polish team members on the occasion of its launch was enjoyed by the large crowd.

The frame work of the track is made of galvanised special steel tubes of single 2 meter parts, 200cm wide, 72cm high, with a bed of synthetic fabric 140cm wide and manufactured according to the length of the frame work. There are 66 steel springs for every two-meter-part of the frame work.



photo: Bo Tureby

Anders Christiansen and Majka Sand on their Wedding day
(see article under Denmark in Federation News)

NEWS SUBSCRIPTIONS

Subscriptions to the **FIT NEWS** are to be sent to the **Editor** enclosing your remittance as follows:

Cost: *10/15 German Marks will be sent by (please indicate your choice)

- Cheque enclosed, payable to FIT

- Bank transfer to:

Banque de Bruxelles Lambert, Kouter 9000 Gent/BELGIUM

FIT ACCOUNT No: 390.0022 34186

Surname/Name Address

Post Code City Country

***European Countries - DM10 All other Countries - DM15**

