**Alex Sprowell, 12NFB**

Alex qualified for the British National Trampoline Championships which were held in July over three days at Birmingham NIA.

On the Friday, the competitors were allowed to warm up and get the general feel of the arena. On Saturday, Alex took part in the heats and managed to get into the last eight for the overall final. Then on Sunday, with family watching, he did his 'voluntary routine', which included doing ten somersaults (some of them doubles) in the final. Alex came in overall 7th in the Men’s Under 17 category.

Alex is now working towards competing at the Southwest Championships later on this year.



