

Alex's Sprowell's recent Trampoline success.

On Sunday 22 April Alex competed in the National Grade C Trampoline Competition at the Welsh Institute For Sport, after completing two very good routines a 'set' and 'voluntary' he got into the final and brought home the 'Silver Medal'. He also was offered a place to go up to the next level of trampolining, and compete at National Fig B. The final bit of big news is that Alex secured himself a place at the British National Trampoline Championships, which will be held in July over 3 days at the Birmingham NIA.