

Name: Katie Dodd

Sports: Trampoline & Double Mini Trampoline (DMT)

Representative Honours(achievements):

2023

West Midlands Regional Finals 2023 (DMT Level 1 & Trampoline Level 4) –Awarded Gold in DMT, Bronze in Trampoline & Bronze in Trampoline Synchro

National League Championships 2023 (Trampoline League 3) - Awarded Gold & National League Champion (Aged 12)

English Trampoline Championships 2023 (Silver Level) - Placed 6th

West Midlands Schools Competition (Years 7-9 Elite) – Awarded Silver and qualified for Zonal Rounds in January 24

How did you get into your sport?

I have bounced from a really early age as my grandparents had a trampoline in their garden. I used to do gymnastics (all four disciplines) and my introduction to trampolining came after attending a holiday club during half term, with my friend.

How did you get involved in trampolining and do you do any other sports?

I used to compete in Gymnastics (4 disciplines) and for 18 months I did both gymnastics and Trampolining. I also dance and have played hockey and cricket for Princethorpe College. Unfortunately, both gymnastics and trampolining both required a number of nights training each week and I realised in order to progress, I couldn't continue doing both and reach my potential. it was during lockdown I made the decision to commit to developing my trampolining. I am a member of Central Galaxy Trampoline Club (Coventry), they have training facilities at both The Connection and Alan Higgs,. It's a fantastic club, very supportive and that's really important to me.

I generally love most sports and whilst trampolining is often an individual performance, the club members all support each other, even when you are competing against each other.

I'm generally competitive and love the adrenaline rush you experience when performing in a competition.

What does your training/week programme look like to compete at your sporting level.

My current training involves training three evenings a week, for 2hrs each evening. During the holidays I also attend day camps, which sometimes involves travelling to facilities that enable you to learn new skills with the relevant safety equipment. This is usually in Sheffield. A typical training session involves warm up, practice on trampoline/DMT, followed by conditioning. All three aspects are an important part of my development.

What has been the highlight of your season?

I've realised working on all aspects of my performance has enabled me to gain valuable extra points, which has definitely helped me achieve medal positions this year.

It's hard to pick a particular highlight but winning Gold & National League Champion was my overall highlight, everything just came together on the day.

What are your goals for this season?

The trampoline season starts again in January 2024, with the National Schools Zonal round. It's great to represent Princethorpe College having finished in second in the first round.

My goals for 2024 are to try to improve on my 2023 results. I also want to compete in British Championships next year. This is something I am currently working towards and from January I will increase my training to four nights a week. I also need to master a routine that involves two double somersaults.

Who are your sporting role models?

Bryony Paige, she is now 32 and has had a really successful career, recently winning the 2023 World title in Birmingham, which was great to watch. She is also a double Olympic medallist and continues to compete at the highest level.

What advice would you give to young sports performers?

Sport is competitive and in trampolining & DMT improving every part of your routine just a little, enables you to gain you valuable points.

I've learnt in trampolining you have to be brave to achieve results and sometimes on the day it can go really well, but equally sometimes you will fall, but you have to go for it!

Whilst you mainly compete as an individual in trampolining and DMT, it is so important to have your team members support. I'm really lucky to be part of a supportive club, we celebrate peoples success together and we support each other when things don't go to plan. We train for hours to master our routines and on the day, you only perform two routines in front of the judges.

I love the adrenaline rush trampolining gives you, it drives me to succeed, but on the day I can only do my best, enjoy my successes and learn from my mistakes.