



## Jumpers Rebound Centre

Jumpers Rebound Centre is the UK's largest purpose-built facility for trampoline sports. Here, 2004 Olympic finalist Gary Smith works and trains under the watchful eye of International Performance Coach, Martin Laws. Siliconcoach is an integral part of Martin and Gary's training and performance analysis programme.

Siliconcoach TimeWARP is used by the Centre's national & international competitors, enabling the athletes to review their own performances. "TimeWARP has made my life a great deal easier, allowing athletes to monitor their own technique in line with coaching advice," says Martin.

Siliconcoach Pro is also used for presentations and discussions concerning technique and performance advantages. Over the last 6 years Martin credits Siliconcoach with enabling him to gain a much better understanding of the crucial 0.5 of a second athletes are in contact with the trampoline.

"The most obvious benefit has been Gary Smith reaching the finals at the 2004 Olympic Games" notes Martin. "During that season we became the first British club to win all the available trampoline disciplines including all men's titles: individual champions, teams & synchronised pairs."

"Siliconcoach software has also allowed me to make very considered & evidence-based presentations." This in turn has given Martin great respect in the coaching community. "Following the use of this software, people now seek to utilise my expertise. I have no hesitation in recommending Siliconcoach to other coaches."

"The most outstanding benefit has been reaching the finals at the 2004 Olympic Games. I have no hesitation in recommending Siliconcoach."

Martin Laws

Managing Director & Senior Coach  
Jumpers Rebound Centre

[www.trampoline.co.uk](http://www.trampoline.co.uk)

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Software Used: Pro & TimeWARP