

Stockport School of Gymnastics

April 2010 Newsletter

We have a celebrity visitor

We had a famous visitor one Monday night, Donal MacIntyre the investigative journalist and star of last years Dancing on Ice. So was he onto a new exposé of gymnastics; no, just working in the area and was looking to see if he could learn some new moves to use in his ice skating. He posed for pictures with the gymnasts and will be back, well least he said he would.

We are starting to gear up for the start of the 4 piece season with the Stockport Easter Competition on Sunday 11th April. There are no entry criteria for this competition, but the next 4 piece will be the GM Open in June and we will be running the trials for Novice

and Level 4 gymnasts to post a qualifying score.

The results of the March pro-



Donal with the girls

file are available in the Club pages on the website with a summary on the notice board. The Gymnast of the Month will be awarded to the gymnast with the best profiles, this may not always be the highest

score; it could be the biggest improvement in a month and so on. All gymnasts should be improving each month.

Sainsburys are running the Active Kids programme and we are collecting. Put your vouchers in the box in the gym.

The planning application for Pepper Rd is going very slowly, the planners seem to be overloaded with work and we have still had no official reply to our documents after 8 weeks.

Training times are altered due to Easter and competitions so make sure you know when you should be in.



April 2010 Events

The Gym opening will be different over the Easter period for different groups so do get the timings from your coaches.

4 April

Easter Sunday, no gym

5 April

Easter Monday, gym as normal, but check if your coach is in.

11 April

Stockport Easter comp. If you are in it then turn up at the right time for your round. The 'I believe' display is not quite ready and hence we will leave it until the schools display in June. There is NO gym for all other gymnasts.

26 April

The AGM in the small gym at Dialstone. We elect the new committee and receive their reports on what has been going on this year.

All other sessions as normal. Tuesday gym will not be restarting, conditioning is now on Saturday mornings.

In this Issue:

The Phil Tighe Comp

GM Presentation Evening
Calendar

Stockport Easter Comp

Profiles

The New Gym

The SSoG Calendar for 2010

11 April

Stockport Novice Competition
Venue: Target Life Dialstone.

26 April

AGM in the small gym at Dialstone. 6.30, no gymnasts please.

8/9 May

Greater Manchester Floor & Vault Competition
Venue: Copley Recreation Centre.

11 May

Safeguarding and Protecting Children Workshop to be held in the small gym at Dialstone from 6.00 to 9.00. The details are on page 3 and all interested parties are invited to attend.

12/13 June

NW Floor & Vault Competition.

Venue: Birchwood Tennis and Recreation Centre

19/20 June

Greater Manchester Open Competition
Venue: Copley Recreation Centre.

26 June

Display at Brookside Primary School

3/4 July

Frank Williams Competition. This year with a new competition and new rules.

Venue: Target Life Dialstone.

25/26 September

NW Age Groups, Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre

16/17 October

Greater Manchester 4 Piece Competition
Venue: Copley Recreation Centre

30/31 October

NW Out of Age Individuals Competition
Venue: Birchwood Tennis and Recreation Centre

7 Nov

The Club Championship. End of 4 piece comps for 2010 and the start of Grades training.

The 'Shirt of Hurt'

March was the month of Sport Relief with the main events being a 1 mile run and the evening on the tele of sports based comedy. We didn't do any running, but we did pick up on the Radio 5 Live 'Shirt of Hurt'. The challenge was to wear the shirt of the team you least liked. Easy for Dave, a big City fan, the shirt was the Man Utd kit, especially with the banter that has gone on over the years with all the Red parents in the club.



Dave, the new Red?

Alyson brought in the kit and

Dave wore it for the whole Saturday, very brave.

The sponsor forms were filled in and he has already collected £120 with more to come.

A great effort Dave and there are lots of photos available for you to send to all the mates at the office.

If you sponsored Dave, please bring in the money, or if you would like to sponsor Dave the forms are still available and it's not too late so dig deep for this good cause.



Twinning Visit

We failed to visit France last year and this year we have decided that the trip is just too expensive to run. The trip is organised by the voluntary twinning committee and receives only a small amount of funding from Stalybridge. When we first started there were swimmers, cyclists, photographers and us, so the cost was reasonable. Now we are the only sports club left and we were estimating that we would have to pay out £200 each, or heavily subsidise from club funds. With the new gym needing money, we decided to give the trip a miss this year

More Mats

We have ordered 6 more of the big crash mats, this time in red. They are on a 6 week delivery so should be with us during May. We were thinking that we need some more mats as we can get a bit short during the weekend with gym going on in the Sports Hall and the small gym and another few mats won't make much difference when mat shifting.....

Not just joking, they are replacements for soft mats and Saturday mornings will be the same fun as usual.

Club Membership Fees

The annual club membership fees are due on 1st April 2010. This applies to all 2 and 4 piece gymnasts. They are £10 and cheques should be made payable to SSoG. Please pay promptly to Helen Sefton.

Your Gymnast Rep

Avid readers of the Exec Committee Minutes in the Club Pages on the website will have noticed that Jess Todd attended her first committee meeting in March. Jess was elected to the committee by the gymnasts as Gymnasts Representative and the idea is that she will put forward the gymnasts view of the club to the committee each quarter.

How will Jess know?

All gymnasts, if they have anything that they would like the committee to know, if they have any suggestions on how the club may be improved and so on, they should let Jess know and she will pass it on to the committee. As the meetings are only every 3 months, then she may bring it up at the coaches meetings, which happen every Sunday at lunchtime.

So if you have anything to say, talk to Jess.

Sophie Kindon

Sophie wasn't with the club that long, but she will be remembered as a gymnast with a lot of determination. She was spotted at the Frank Williams Competition in 2008, where she came 4th overall and was invited to train with the club. Sophie was injured for the grades in 2009 and started to train with the 2 piece squad. But she was very determined and improved her strength on the bars by conditioning at home, entered the 2010 grades and passed grade 13. We wish her well at Manchester South. The picture? That's how we will remember her, holding handstands, even on the beam, forever.

Thank you to her mum, Karen, who used to help on the Saturday morning Tuck Shop.



Lunch and Hoodies

A couple of points for the weekends.

Hoodies and zips

The Sports Hall gets very cold during the winter and there will be sessions where the gymnast will need to wrap up. Please bring a top or T shirt, but we do ask, NO ZIPS as they can damage equipment and NO HOODIES as the hoods move during performance.

Lunch

On Saturday and Sunday, no eating in the gym and no running about or shouting. It is only a 20 minute break and we do encourage the gymnasts to eat all of the food that their parents have prepared, not just the sweets and crisps.

The centre staff also ask that we clear up afterwards, leave the eating areas tidy.

Printing

I appealed the other month for help with the printing of the newsletter. I get through a set of ink cartridges every time the newsletter is issued, and although you can see it on the internet, it is nice to be able to take a copy, read it in the gym and pin it on the fridge at home.

So a big thanks to Andrew Burgess who is now our official printer.

Greater Manchester Presentation Evening

Being a member of the Greater Manchester Grades Squad is one of the highest achievements for our gymnasts in recent years and a great experience for the them. Every so often the GM Panel organises a Presentation

Evening when gymnasts get a special award and so do the County coaches and judges. This year Presentation Evening was held on Saturday 13th March at the Norton Grange Hotel in Castleton. Represent-

ing Stockport in this sell out event were Carla Mansfield, Jade Hollick and Izzie Blissett. The theme was 70's fancy dress, so that explains the gear being worn by the presenter, Mike.



The New Treasurer

I appealed for a new treasurer in the last newsletter and was amazed when Gareth Martin volunteered to take over from Helen. Excellent, good to see new faces on the committee and we wish him luck.

Safeguarding Course

We are running a Safeguarding Course for all coaches, Committee Members and parents who are in the gym on a regular basis.

This workshop is aimed at any individual who is involved with coaching, leading or assisting within children's activities. It covers topics including good coaching practice, recognising signs of abuse and the correct course of action to take if concerns are raised.

The course is on Tuesday 11th May in the Small Gym from 6.00 to 9.00. Please let Karen Dooley know if you are going to attend. We have a maximum of 20 places and minimum age is 16.

Active Kids

This year the Active Kids scheme has been extended to Clubs that have Gym Mark and so we have registered. There is now a well constructed box in the gym at weekends where you can put your vouchers. We do understand that we are competing with schools, but do save a few for us. To see the equipment that we can save up for have a look at the catalogue on the link below.

<http://www2.sainsburys.co.uk/ActiveKids/Catalogue/>



Carla



Izzie

The Stockport Easter Competition

The Stockport Easter Competition this year is on Sunday 11th April and will be the usual Easter Egg Fest with a bit of gymnastics thrown in for good measure. The SSoG entries are:

Pre-Novice

Bella Stanyer

Georgia Mather

Izzie Blissett

Ella McKie Crane

Sarah Burns

Olivia Fletcher

Ella Cleaver

Chloe Andrew

Eleri MacLeod

Lydia Shipton

Chloe Astley

Sophie Richards

Novice

Megan Dooley

Sam Hall

Katy Fairbrother

Georgia Hewitt

Leandra Brennan

Level 4

Stevie Taylor

Jess Todd

This competition is the first 4 piece competition for a number of gymnasts in Bev's group in the Pre-Novice category.

Enjoy the competition and get a good score that will help you qualify for the County and Regional competitions.

It will also be the last competition for Jess Todd who moves into full time coaching after this event. Very good luck, win some medals.

The help list is on the notice board and so is the running order. Do help out as most coaches and judges are needed on the competition floor. We will not be doing the 'I Believe' display; it's not ready.

The AGM - Monday 26th April

This year the AGM will be on the evening of Monday 26th April from 6.30 onwards. As it can be a little formal at times, can all gymnasts be left at home please. The official notices will be posted on the notice board in the next week or so.

There are always posts on the committee that need filling, both on the organising side and on

the executive. Think carefully on whether you would like to be involved, then join in.

The exec committee meets 4 times a year, which is not too demanding and the general committee don't meet, but generally get on in the background with their jobs. The aim is to get coaches off the committees to give them more time to coach.



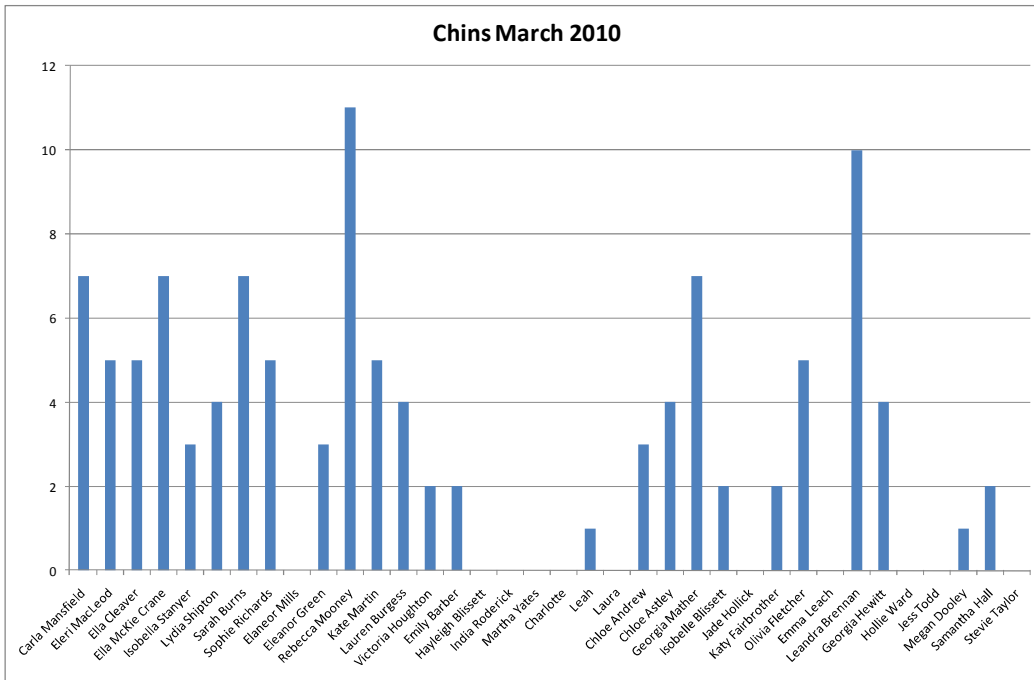
Profiles

So to recap. Profiles are back with the testing completed in March. We only have 4 tests, Splits, Leg Lifts, Speed jumps and Chins.

The results are in the club

pages on the website with the summary, as shown below, on the notice board in the gym. If you don't have the internet, then coaches should have a copy.

The profiles should get better each month, but if they get worse, then we will take more time conditioning until all starts to improve again. Do ask if you have any concerns or suggestions.



Committee Minutes

The minutes of the Executive Committee meetings are all kept on the website in the club pages. We meet 4 times each year; can't guarantee that they are a riveting read, but worth taking an interest in.

European Championship

The European Championships are on in Birmingham between 21st April and 2nd May in Birmingham. There are still tickets left I understand, got to be worth a visit.



Progress on the New Gym

The Pre-Planning Application was submitted at the end of January and now, 8 weeks on we have had no official reply. Phil has been phoning up the planning department on a regular basis to check progress and they appear to be overworked and undermanned. Sounds like everyone these days.

Essentially we are getting no encouragement with lots of reasons given as to why we will not be given planning permission. They are very keen to see us anywhere except on Pepper Road. They have even suggested we have another look at Newby Rd.

So are we downhearted? Well a little, but even more determined that we need to move on.

Schools have been contacted and are not interested in a new facility, we have kicked off the process with Cheshire East to look at

whether Poynton is practicable and have had a look at what is available on Newby Rd.

The main activity is getting the full planning application together to send to the Council.

We have to pay £335, but they must reply in 8 weeks. We will also be starting the political process off with contacting councillors and the like to get the support to be successful.

Club of the Year

We have nominated the Club as 'Club of the Year' in the Stockport Sports Awards for 2010. We regularly apply and have come very close a couple of times, but I don't think we will make the shortlist this year; there is some very strong competition this year. still, fingers crossed.

Gymnast of the Month



This has not been announced, but has been discussed by the coaches. In previous years we have awarded the cup on the basis of new moves, attendance, medals, which was complicated to record, and last year by discussion between coaches, sometimes not very objective. So this time, more straightforward, the best profiles, sometimes the highest scores, but can also be the biggest improvement. Easy this month, Leandra Brennan.

Tracksuits

We are between a rock and a hard place with the current tracksuits. The current supplier has said we must buy 20, but this is impossible, we will take ages to gather up for 20 gymnasts who need tracksuits and if the club buys stock, then what size?

We will have to discuss at committee, but in the mean time vote on the website and let the committee know.

Phil Tighe 2010

The Phil Tighe was held on the weekend of 27/28th March at Copley Recreation Centre in Stalybridge. This has become a very difficult competition, especially for the younger gymnasts with some good grades gymnasts and very large class sizes, up to 80.

This was the first major compe-

titition for all of the girls in competition 2 on the un-sprung floor, and they performed as a team, all supporting each other and some great results, which are all on the main website.

This was a good competition for the club. So often we are reflecting on gymnasts that could have done better, but as

a coach and for parents, it was a pleasure to see the club do so well. The results are on the website, with lots more pictures.



Izzie, Georgia (X2) and Bella



Sophie



Eleri, Ella, Lydia, Chloe, Chloe, Olivia, Ella and Sophie



Izzie, Georgia and Bella



Georgia, Bronze on Floor



Izzie, Bronze on Floor



Maisie, Bronze on Vault



Chloe, Silver on Vault, Bronze Overall



Eleri, Ella, Ella, Sophie, Chloe, Grace, Chloe Jess, Jemma, Lilliana, Maisie, Lydia, Olivia

