

# Stockport School of Gymnastics

April 2012 Newsletter

## More Success at the Phil Tighe

The Phil Tighe competition was our only competition in March and it was the chance for the Floor and Vault gymnasts to show how they have progressed in the last 12 months. It was an excellent performance with 9 medals and Georgia Mullany was the overall champion in the over 13 competition.

With the large number of gymnasts training during the week, we have started sessions on Tuesday nights from 6.00 to 9.00. This means that some gymnasts will be shift-



ed from their normal sessions, but we have been flexible to make sure that almost all gymnasts are offered the same number of hours that they currently enjoy.

We must be close now to the signing of the lease. How long can the solicitors drag it out?

We start Physiotherapy on 21st April with a seminar for the coaches and a look at one or two of the gymnasts.

We also celebrate the success of Jess and Aly, who both passed their Level 2 UKCC coaching exams with very high scores. They have worked very hard and deserve their success, Well done.

## Inspired Facilities

We have been reasonably successful with small grants over the years with sums between £200 and £3,500 to support training, crash mats and some flooring. We have never managed to get any funding from the lottery through Sport England.

The new facility is a great opportunity to tap into Sport England money and they have a special fund available in Olympic Year called Inspired Facilities. The grants are for improvements to ex-

isting sports clubs to improve their facilities to attract more people into sport. Properties like Newby Rd would appear to be exactly what the fund is aiming to help. We have applied for a sprung floor, which will be just under £20,000. If we are successful and we should hear quite quickly, it will be a big help with kitting out the centre with essential equipment.

Helen Cleaver is leading a team of people who are busy writing the application,

which is amazingly complicated. The survey filled in by most parents during March was just a small part of it.

There are lots of grants available, but all need application forms to be filled in and this is where the hard work has to be put in. If you want to get involved, see Helen; she will be very pleased to help you with getting started and there is always help from coaches if some technical information is required.

Thanks.

“The success in 4 piece competitions has carried through to the 2 piece club with an excellent performance in the Phil Tighe”

Inside this issue:

The Phil Tighe

Update on Newby Rd

Mat Shifting Rota

Physiotherapy

Tuesday Training

Gymnast of the Month

Ice Skating

Inspired Facilities

New Members

Exam Success



## Phil Tighe Competition 2012

Great performance by the 2 Piece Gymnasts in the Phil Tighe competition at Copley on the weekend of 10th/11th March. We won 9 medal and Georgia Mullany was overall champion in the over 13 competition.

Other medallists were Maisie



Leonard, Hayleigh Blissett, Jody Peters, and Liliana Ashton.

All results and a few more pictures are on the website.

Next competition for the 2 piece gymnasts is the GM Floor and Vault in July.



## The 2012 Calendar

### 1st April

Stockport Easter Competition at Dialstone

### 14th/15th April

First recreational sessions of the spring term.

### 30th April

The AGM. If you have not been to one before, this is the one to attend.

### 2nd/3rd June

Greater Manchester Open at Robin Park Sports Centre in Wigan

### 30th June/1st July

Last day of the recreational spring term.

### 7th/8th July

Greater Manchester Floor and Vault Championship at Copley. Different venue, but the same rules.

### 7th/8th July

Tentative date for the Frank Williams Competition.

### 14th/15th July

Tentative date for the 2 piece intercounty teams competition.

### 14th/15th July

First recreational sessions of the summer term.

### 26th/27th August

Possible date for a 2 day training camp at Loughborough. Dave is looking at the arrangements.

### 15/16 September

NW Age Groups, Teams at Robin Park Sports Centre in Wigan.

### 13th/14th October

Greater Manchester 4 Piece Championship at Copley

## Ice Skating

Time to celebrate again, this time for the fabulous grades results, with a visit to Silver Blades in Altrincham for a session on the ice. There was a little nervousness as traditionally it is a place when it is easy to pick up injuries, but no worries, all came through

with only a couple of minor falls. More pictures are on the website.

It was a full turn out with everyone on the ice, parents, gymnasts, mums and dads, even little sisters.

Where next?



## Brief Updates on Facility

It seems like it has been a really busy month with getting things ready for the move to Newby Rd, but when the newsletter is due, it is clear that not much progress has been made. The month has been dominated by the solicitors sorting out the lease, which I had hoped to clear before the end of March, but looks now like early April.

The architect has been away on holiday and has a backlog to clear, so the plans are a little delayed.

The owner has started to do

his work on the unit to prepare it for us so that is good.

We were supposed to improve the Fred Perry Way footpath next to the gym, but somebody has done it for us during March. So less work for us.

We have got quotes for the heating system and have agreed how we sort out some of the transport and car parking issues raised by the Planning Dept.

We just need to get in!

## Mat Shifting and Tuck Shop Rota

It only comes around once every four weeks. Mat shifting starts at 9.00 am.  
 If you can't make it please swap with someone else. If everyone does their turn it makes it easier for everyone else.  
 Any problems, please see Julie Mansfield.

Mat shifting rota April, May and June 2012									Tuck shop rota
7th April	Wells	Andrew	Stanyer	Cleaver	Blackburn	Hewitt			Kirsten Wheeler
14th April	Mather	Leonard	Mckie Crane	Fletcher	Blissett	Bantoft	Mullany	Marsh	Helen Sefton
21st April	Hall	Hallworth	Hulme	Burns	Brennan	Roberts	Tideswell	Houghton	Helen Potter
28th April	MacLeod	Hollick	Mills	Mooney	Haughton	Martin	Walsh		Julie Mansfield
5th May	Wells	Andrew	Stanyer	Cleaver	Blackburn	Hewitt	Woods		Janet Fairbrother
12th May	Mather	Mckie Crane	Fletcher	Blissett	Bantoft	Harrison	Marsh		Jennifer Lambert
19th May	Hall	Burns	Brennan	Roberts	Tideswell	Leonard	Houghton		Kirsten Wheeler
26th May	MacLeod	Hollick	Mills	Mooney	Haughton	Martin	Thornedyke		Julie Mansfield
2nd June	Wells	Andrew	Stanyer	Cleaver	Blackburn	Hewitt	Peters		Helen Potter
9th June	Mather	Mckie Crane	Fletcher	Blissett	Bantoft	Marsh	Walsh	Harrison	Helen Sefton
16th June	Hall	Burns	Brennan	Roberts	Tideswell	Houghton	Mullany		Janet Fairbrother
23rd June	MacLeod	Hollick	Mills	Mooney	Haughton	Martin	Woods		Julie Mansfield
30th June	Wells	Andrew	Stanyer	Cleaver	Blackburn	Hewitt			Jennifer Lambert

## Other items of Interest

We welcome Amy Harrison to the club. Amy has been a member at CMIG for a number of years and was in the top 3 in Novice Competitions last year and in the GM team in the Grades finals this year. Good luck to Amy at SSoG, where she has to move up to Level 4. She will train in Dave's group.

You may have noticed a new face coaching in the gym at weekends. It's Cloe, who is studying at Manchester University and has coached gymnastics at her home in Belgium. She has gone back home for Easter, but she will return mid April. A big SSoG welcome.

The Physio sessions will be starting with a visit by Lind-

sey on Saturday 21st April. She will initially be concentrating on the gymnasts who have known flexibility problems and will be looking at improving specific joint mobility such that technique can be improved.

We said goodbye to Eleanor Green during March who will now be training at Tameside. Eleanor was only with us for 2 years in which time she progressed from rec to Elite, taking part in the Compulsory Grades and the Level 4 Voluntaries. We wish Eleanor well and will miss Penny, her mum, Judge, Fund Raiser and helper in the gym.

Don't forget that we need as much help as possible for the Easter Competition.

## Gymnast of the Month

The Gymnast of the Month for February was Carla Mansfield. Carla won the Regional Grades final at Grade 10, which is a first for SSoG. Well done.

With no competitions in March the gymnast of the month will be purely on progress in the gym. It's wide open.



## Tuesday Training

Now that the indoor bowlers have completed their competitive season, the small gym is available on Tuesdays to help ease the congestion on Mondays and Thursdays. Dave, Mike and Bev have moved to a Tuesday and there is no change to the groups coached by Aly and Jess,

Mike and Phil and the Development Group. The new groups are on the board in the gym and the new arrangements start week commencing 2nd April. There will be no changes to the fees.

This will be temporary until we move into the new facility at Newby Rd.