

Stockport School of Gymnastics

The growth of the club continues as we pass 750 members and expand our activities at both sites. This month we see a disco being run at Offerton and the start of Ladies Fitness classes at the Newby Road Centre.

We ran a new competition at the end of March, a 4 piece competition aimed at the better recreational gymnast.

Take a minute to read about the new car parking arrangements as we separate our cars from next doors wagons.



April 2014 Newsletter

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SSoG Calendar 2014

April 5th & 6th

National and Compulsory Grades 8 to 3 and Regional Grades Finals at Wigan

April 5th

Disco at the Offerton Centre from 6.30 to 8.30. Tickets are available at the Offerton Centre during weekend classes.

April 7th to April 17th

Easter Camp at Newby Road. 1.00 to 4.00 every weekday. Sign up in the gym or book on the website.

13th April

The Stockport Easter Competition at the Newby Road Centre. This is the Easter Egg comp and we have 150 gymnasts and a number on new clubs entering.

14th April to 22nd April

Easter break for Newby Rd. Centre Rec classes and for Pre-School classes.

19th April and 20th April

Easter break for Offerton Centre Rec Classes.

April 22nd

Start of the Ladies Fitness classes, 10 to 11 every Tuesday at the Newby Road Centre. See the website to sign up or talk to Sarah Potter.

May 11th

Stockport Floor and Vault Championship for better rec gymnasts between Frank Williams and County comps.

June 1st

Compulsory 2 at Ipswich.

June 14th & 15th

Greater Manchester Open at Wigan

28th & 29th June

The Frank Williams at the Newby Road Centre

28th & 29th June

The Phil Tighe at Birchwood Tennis Centre in Warrington

July 26th & 27th

Greater Manchester Floor and Vault Championships

September 20th & 21st

NW Teams and Age Group Championships at Wigan

See the website for more dates including the daytime classes.

Stockport Rec 4 Piece Comp

This is the first running of the competition and a big thanks to Katie Smith and Becky Shaw who organised the whole event. Parents and club gymnasts helped on the day

and everything ran smoothly and on time. 4 clubs took part, Stockport, Newall Green, Tameside and Gymfinity and the full results can be downloaded on the

website.

SSoG gymnasts performed well winning a number of medals and 6 overall trophies. Congratulations to

Libby, Paige, Erin, Georgia, Lily and Zoe.

Hopefully next year we will see some more entries and make a full day of it.



Newby Road, Studio for a day



We had a lot of people in the gym as Title Role filmed some scenes for their new production. The cafe was used for refreshments, team meetings and for make up, the Dance Studio was turned into a set and the bulk of the action was

outside as they filled a bus full of extras.

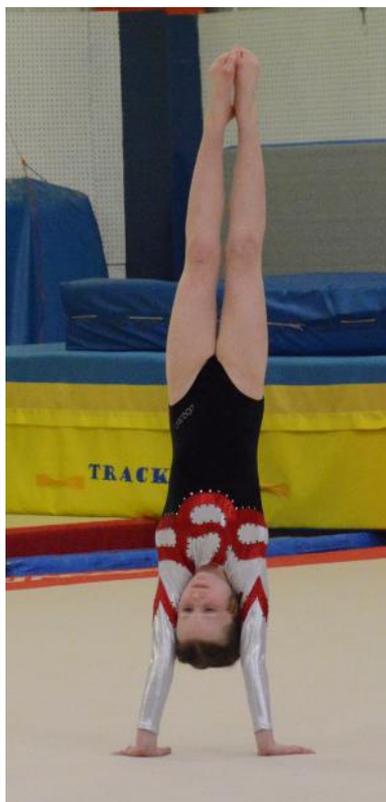
The company are well known for their series 'Crimes that shocked Britain'. Hopefully the next one in the series won't be 'Falling off the beam in a competition'.

The Camelot Competition

We were made very welcome in our first competition at Flic Flac Academy. A big thank you to Steve Cleaver, who was asked to judge at very short notice and as you see from the picture, far right, was very comfortable perched on his pink plastic stool. As for the competition, medals for just about all SSoG gymnasts.

This was a well run competition and was at multiple levels, which allowed both rec and club gymnasts to share the same platform. There were competitions right up to under 55, so maybe we will see some of our retired gymnasts dusting off their leotards.

They don't issue results so we will have to make do with the pictures. We loved the medal podium with neon lights and will be back for future competitions.



Other News

We are holding a couple of parties in the gym during April. These events are to see if the facility is suitable and that the children enjoy themselves. If all goes well then the centre can be hired for parties, really good fun with the foam pits to jump into. Watch out for announcements.

We welcome to the club Sophie Fletcher, who has joined us from Macclesfield Gym Club. Sophie passed Grade 13 in age this year and will be joining Group 5. We wish her good luck and success in the sport.

The English championship was held at Wigan this year so a good opportunity to see our top gymnasts, both men and women, in action. We were honoured as both Nikki Havery and Helen Macleod were line judges over the weekend.

As there were so many top gymnasts around, past and present, there were lots of photo opportunities.



Early notice of the AGM which will be held in the gym at the end of April/ start of May, essentially as soon as we can get the accounts presentable.

The AGM is open to all members so hopefully we will get a big turnout. This applies to the parents of any gymnast that attends at any of our centres.

Do turn up and make your views known, even better, come and help out on a committee.

During March Ruby Hewitt and Becky Mooney attended Liverpool for a training session with Sarah Luck as members of the NW Performance Squad. This was a very useful session, making sure that they are doing the right training to compete in their Grades.

The Greater Manchester Grades Squad is training at Sparks in Rochdale on Wednesday 2nd April from 6.00 to 8.30. Congratulations to Phoebe Fletcher, Chloe Astley, Eleri Macleod and Abbie Marshall who will be representing SSoG.

Join in the 50/50 game being played at Offerton and Newby to raise money -£1 in envelope with name and put it in the bucket. If you get drawn you get 50% and club get 50%

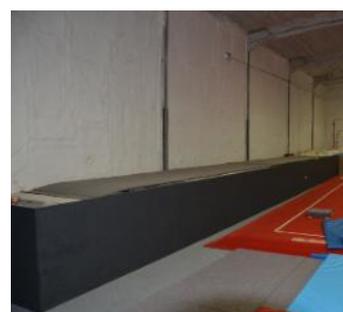
Gymnast of the Month

For the gymnast of the month for February we looked at competition performance and there was a clear winner, Chloe Astley who was the Overall Champion for Regional Grade 9 and has been selected for the Greater Manchester Team.



Centre News

The tumble track has been carpeted and looks much smarter. A new carbon rod tumble track has been ordered from Continental Sports and will be delivered and fitted in April. We will complete the carpeting around the whole gym soon.



Ladies Fitness Class

Ladies Fitness Classes on Tuesday Mornings

Suitable For: Women over the age of 18

Cost: £4 per session

Tuesday: 10am-11am

Start Date: Tuesday 22nd April

Ladies fitness is a gymnastics based, women's only

fitness class designed to offer something for everyone no matter what your level of fitness. Come along and join us for a morning workout and get fit for summer!

To sign up and for more information, contact Sarah Potter

Disco at the Offerton Centre

We have organised a Disco on Saturday 5th April at the Offerton Centre between 6.30 and 8.30. There will be refreshments available and a grand Easter Egg raffle. Tickets are available on each weekend before the Disco at the regular classes at the Offerton

Centre on a first come, first served basis. All money raised will be put into additional equipment for the Offerton Centre.

Full details are available at your normal classes or speak to Jade Waldron or Sarah Potter. It's going to be a fun evening.

Car Park Safety

There have been some scary moments in the car park and we have taken steps to ensure that all centre users are aware of the risks and keep themselves safe while getting from Newby Road into the centre. The main problems have been during the day, especially on Friday morning when we have Parent and Toddler closely followed by Pre-School. It has not helped as the council have put double yellow lines on the frontage.

The diagram below shows the car parking areas. Forgefix have use of both gates so that they can get their large wagons in and out of the yard. We only have the use of the gates directly in front of our entrance.

We have purchased some barriers that will remain in place all

through the day and there is a central barrier that will be moved when wagons are moving through the yard.

We must stay on our side of the barrier and park in our designated spots. NOTE THAT THE 3 PARKING BAYS DIRECTLY IN FRONT OF THE FORGEFIX BUILDING ARE NOW FOR USE BY SSoG.

The landlord will be tarmacking the car park in the spring and we will then mark out the car park and we will also put down designated pedestrian walkways.

This only applies during normal office hours. After 5.30 and at weekends the barriers will be removed and you are free to park anywhere in the yard.

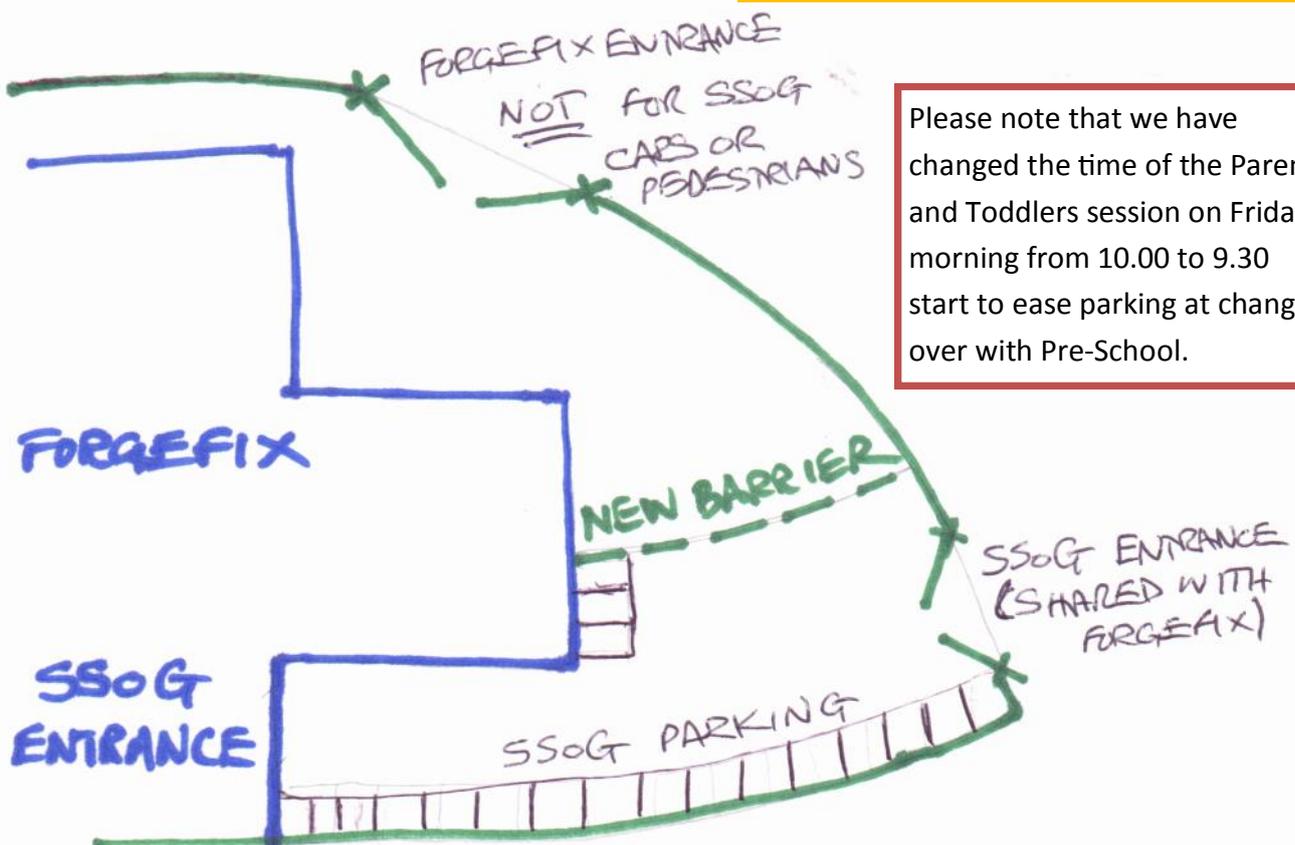
The Golden Rules

Only use the SSoG Gates

Keep hold of Small Children while walking across the car park

Do not park in or walk through the Forgefix car park during office hours

Look out for moving wagons when the barriers are open



Please note that we have changed the time of the Parent and Toddlers session on Friday morning from 10.00 to 9.30 start to ease parking at change over with Pre-School.