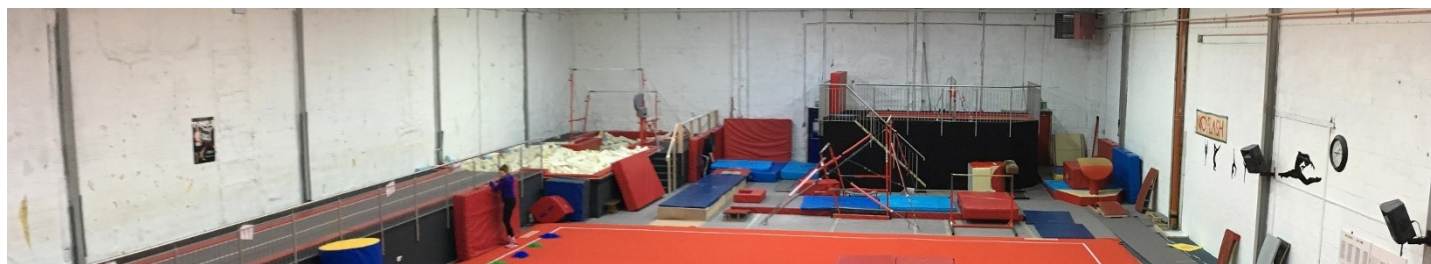


Stockport School of Gymnastics



Strategic Appointment

SSoG are pleased to announce that Fiona Pearson has been appointed as their Business Manager. Fiona starts her new role on 3rd April and will be responsible for all activities at the Newby Road and Offerton Centres, with the exception of the competitive club. Fiona's experience is in the sport of swimming where she developed and managed the swimming classes for Total Fitness, Esporta and the Amateur Swimming Association.



Although Fiona's only experience of gymnastics was as a youngster and the inevitable gaining of 'BAGA Badges', she is

hoping to bring her extensive experience to our club. "I'm excited to be joining SSoG and the looking forward to working with the team to deliver 'best in class' experiences to our cus-

tomers. The Board has set me a target to expand the community involvement and open a second centre"

March April Class Term Dates

Saturdays. 8 weeks. No gym on Easter Saturday.

Tuesdays, Wednesdays and Thursdays. Recreational. 9 weeks.

Mondays. Recreational. 8 weeks. No gym on Easter Friday

Fridays. Recreational. 8 weeks. No gym on Good Friday.

Monday. Pre-School. 6 weeks. No gym on 3rd, 10th April and Easter Monday.

Tuesday. Pre-School 7 weeks. No gym on 4th, 11th April.

Wednesday. Pre-School 7 weeks. No gym on 5th, 12th April

Thursday. Pre-School 7 weeks. No gym on 6th 13th April

Friday. Pre-School. 7 weeks. No gym on 7th April and Good Friday.

Home School. 7 weeks. No gym on 4th, 11th April.

April 2017 News

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Classes :

- ☞ Recreational
- ☞ Pre-School (with parents)
- ☞ Pre-School (independent)
- ☞ Parent and Toddlers
- ☞ Open Play (during holidays)
- ☞ Adults
- ☞ Beginner Adults
- ☞ Ladies Fitness
- ☞ Competition Squad (by invite)
- ☞ Club (by invite)
- ☞ Teens
- ☞ Home School
- ☞ Tumbling (during holidays)
- ☞ Holiday Camps

Additional Information :

- ☞ Recreational classes are available at our satellite centre at Life Leisure Dialstone in Offerton on Saturdays
- ☞ The gym is available for hire by registered organisations
- ☞ Birthday parties are available when other classes are not on

Beat (Beating Eating Disorders)

The club was pleased to be able to support beat, a charity for people with eating disorders. It started with all of the coaches wearing their pyjama bottoms

and we then added all of the proceeds from the 4 piece competition. A cheque for £1100 was presented to Hayley from Beat. Thanks to all.



Regional Grades Finals

4 SSoG gymnasts competed for Greater Manchester in The NW finals for the Club and Regional Grades 1 to 6. Congratulations to Ellen Ijima, who followed up her silver medal in the GM Grades with a second silver in the NW finals. Very good routines and an excellent Range and Conditioning.

The 4 SSoG gymnasts were Charlotte Wells, Holly Duffy, Jenna Kenyon and Ellen Ijima



SSoG Calendar 2017

2nd Apr

Stockport Easter Comp at Newby Rd. This time it is back in it's normal place, just before Easter.

3rd Apr to 13th Apr

Holiday camps, see website for details and to book.

14th Apr to 17th Apr

Closed for Easter, no classes. Club will be in training, but not at the usual times. Coaches will advise gymnasts directly.

22nd/23rd Apr

NW Grades - National Grades at Robin Park in Wigan

6th/7th May

GM Floor & Vault Championships at Robin Park in Wigan. This is a changed date as it was due to be the week before but the booking was not available.

17th/18th Jun

NW Open at Robin Park in Wigan

24th/25th Jun

NW Floor and Vault Championships at Robin Park in Wigan

More on the website

AGM

The AGM will be on Monday 8th May at the gym starting at 6.30. Refreshments will be available. Gym will be on with the Choreography team let loose to do what ever they please. It would be good to see a big turnout.

The agenda and formal invitation will be sent to all members, but will include the plans for the future development of the club.

The current board members are as follows:

First Directors

Karen Dooley	Secretary
Jennifer Lambert	
Mike Healy	CEO
Steve Cleaver	Finance Director

The Board

Phil Richardson	Chairman
Gareth Martin	Treasurer
Sarah Johnson	Welfare (retiring)

Aidan Mooney

This is a very small board and has lots of key positions missing, such as Head Coach, Head Judge, Health and Safety and with Sarah retiring, a gap for Child Protection. All help accepted.

All parents of BG insured gymnasts are members of the club and are entitled to be at the AGM and vote. This is your chance to join the team, ask questions, put the club to rights, or just turn up and enjoy the refreshments.

If you would like to get involved see Mike.

SSoG 4 Piece Competition

Lovely competition with medals and cups for all clubs who attended. A big thanks to all SSoG parents who helped through the day; it's much appreciated and without that help these events can't happen. Thank you to Jayne Mooney for doing all the coordination.

The big winner was beat, the charity who supports eating disorders, as we raised more than £1,100 from the door, cafe and DE Photo donation, Thanks for your support.

So on to the competition. The competition was across all 4 pieces for gymnasts who train for 6 hours or less and would normally be in Floor and Vault competitions.

The results are available on the website. Stockport had 2 overall champions, Olivia Heapy and Alice Mills and a host of medals for other gymnasts. Well done to all competing gymnasts.

The full squad from SSoG were:

Lily Ashton, Olivia Corcoran, Cara Widdall, Olivia Knight, Olivia Heapy, Katie McKenzie, Eleanor Totton, Katie Lee, Sarah Wilson, Emily Mills, Lola Unsworth, Alice Ellarby, Lily Davison, Molly Doo-
dy, Poppy Francis, Francesca Burton, Annabel Clarke, Amy Winterbone, Jessica Rouen-Stout, Erin Archbold, Milly Eyre, Lexie McLoughlin, Emma Turley, Summer Munro, Alice Mills, Ava Renshaw, Ella Hales and Sadie Caine



Development Groups

With Club Grades completed the current development group (the group coached by Berenice) is integrated into the club and we welcome new gymnasts into the development group. The group coached by Sarah Dean are training for grades in 2018 are transferred from Competition Squad into club and will continue to train on the same days as they do now. The younger gymnasts, trained by Chloe Willoughby on Tuesdays and Fridays will now train on Wednesdays and are looking to do grades in 2019. At this age we could see more gymnasts moving into the group and some returning to Competition Squad.

Development Groups	
Sarah	Chloe
Sophie Banner	Emily Winterbone
Riley Morrison-Howarth	Maia Chandler-Oduah
Alys Pike	Charlotte Gilmore
Evelyn Turner	Olivia Doody
Bella Seviour	Poppy Sykes
Lola Mannion	Sophia Carrick-Cummings
	Mia Gundersen

Gymnast of the Month

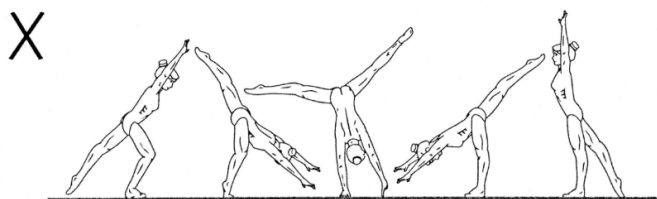


The gymnast of the month for February was Holly Duffy having won the GM Grades competition at Regional Grade 1. Well done Holly.

Calling all potential judges

5.104

Cartwheel with or without flight phase or free (aerial) cartwheel.



The move is a cartwheel and the judging symbol is an X. The judge would be able to give a Difficulty Value of 0.1, which makes up part of the starting value. However as a Club Judge you wouldn't need to know that as all you have to do is work out the deductions for the performance of the move. You would be looking at faults, such as bent knees and scoring them in accordance with the rules.

The rules changed last year after the Olympics and all judges need to requalify this year. It's a great chance for new judges to get trained up so that we have lots of judges to help in the gym and to represent the club at competitions.

There are 2 courses organised, one in July and a

second one in August and we will be running a taster session in May to explain more as to what's involved.

There are some good reasons to become a judge:

- ⇒ You can understand how your daughter got the score she did in competition.
- ⇒ Without judges we cannot enter competitions.
- ⇒ You can help prepare gymnasts for competition; make sure the coaches are doing it right!
- ⇒ It can turn into a passion.

The fees for the course is paid by the club, all travel expenses for competitions are paid and the North West also pays a fee, so you won't be out of pocket.

Sounds interesting?

Talk with Mike and attend the taster session.