

Stockport School of Gymnastics



August 2014 Newsletter

The club goes into holiday mode in August with most gymnasts taking a break in the sun. We have a 2week break in the recreational classes from 18th August to 31st August, but we are running holiday activities at the Newby Road Centre for those who was to keep active.

There were 2 competitions during July, the High Peak Summer Competition and the Greater Manchester Floor and Vault Championship. Both good competitions for SSoG with a record 3 Overall Champions at the GM comp.

This month we are sad to say goodbye to Chloe Andrew, who has been a gymnast with the club since 2006. She is going to concentrate on basket ball and the September Newsletter will have more pictures and a write up on her very successful gymnastics career.

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Alex Norris - Level 2 Coach

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SSoG Calendar 2014

August 4th to 29th

Holiday Activities at the Newby Rd. Gymnastics Centre.

August 18th to 31st

Recreational classes summer break. No Recreational Classes at Newby Rd or at Offerton during this time. All starts back on week commencing 1st September.

September 20th & 21st

North West Teams and Age Group Championships at Wigan

September 27th & 28th

Flic Flac Autumn Competition in their gym in Chorley.

October 18th & 19th

North West 4 Piece at Wigan

November 8th & 9th

Greater Manchester 4 Piece at Wigan

November 22nd & 23rd

North West Floor and Vault Championships

The website has information on the complete calendar with the session dates for all classes. There are too many to list them all here.

High Peak Summer Competition

It was off to Buxton for the day on 19th July for the High Peak Summer Competition. We had a number of gymnasts taking part and all came back with a rosette (4th place) or medals and 1 cup as overall champion (for Rebecca Garside). Full results are on the website.

As this is a 5 piece competition, it is a good competition for our 2 piece gymnasts to test themselves on beam, bars and conditioning.

All gymnasts had a good day and look forward to the Autumn Competition at the same venue.



The Floor and Vault Squad

The club has a good reputation in the North West for being competitive in 4 piece competitions. The number of trophies has increased year on year as have the number of SSoG gymnasts representing the Greater Manchester County.

The recreational sessions too are popular with waiting lists for most sessions.

We haven't particularly ca-

tered for the better recreational gymnast, who wants to do more hours and enter competitions. The bulk of our 2 piece gymnasts are only training for 1.5 hours per week, which puts into perspective their fantastic achievements in the various competitions that they enter.

We aim to develop the Floor and Vault Squad after the holidays and will be inviting in a number of gym-

nasts from both the Newby Rd and Offerton Centres to trial.

The intent is to make the Friday evening recreational sessions into a mainly 2 piece environment and to open up the Wednesday evening sessions to 2 piece gymnasts as well as club gymnasts.

The coaches will be looking at how the gymnasts will be selected over the summer

and letters will be sent out.

The main criteria for the squad is that the gymnasts must want to take part in competitions. This is not an environment for girls who just want to do a few more hours of gymnastics.

Although it is called a floor and vault squad the gymnasts will still train on bars and beam.

Tracey Davenport is the main contact for this squad.

Greater Manchester Floor and Vault Championship

It was quite a weekend at the Greater Manchester Floor and Vault Championships for SSoG. We didn't have many gymnasts entered, but those that did performed very well and won a number of medals and cups between them.

The last round was incredible with 3 Overall Champions:

Zoe Jones, Lily Ashton and Ava Hodson.

Well done to Erin Kiersey and Annabel Clarke.



August Holiday Activities

The Summer Holiday programme is announced for the month of August at the Newby Rd. Gymnastics Centre. We have a mixture of the regular classes, which continue to run throughout the summer, such as Ladies Keep Fit and Home School and we will be running Holiday Camps for Rec, Pre-School and Club.

We will be running the

camp on the following days:

Mondays

Pre-School session from 9.45 to 10.30 and 10.45 to 11.30. Each session is £4.50

Holiday Camp afternoon only, 13.00-16.00 = £12

Wednesdays

Club Camp, by invitation only and only if there are sufficient gymnasts and

coaches to make it worthwhile.

Thursdays

Holiday Camp full day 9.00-12.00 lunch break 12.30-3.30 = £24

Fridays

Pre-School session from 10.45 to 11.30 and 11.45 to 12.30. Each session is £4.50

Holiday Camp afternoon only, 13.00-16.00 = £12

You do not need to be a

member of British Gymnastics or Stockport School of Gymnastics so come and enjoy a session of gymnastics with us.

Please bring a drink and lunch for the all day sessions.

To book your place sign up in the gym or complete the form online.

If you have any questions then speak to one of the centre staff.

Centre Developments

The Dance Studio floor is in and Vicki has already been using it for choreography. The ballet barres have been delivered and will be fitted in August and we are waiting for the delivery of the mirrors. The music system is also in place,



Carpets have been laid in the area next to the beam and vault and we are fast becoming a concrete free zone. We have also cut all the floor mats to shape around the bars and again, no concrete floors showing.



The coaches have looked at additional equipment as there is money available in the budget this year and as a result a further low beam and a practice vault have been ordered. They should be here in September.

The plan for August is to smarten up the handrails around the ski-run. We have also purchased some netting that will fill in the gaps on the handrails and will look at the best way of securing it.

There are always lots of maintenance jobs to do round the gym and if there are any tradesmen that can help, it reduces our costs and means that the money can be spent on improving the facility. PAT testing is something we could do with help and also do we have a plumber in the club?

Other News

Teen Gym has been awarded Sportivate funding. Sportivate is a £56 million Lottery funded London 2012 legacy project that gives more young people the chance to discover a sport that they love. The programme gives 14-25 year-olds access to six-to-eight weeks' coaching in a range of sports. There's a wide range of activities on offer including judo, golf, tennis, wakeboarding, athletics, parkour/free running and gymnastics.

During the six-to-eight weeks those taking part can work towards an event or personal challenge and when the coaching has finished they will be supported to continue playing sport.

Teen Gym and the funding has been organised by our Development Officer, Jade Waldron and supported by Life Leisure. The team will decide how the grant will be used.

Exam Success for Alex

Congratulations to Alex Norris who recently passed his Level 2 Women's Artistic Coaching Qualification. Alex is now able to run classes as the person in charge.

Most centre users will know Alex as he works in all areas, from Adult Gym to Pre-School. He also has his own group in the club.

Well done Alex.



Many thanks to everyone who donated their Active Kids tokens this year. The pack arrived from Sainsbury's this month and there are lots of varied items for the younger gymnasts to keep the classes interesting. The pictures show all of the equipment we have received on the main floor at Newby Rd. Once again, a big thank you.



We are currently recycling plastic, but after the summer we will be separating the rubbish even further. Look out for the coloured bins from September.