

Stockport School of Gymnastics



**August 2015
Newsletter**

Our annual celebration of recreational gymnastics took place in July at the Frank Williams competition at the Newby Road Centre. Great to see local clubs and coaches again and lots of happy gymnasts. SSoG entered 50 gymnasts and they were a credit to the club. Congratulations to all who were involved, gymnasts, helpers, judges and coaches.

As for August, it's holiday time so holiday camps and preparation for the new term that starts in September. Have a great break and come back refreshed and keen.

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SSoG Calendar 2015

29th July to 16th August

Holiday camp for all rec gymnasts and also some Pre-School camps. All details are on the website. Rec, Home School, Ladies Fitness and Teen Gym classes are on as usual.

17th August to 31st August

SSoG summer holiday. No Rec, Pre-school, Home School, Ladies Fitness and Teen Gym classes. There will be a Holiday Camp including a new 3 day intensive session. All details are on the website.

1st to 7th September

Start of the next term for all classes.

12th/13th September

NW Floor and Vault Championships at Robin Park Sports Centre, Wigan

26th/27th September

NW Team Challenge Robin Park Sports Centre, Wigan

17th October

GM Floor and Vault Championship at Robin Park Sports Centre, Wigan

18th October

NW Age Groups and FIG at Robin Park Sports Centre, Wigan

21st/22nd November

GM 4 Piece at Robin Park Sports Centre, Wigan

13th December

Inter-County teams at Robin Park Sports Centre, Wigan

Look out for more on the website.

Frank Williams Competition

After 6 weeks of 1 hour practice the 50 SSoG gymnasts were ready to take part in the Frank Williams competition. Congratulations to Jasmine Jones who won the age 11 competition, but there were lots of performances that caught the eye. To see gymnasts that clearly were uncomfortable during training, confidently, without prompting, complete their routines in front of a large audience on the day was what it was all about. Well done



Club Tracksuit

As a competitive gymnastics club, it is important that the gymnasts look and feel smart when they represent the club. We are about to launch the new **Club Gymnasts/Coaches Tracksuit**. Please look out for pricing and details about how to order on emails and on the noticeboards in the gym.



Gymnasts have tried on samples and we are close to ordering. Note that monies raised by the Parent Committee at recent competitions will be used to help reduce the cost of the tracksuit for the gymnasts/coaches.

The Volunteer Committee

All parents who have gymnasts training at the Newby Road or the Offerton Centres at SSoG are members and can vote at the AGM, become a director and become involved with the day to day running of the company. It's easy to think that this is best done or exclusive to parents of the competitive club, but on the current board we have 5 members who do not have children training at the gym.

So become involved! Coaches cannot pick up on everything and it can actually be fun and a consuming hobby.

Jayne Mooney is looking after the committee and will welcome some help.

So what sort of things can he done? Well just about anything at SSoG as we are a community organisation, not just focussing on the elite, trying to involve all ages and abilities.

We used to do carnivals and displays at schools. It's still possible, but needs organising. How about publicising the club in the local papers? Wouldn't it be great if the café at Newby Rd. was always open? With help it could be.

What about a show at Christmas? Can anyone lay carpet? Weeds in the Car Park need trimming, so please, come and join in.

It's all change for the Pre-School Classes in September! We have more than 100 gymnasts moving from their current class into Recreational Classes, which has been quite a logistics challenge. We hope that all gymnasts will have a place that suits them or will be on a waiting list for their

A big thanks to the volunteers that helped at the Frank Williams Competition. It was great to see parents looking after all aspects outside the competitive bit and at the same time raising funds for the gymnasts. We had some helpers turn up for both days, which we hope in the future won't be necessary as more parents come forward to join the team.

The Parent and Toddler sessions have expanded from Fridays and now happen on Thursdays too. They are busy and we are going to start a third session on a Monday morning from 9.30 to 10.30. It will be the same as the Thursday and Friday session, with fruit pots and will cost £4 per child. Start date is Monday September 7th. Give it a try.

We are on the lookout for carpet tiles. We need to complete the final areas in the hall that have not been covered and would be pleased if anyone could provide clean used tiles. Is your office being refurbished? Let us know.

We have hosted training courses for British gymnastics during July and this will continue for the remainder of the year. We have had some good comments from the candidates and tutors on our centre, which is very pleasing.

A big thankyou to all who donated their Active Kids vouchers to the club. It is

preferred session. You shouldn't have long to wait as there are usually spaces immediately after the summer holidays.

The Pre-School classes are being moved to the afternoon, at 12.45 and at 13.45. Tracey Davenport is talking to all gymnasts to make sure that they have their preferred session.

The Pre-School with Parents session will be moved to 11.15.

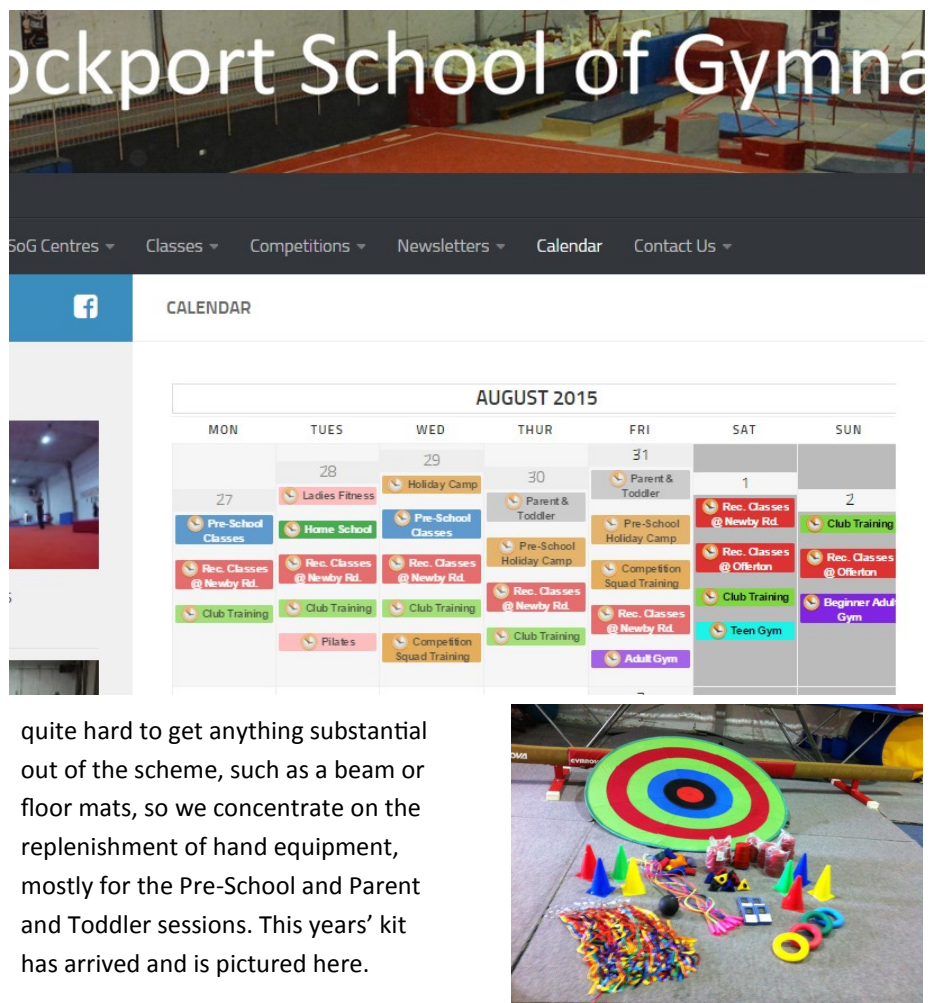
On the website there is a calendar and it lists everything that we do on a daily basis. It's well worth having a look as it is usually up to date and if you are not sure if a class is on or cancelled, it will tell you.

This is especially important at holiday

We have been informed by British Gymnastics that all of the Pre-School classes will need BG Insurance for all gymnasts. Hence when the renewal is due in September all Pre-School with Parents gymnasts will be treated the same as the Pre-School gymnasts and have to pay £11 membership for BG and £1 membership for SSoG.

time when there can be a different set of classes, holiday camps and cancellations at short notice if cover is not available.

It's even got directions to events, useful if you have forgotten the way to Wigan for competitions.



Barbecue

The family DIY barbecue at Hazel Scouts proved to be a warm rain free evening and was well attended. Many thanks to all who helped with providing the salads, the very popular selfie stall and the setting up and putting away. Looks like we will make this an annual event.

September Invoices

The invoices for the new term will be available during August. They cover the months of September and October and will include the annual British Gymnastics membership and SSoG membership. Both BG and SSoG membership charges are unchanged from 2014. Prompt payment is required.

Last term we introduced payment by BACs and a large number of families took advantage. It was mostly very smooth and successful, but please do make sure that you put the SSoG Acc Ref number on your payment as without it we have no idea where the money has come from. It will leave your account, it will go to our account but we will be unable to understand which gymnast the payment is for!



Adult Beginner Gymnastics

The class on Sunday evenings for beginner adults seems to have hit the mark and is regularly full. This session from 5.30 to 6.60 is for adults who want to keep fit and learn about gymnastics in a structured way. This session complements the Friday evening adults session, which is largely experienced gymnasts and is popular with free runners.

The session is run as part of the Life Leisure 'I'd wish I'd tried' initiative and as such is limited to 16 participants. We have had to introduce a registration for each session on the website to control numbers and each week we are unable to coach all who want to take part.

Don't worry as we will be putting on a second session during August which will be announced on the website. Great to see so many wanting to start of get back into gymnastics and we will try to make sure all have the opportunity.

ADULT BEGINNER
GYMNASTICS REGISTRATION
2ND AUGUST

The event is full, but you can still register for the waiting list

Your Name*

Your Email*

Your Phone*

Additional Information (Optional)

