

Stockport School of Gymnastics

30th Anniversary

August 2016 Newsletter

SSoG Calendar 2016

1st to 31st August

Holiday Camps. See details on the website and on page 4.

23rd Aug to 5th Sept

SSoG Class holidays. Holiday camps continue, but no Rec Classes at Newby Rd. or Offerton, no Pre-School, Teen and Home School classes.

6th Sept

Start of the new term for classes. Payment is due during August.

10th/11th Sep

NW Team Challenge at Wigan

24th/25th Sep

North West Individual & Apparatus Championships at Wigan for out of age gymnasts

15th Oct

GM Floor and Vault Championships. May extend to the morning of 16th October depending on the

number of entries. To be held at Robin Park Sports Centre, Wigan

12th/13th Nov

English Bronze, Silver and Gold Championship at New College, Leicester. This is a target competition this year.

19th/20th Nov

GM 4 Piece at Robin Park Sports Centre, Wigan. Individual Championships and selection for the Inter-County Teams.

27th Nov

SSoG Club Championship at Newby Road Gymnastics Centre. All club gymnasts will compete with the top honour being the Frank Williams Trophy.

11th Dec

Inter-County Teams at Robin Park Sports Centre, Wigan

For more dates see the website for details.

The Frank Williams Trophy for 2016 was held at the Newby Rd. Centre at the start of July. Lovely weekend with masses of medals and cups. Each gymnast also received a participation medal and a certificate. All went well, no injuries and finished nice and early.

We have come to the end of gymnastic classes on a Sunday at the Offerton Centre. Despite the club having a large waiting list the Sunday classes aren't popular and this year we have 3 of the coaches going to University. We have room in the Saturday sessions, so we do hope all gymnasts will transfer.

We are starting the main 4 piece competition season with the NW Teams Competition and the NW 4 Piece Championship in quick succession in Sept.

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Frank Williams Competition

Lots of good things to talk about after the Frank Williams Competition. The competition was organised by Bev and Tracey and all went smoothly and to time. Mike is pleased that more people can now organise events! The young coaches were there all weekend and really gave a good impression of the club and looked after the SSoG gymnasts as they competed. We also had a number of Overall Champions, always good for the club.



This year we split a number of the age groups where there were a lot of competitors to make sure that there were no more than 20 in any competition. Lots more opportunity to win medals.

We also used the balloons from the 30th party for the presentations; looked really good.

Thanks to everyone who helped.



Finishing Off

Many thanks to the mums who have been helping with getting the carpets cut to size and put back in place after the recent construction of the U Pit. Looking much better and kinder on the feet than the concrete. We could do with an electrician to put some lights under the U Pits so we can use them as storage. Any offers? Also needs some doors fitted, so if you can help, just let Mike know.

We have also added some more foam to the pit as the level was getting a bit low. The pit will need clearing out and cleaning during the holidays so look out for announcements and come and lend a hand.

We have replaced a couple of the crash mats that were getting a bit soft with some different style mats from Gymnova. They look good, but not sure about having green in the gym.



Sundays at Offerton

The club runs recreational sessions at 2 centres; Newby Road during the week and on Saturdays and at Offerton at week-ends. There is a long waiting list for all sessions at Newby Road and no waiting list for Offerton. Places at Offerton are filled as soon as people approach the club. At Offerton the Saturday morning sessions are popular, but we still have spaces. Saturday afternoon is quieter and Sunday is quieter still and we run with fewer groups.

We have decided not to continue with the Sunday Recreational Classes at the Offerton Centre from September onwards. There are 2 main reasons. The first is the dwindling numbers who want to train on a Sunday, despite the long waiting list at the club, which makes the Sunday sessions hard to fill. The second is the continuity of coaching. The club has struggled to provide continuity of coaches for the past 12 months and in September, 3 of the staff have been offered places at University compounding the issue.

Other News

The SSoG teams have been selected to represent the club at Wigan on the weekend of 10th/11th September.

Level 4 Team

Charlotte Wells, Martha Yates, Anna Marsh, Ruby Hewitt and Leah Kidd

Level 5 Team

Elyce Pearson, Heather Davenport, Daisy Broadbent, Jenna Kenyon and Holly Duffy

Level 6 Team

Gabriella Widdall, Molly Coghlan, Kate Wigglesworth, Sophie Wigglesworth and Alicia Gill

Good luck girls.

We have put the Adult Friday sessions on a prepayment system with registration

through the website. This has worked well for the Sunday sessions for Beginners and we hope that repeating the system for Friday nights will encourage participants to turn up on time and pay promptly to allow coaches to coach rather than sit on reception waiting for latecomers. We have got the system up and running now and will ease it in during the month for full implementation in September. Let us know your thoughts.

There has been a lot of activity on the roof by the Landlord's contractor during July. They have found some cracks and we hope that they have fixed them such that we don't have water dripping into the

We have plenty of spaces on Saturday at the Offerton Centre, more than enough to place all Sunday gymnasts that want to transfer. The places are offered on a first come, first served basis as we cannot guarantee the times if all gymnasts want to transfer to the same Saturday session. I'm afraid we are unable to offer a transfer to the Newby Rd. Centre as we are full for all sessions as gymnasts transfer from Pre-School.

The last session at Offerton this term is Sunday 22nd August. The first session for the new term is Saturday 10th September, so more than enough time to sort out which session gymnasts would like to transfer to.

We have sent forms to all affected gymnasts and would be pleased if you could return them to the club no later than 1st Sept. If you have not received one yet, please email Mike Healy on mike@stockportgymnastics.com

We do apologise and hope you will join us at the Saturday sessions.

Pre-School Places



Pre-School places for the new term starting in September are filling quickly and the Monday and Friday sessions are full. We have limited availability on Wednesdays and in the Thursday 11.15 class for parent and child. Email the club and ask for Tracey.

main hall and wetting our expensive kit.

Remember the 30th Party? All the photos are now online. They are password protected, so email Mike if you would like to see them. They have come out well and the photos from the day event are also online.

Please note that the Tuesday night Pilates classes run by Life Leisure in the dance studio as part of the I'd Wish I'd Tried scheme has been moved from the start of August to the Life Leisure facility in Hazel Grove High School. Makes sense as the numbers were getting bigger and there is more space at the High School.

Summer Activities 2016

Stockport half term holidays – Monday 1st August – Wednesday 31st August

Recreational holiday camps are for ages 5-16. For both members and non-members.

These sessions are for recreational gymnastics of all abilities; ranging from children who have never done gymnastics, to children who attend recreational sessions. We aim to provide a fun session full of games and to also practice and improve on their current knowledge of gymnastics.

Holiday school are for ages 5-16

We will be running a couple of holiday schools through the Summer. This is a 3 day course. The idea of the holiday school is for recreational children to practice their gymnastics and build upon basic gymnastics skills that they already have. Aiming to achieve new moves by the end of the three days.

Kicks, Tricks and Tumble ages 10-16, Tricks Age 16+

This fuses traditional gymnastic and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performers and stunt actors. BG call it FreeG and we are advertising it as a Tricking Session. Not sure what we are talking about? Have a look at some of the moves on the video on the website. Please do not expect to be at the same standard straight away.

Ladies fitness Age 18+

This class is for ladies only. Exercise and gymnastics together in one class. During the holidays we will be running children's crafts alongside the fitness session so that Mums can still join in and get fit. You need to book on these so that we can arrange additional staff if necessary.

Tumbling session Ages 8-15

This session is aiming to work towards forwards and backwards tumbles on the floor. Backflips, somersaults and more. Please do not expect your child to come home with these moves. It is a focused session but we cannot guarantee that they will achieve these moves straight away. They take a lot of practice and preparation.

Parent and Toddler open play, Open play Ages 4-9

This is an unstructured session where children get to enjoy the gymnastics equipment with their parent supervising them. We have a coach on site but the session is for your child to use the gym with your encouragement. Unfortunately the trampoline and the U-pit are out of bounds but the rest of

the equipment is free to use.

SESSION DATES

Monday 1st – 9-12pm Tumbling session, 1-4pm Afternoon camp

Tuesday 2nd – 9:45-10:45am Ladies Fitness, 10-1pm Tricks and Kicks, 2-4pm Tricks class (Adult)

Wednesday 3rd – 9-3:30pm Full day camp

Thursday 4th & Friday 5th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 8th – 9-3:30pm Full day camp

Tuesday 9th – 9:45-10:45am Ladies Fitness, 9-3:30pm Full day camp

Wednesday 10th – 9-3:30pm Full day camp

Thursday 11th & Friday 12th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 15th – Wednesday 17th – 9-3:30pm 3 day Holiday school

Tuesday 16th – 9:45-10:45am Ladies Fitness

Thursday 18th & Friday 19th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 22nd – 9-12pm Tumbling session

Tuesday 23rd – 9:45-10:45am Ladies Fitness, 10-1pm Kicks, tricks and tumble 2-4pm Tricks class (Adult)

Wednesday 24th – 9-3:30pm Full day camp

Tuesday 30th – 9-3:30pm Full day camp

Wednesday 31st – 9-3:30pm Full day camp

Thursday 1st & Friday 2nd September – 9:30-12 Parent and Toddler open play, 1-3pm Open play

PRICES

Parent and toddler open play £5 for the first child, £4 for siblings after that.

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Ladies Fitness £2.50 Ladies fitness kids crafts £2.50

Kicks, Tricks and Tumble. Tumbling sessions both £15 Tricks (Adult) £5

Afternoon camps £15

Full day camps £27

Discounts are available on all classes if you book early.