



Stockport School of Gymnastics

August 2017 News



July was competition month with the Frank Williams, Manchester South Invitational and the SSoG Floor and Vault Championships. Reports and pictures in this newsletter and online.

Great action picture of Ellen Ijima flicking on the beam in the Manchester South Competition.

The new term starts in September with invoices issued for all classes on 31st July and payment due on 13th August.

There are lots of holiday courses available during August, from 4 day camps to drop in play sessions. Have a look at the website.

Have a great summer, see you in Sept.

SSoG Summer Calendar 2017

31st July

Invoices for the September term go out

31st July – 3rd Aug

Gymnastics school 9:00 - 3:30 each day

4th Aug

Open play for 0-6 years 9:30 - 12:00pm

7th Aug

Full day camp 9:00 - 3:30pm

8th Aug

Full day camp 9:00 - 3:30pm

9th Aug

Tumbling and Rebound 9.00 - 3:30pm

10th Aug

Full day camp 9:00 - 3:30pm

11th Aug

Open play for 0-6 years 9:30 - 12:00pm

13th Aug

Pay by date for all Sept classes. That's Recreational (Newby Rd and Offerton), Pre-School, Teens and Home School

14th Aug – 17th Aug

Gymnastics school 9:00 - 3:30pm each day

18th Aug

Open play for 0-6 years 9:30 - 12:00pm

20th Aug

Last day of the current term for August Classes.

21st Aug

Full day camp 9:00 - 3:30pm

22nd Aug

Full day camp 9:00 - 3:30pm

23rd Aug

Tumbling and Rebound 9:00 - 3:30pm

24th Aug

Full day camp 9:00 - 3:30pm

25th Aug

Open play for 0-6 years 9:30 - 12:00pm

4th Sept

Start of the Sept Classes

All of the summer camps can be booked online through the website.

Please pay for September classes by 13th August as we have a large waiting list to fill spaces not paid for on time.

Café and Balcony Area

Helen Griffiths, who has done a great job running our tuckshop for several years has decided to take a well-earned rest, therefore we are looking for volunteer parents/teenagers to support our club by running our tuckshop for us every night 4.15-6.15pm and Saturday morning 9.00-1.00pm. If this is something you would like to help with (even if you can only commit to one day a week) we would be very grateful, please call into the office and speak to Fiona or Bev. From September we will be putting a coffee vending machine in the café area, hot drink prices will remain at £1 per cup. Please can we ask that all food and drink is consumed in the café only.

End of Term Pre-School Party

We have held our first end of term pre school party which was a great success, our gymnasts all had a great time dressing up as superhero and princess, playing games, bouncing in our bouncy castle and having sack races. If you would like to book a preschool place, please register online.



Gymnastics Parties

We are now offering children's gymnastics parties. We have party slots available on a Sunday and during school holidays. If you would like to enquire about a Gymnastics Party please see the posters on our notice board or email us at office@stockportgymnastics.com

STANDARD SSOG PARTY

Sunday/School Holidays

See booking for availability

TIME: 1 hour gym activity and games 30 mins (food)

LOCATION: Newby Road Gymnasium and café area

NUMBER OF ATTENDEES: 20 children

AGE: Suitable for 5 years +

PARENTAL RESPONSIBILITY: Parent/Guardian of the party child must remain in the building at all times.

FOOD AND DRINK: Not included. Tea and Coffee for parents available on request

PARTY BAGS: Not included

COST: £140.00 for 20 children

PREMIUM SSOG PARTY

Same as the Standard SSoG Party but with added extras as below:

PARTY BAGS: Included

PARTY BALLOONS: Included

PARTY INVITATIONS: Included

PARTY DECORATIONS: Included

COST: £200.00 for 20 children

The parties are run by the coaches who organise the games and activities in the gym. Try something different for your child this year with SSoG.

Manchester South Competition



This was a good comp for all of our gymnasts. For some a first 4 piece comp and for others a chance to try new moves before the main county and regional competitions. Well done to our individual champions, Elizabeth MacNamee, Kate Wigglesworth, Heather Davenport and Amelia Le Fondre and to Holly Duffy for her first Tsukahara.

There were lots of medals, everyone from the club winning at least one. Full results and picture are on the internet.

A big thanks to Jayne Mooney and Steve Cleaver for judging for the club and to Parisa Majooob at Manchester South for the invite and organisation.



The next competition for club gymnasts is the Paul Reay Team Challenge at Wigan. We hope to be entering teams at all levels and based on previous years would hope to be in the medals.

As there will be competition for team selection we will have to hold trials, probably when we return to full training in September. Look out for the details on the club notice boards.



Centre Improvements

During July we have been busy with painting the public areas of the gym, upgrading the CCTV and security systems, fitting new notice boards and signage. The main activity has been out of sight under the U Pit where parents

have been adding floors, walls and shelves to make a new store for Pre-School equipment.

The existing Pre-School store room is to be developed for staff and coaches.

In the next few weeks the

painting will be completed and additional lockers fitted so that all gymnasts have room to stow their belongings during their classes.

Club Membership

Our annual fee for Club Membership (excluding the Competitive Club) will be £10 for 2017/18. This increase is to help us to improve the club, through training and development of our coaches, improve our facility and introduce new equipment to our gym, the increase is approximately 10p per week per member and will be invoiced for in October along with the BG insurance.

Club Kit

We are now selling club kit for all our sessions and just like with, brownies, guides, cubs, beavers we would like it if our gymnasts arrived for gymnastics in their Stockport School of Gymnastics kit. SSOG kit is not compulsory however we would like our Gymnasts to feel part of the SSOG team. Pictures of the kit and prices are on the kit notice board in reception. Kit forms will be emailed out to all our gymnasts parents over the next few weeks. Please give completed forms to your coach or hand them into the office as soon as possible, and we will do our best to ensure delivery for the start of the September term.



Our Club is growing! BG Insurance 2017

Due to the popularity of our Teens class on a Saturday, we are delighted to add an additional class from September. If you have a gymnast who is 11+ and would be interested in moving to our new Teens session, please contact us on 0161 456 2762 or by email at office@stockportgymnastics.com

British Gymnastics insurance will be due in October, BG are changing their membership registration process. We are still waiting for them to confirm the exact details of the new process and as soon as they do we will inform all our customers of the changes. We will be invoicing for BG insurance in October 2017.

SSoG Competition Calendar 2017

29th Sept – 1st Oct

Pink Ladies Comp in Durham

7th/8th Oct

North West Team Challenge

28th/29th Oct

North West Individual & Apparatus Championships (Out of Age)

11th/12th Nov

GM 4 Piece

11th/12th Nov

English Gold Silver and Bronze Championships (Part 1)

19th Nov

SSoG Club Championship and Presentation Events

2nd/3rd Dec

English Gold Silver and Bronze Championships (Part 2)

10th Dec

Inter-County teams

Stockport Floor and Vault Championships

Lots of interest this year in our Floor and Vault Championships, which included 6 and 7 year olds. Congratulations to our overall champions, Francesca Burton, Molly Doo-
dy, Lucy McClernon and Tabitha Luxton. Results are on the website.



This was the 15th year for the Frank Williams Competition and the usual happy occasion for all local recreational gymnasts. Numbers were down a little this year as there was a huge event in Warrington so all was conducted on Sunday 2nd July at the Newby Rd. Centre. DE Photo provided sponsorship and SSoG parents helped to make the day run smoothly.

All of the results and photos are on the SSoG website.

A big congratulations to the two gymnasts from SSoG who won overall trophies, Nathan Griffiths in the Boys aged 6 and 7 and Erin Forbes in the Girls aged 13 and 14.

All gymnasts received a certificate and a commemorative medal and quite a few went home with framed photos.

Thanks to all SSoG judges and coaches for their help during the long day.

Frank Williams 2017



Club Training on Sundays

The training times on Sundays for Club is now 9.00 to 1.00, moving half an hour earlier. Please remember that we have a British Gymnastics General Gymnastics Course running as follows:

Aug 6th – BG Training Course

Aug 13th - BG Training Course

Aug 27th - BG Training Course

There will be no club training on those days, but we are putting additional classes to replace them in the last 2 weeks of Aug.

All other training sessions will continue as normal with groups coached with another coach if theirs is on holiday.

On Bank Holiday Monday there are no formal classes, but it is possible that your coach may be in. Check!

Mike Lea visits

Mike Lea will be coaching in the club for 2 afternoons on 29th and 30th August. We will be looking at higher tumbling and bars skills and attendance is for all coaches and gymnasts by invite. Look out for further details in the gym.

Mike has coached in the gym on a number of occasions and is the tutor for all Level 3 modules run in the NW.

Some more pictures

