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## Ella, North West Champion

It's been a busy month, with the Club Championship, the NW Championship, The Area Planning Committee and the Regional Teams. We also got through the first part of planning permission and understand a little better of the SMBC plans for Dialstone. We celebrated our competition success by going bowling and we chose the 2011 Gymnast of the Year.

Phew!

And December is always busy with training right up to the break.



Ella McKie-Crane has won the most medals in the club this year so we were delighted when she won the NW Novice Championship for 11 year olds.

The Frank Williams Trophy winner was Carla Mansfield, for the 3rd year in a row.

The SSoG gymnast of the Year was Susan Roberts; only been with the club for 12 months, done extremely well in competition, works hard in the gym and has the highest number of new moves

Well done all, 2012, can't wait

## December Opening

Open all sessions until we get close to the Christmas period. The recreational Christmas competition is on Saturday 17th December, so there will be no 2 or 4 piece gymnastics on that day. Sunday 18th December is the Parents Have a Go day, so there will be no club gym. The last club gym session is on Monday 19th December.

There will be training for Grades Gymnasts over the holiday period, but not sure what dates at the moment, but they will be on the website and announced in the gym nearer the date.

## The SSoG Calendar for 2011/2012

### 3rd December

Parents and Coaches Christmas meal at Efes in Manchester.

### 17th December

Recreational Christmas Competition. There is no club gymnastics on this day.

### 17th December

Christmas Disco, this year at Dialstone, we think!

### 18th December

Parents Have a Go session. There has been a suggestion that the parents try the profiles, with any scores over 40 exempt from Mat Shifting for the next 12 months? Hmmm.

### 19th December

Last session of 2011

### 29th December

The Christmas Walk, kindly hosted by Andy Sefton. Suitable for all the family, come stroll with us through the Cheshire countryside in Bollington.

### 5th January

First session of 2012

### 28th/29th January

Greater Manchester Regional Grades at Copley. Last year 6 team members, in 2012; more?

### 18th/19th February

NW Grades at Robin Park

Sports Centre in Wigan. This is the Regional Grades Finals, Compulsories and National Grades.

### 2nd/3rd June

Greater Manchester Open at Robin Park Sports Centre in Wigan

### 7th/8th July

Greater Manchester Floor and Vault Championship at Copley. Different venue, but the same rules. Very difficult for the older gymnast.

### 15/16 September

NW Age Groups, Teams, Individual Apparatus at Robin Park Sports Centre in Wigan.

## Grades Training

The Regional Grades are at the end of January, only 5 full weekends to go at the time of printing. Scary. The National Grades have a few weeks longer. Mid February.

All gymnasts that are doing grades have been informed, with only a couple of decisions still to be made on whether the gymnast is doing National or Regional Grades.

Gymnasts not doing grades will be training at weekends only and should revise their fees accordingly. The weekday sessions are to ensure that those competing grades get sufficient time to perfect routines.

# North West 4 Piece Championships



**Carla, handstand on the Bars**

5 years ago we got 4 medals in this competition. This year we got 35. The year, which started with a record number of SSoG gymnasts selected for the Greater Manchester Squad, finished with



**Ella and Susan during the medal presentations**

another superb set of results in the North West Out of Age Championships.

Top performance was in the Novice aged 11 competition where Ella McKie Crane was overall champion. Ella also won gold on the Bars and Beam and

Silver on the Floor.

The Novice aged 11 was a good competition for SSoG with Susan Roberts taking silver overall, with bronze on Floor and Beam and silver on Bars. Becky Shard won gold on the Floor and bronze on Bars. It was a clean



**Olivia, being closely watched by the Floor judges**

sweep for our choreographer, gold, silver and bronze!

In the Novice aged 10, Chloe Astley had a good competition, coming 2nd on the Beam winning the Floor.

We were represented in Pre-Novice aged 9 by Lauren Burgess, Eleanor Mills and Georgina Blackburn. Eleanor won the Vault, was second on the Beam and won bronze on the Floor and was very close to a top 3 finish. Georgina won silver on the Floor. Lauren won gold on Floor and silver overall. Once again, gold silver and bronze on the Floor.

Chloe Andrew won her statutory medal on the Bars, this time a silver in the Pre-Novice aged 10 competition. In the same competition Eleri MacLeod won Gold on the Floor, bronze on the Beam and bronze overall.

In the Novice over 13 competition Leandra Brennan won bronze on the Bars and Katy

Fairbrother won silver on the Floor.

There were some more great performances in the Pre-Novice aged 11 competition. There were medals for Olivia Fletcher, gold on the Vault, silver on the Bars, bronze on the Beam



Floor and was just outside the overall placings. Sarah Burns won gold on the Bars and bronze on the Floor.

In the Pre-Novice aged 12 Izzie Blissett won silver on the Bars and both Izzie and Bella Stanyer won joint bronze on the Floor.

So a great end to what has been one of the best years for competition that the club has know for a long time. Not only lots of medals, but some good comments from other clubs and judges.

2012 will be a challenge, to try and improve further, very difficult, and to settle into our own facility, probably even more difficult.

Well done to all.



**Olivia, handstand on the beam**

# North West 4 Piece Championships (cont.d)



## North West AGM

Did you miss the NW AGM this month? We all did. Nothing too controversial on the agenda, so even Mike didn't go. Mike remains on the NWGA Women's Technical Committee as the rep for counties and clubs.

## Manchester Airport

The mats that were part of the grant from Manchester Airport have arrived. Initially 2 blue mats were delivered and they have not been replaced with 2 red mats, with non slip bases. As Pete would say, you can never have too many crash mats.

## Gymnast of the Month

The coaches are always impressed with success in competition and with Sarah winning the overall championship in the Greater Manchester 4 Piece Pre-Novice aged 11, gymnast of the month for October was a certainty. Well done Sarah.



# The Christmas Walk

The Christmas walk will be on Thursday 29th December, once again kindly hosted by the Sef-tons in Bollington. Andy has been out with his map and compass and we have a new route, that takes in the White Nancy and more modest hills around scenic Bollington. The best bit follows with refreshments, including home made sloe gin.

Take the A523 towards Macclesfield and keep going until you reach the first roundabout. At roundabout take the 1st exit onto Flash Lane - B5091 (signposted Bollington). At the end of Flash Lane, turn left onto Bollington Road, which becomes Wellington Rd. You are now on the map below. Turn right onto Hurst Lane. Turn right onto Poplar Grove Park considerably.

The address is:

14 Poplar Grove

Bollington

SK10 5LS

We meet at 10.00.

It is fair to say that we have had mixed weather with light rain, mist, snow, ice and one year

very strong wind. However, the views make it all worthwhile. Dogs are welcome and it is always a good idea to bring some bread for the ducks on the canal. This is a family walk, easy on the feet and very different to the chalky air of Dialstone. Do join us.



## Pictures



We have had the same pictures on the notice board in the corridor outside the staff room for a number of years and they are starting to look a little tired. So Dave, Becky Shard's granddad, has been around the gym getting a number of replacements, which are now up on view. Excellent, much better.

Many thanks to Warren Shard for printing out the photos and pinning them to the notice board. If you have any you would like put up, see Warren.



## Fund Raising

We are planning to hold a choc-bola along with providing refreshments at the Recreational Christmas Comp. Chocolate donations are very welcome.

At this time of year many people resort to online shopping to avoid the mad Christmas rush. If you are shopping online many retailers will donate a percentage of the total cost of your purchases, through [easyfundraising.org.uk](http://easyfundraising.org.uk), to the club. There are over 2000 online stores including all the big ones such as Amazon, Toys R Us, M&S, John Lewis, Argos, Debenhams, Game, Halfords & Ticketmaster. We have already raised over £120 using this site so its worth giving it a go. Another way of bumping up these funds is to renew insurance through the site too. A recent car insurance renewal netted the club £20 in one go! Insurance companies such as Aviva, Legal & General, The AA, LV, Swinton and esure all use the site.

Bags for the EcoKids collection will be given out in the next couple of weeks for collection over the weekend of 14/15th January. If you've any questions ask Helen Cleaver.

## A new Level 1 coach

Congratulations to Alex Norris who has passed his Level 1 General Gymnastics qualification. Alex has been a gymnast with us on Saturdays for a number of years and has been coaching the boys for last year or so. Well done and welcome to the coaching team.

# The Club Championship 2011



more available if you have a pen drive; Mike will help.  
The Development group competed in Floor and Vault competition with Brodie Tideswell



The Grades Cup is awarded to the top grades score, which this year was Grace Haughton, competing at Grade 14.



The Club Championship was held at reasonably short notice on Saturday 19th December at Dialstone. We picked a date as early as possible after the NW comp to allow us to get onto grades training asap. Round 1 was the 2 piece competitions and Round 2 was for 4 piece gymnasts.

All of the results and pictures are on the website and even



The Grade 13 and 12 gymnasts were joined together and in a very hard to win class, Kate Martin was the overall Champion.

Pre-Novice gymnasts compete for the Presidents Shield. This was another hard competition as there was a big age range, so a

good performance from Ella Cleaver won her the Shield.

Same again for Novice gymnasts, open age so a really good day for Chloe Astley, who won the overall and was the youngest in the competition.



winning the overall. The 2 Piece Pre-Novice Champion was Georgia Mullany and the 2 Piece Novice Champion (which also included the Intermediate gymnasts) was Fern Evans.



The Frank Williams Trophy is awarded to the highest performing gymnast in the club. The competition rules were voluntary 4 where Carla Mansfield was victorious. This is the third year in a row that Carla has won the top SSoG award.

It was a good day and as many of the coaches were judging

## Dialstone/Newby Rd and all that!

We were before the Stepping Hill Area Planning Committee on the 22nd November and the councillors recommended that our application should be granted at the Planning and Highways Committee on 8th December. Step 1 achieved, fingers crossed that step 2 is also successful.

To discuss the future plans for Dialstone we had a further meeting with the Sports Trust and SMBC. It looks very unlikely now that we will be able to offer anything other than recreational gymnastics at the new centre and also at the temporary facility that is planned to be built at Offerton School. So after 25 years, we move on.

The architect is starting to produce the plans for the Newby Rd facility. Exciting as we have lots of room and we will be able to have a big café and viewing gallery as well as the necessary toilets and changing rooms. If you have a view, join in the design. Equipment layout will come later and all will want to have a go at that.



everyone chipped in to help. Top marks to Chris Roberts (music) and Warren Shard (compere), who did a sterling job keeping the whole show on time. What were those nicknames again?

# Gymnast of the Year Club Photo 2011



The club photo for 2011 was taken on the day of the club comp and is available on line and in the gym. There are several versions available as not everyone was looking in the same direction at the same time. Great picture.



## Bowling

The Gymnast of the Year, 2011 is Susan Roberts, who has only been with the club for 12 months and has had a great year.

Susan has competed in Novice in 2011, with a second place overall in the North West Individuals, qualifying for the North West Grade 11 finals, and is also the Greater Manchester Novice aged 11 Champion for 2011, as well as winning a number of individual medals throughout the year.

Susan has learnt numerous new moves throughout 2011, including flicks on beam, twists on floor and giants on the bars, and will be looking to include these in her Level 4 routines in 2012. She is a hard working gymnast who is always keen and enthusiastic.

Well done Susan!!



## Mentoring

The new UKCC coaching courses are a little different to the previous versions as run by BG and Dave went on a mentoring course so that he can guide Aly and Jess through their Level 2 coaching course.

## Christmas Disco

The Christmas Disco is on the 17th December, probably in the small gym at Dialstone. It will start at 7.00 and complete by 8.30. Usual format, gymnasts bring some food and we provide the plates and the drinks. There will be games and prizes. DJ James will provide the music.

We didn't book the church hall at St Michael's in time, hence the venue being Dialstone, although we do need to ask the Sports Trust first to make sure that all is OK.

## Regional Teams Competition

Lauren and Gina were the SSoG gymnasts who qualified to represent Greater Manchester County in the new Regional Teams competition held in Liverpool on 27th November.

However Gina was on holiday, so couldn't compete, and one of the Level 4 team members was injured, so Carla was drafted in.

Lauren was in the Pre-Novice team and competed on Beam, Floor and Beam. Carla competed on Vault and Bars.

Great day, Greater Manchester winning all 7 trophies. Well done girls, you are a credit to SSoG.



To celebrate the success of the club in the GM and NW competitions, we all took the evening of 28th November off and went bowling. More than 50 of us enjoyed 2 games and food at Parrs Wood. Very few of the gymnasts missing.

There were common features between this and the last visit. The 3D glasses were in evidence, Georgia Mather was on crutches again, and there was some fierce competition between parents.

Many thanks to Helen Cleaver for the brilliant organisation.

## Grades 2011

There was a little unfinished business from the 2011 Grades. No-one had been presented with certificates. No joy with reminding the GM Panel, so we bought them ourselves and they were presented at the club comp.