

Stockport School of Gymnastics



December 2015 Newsletter

As Christmas approaches and the competition year draws to a close, time to reflect on the highlights and to look forward to the challenges of 2016, an Olympic year. The sport of gymnastics has had a fantastic year with both Men's and Women's disciplines qualifying for the Olympics and producing a fistful of medals at the Worlds.

Our year, which started well with 2 gymnasts going to National Grades finals finished strongly with some great performances at the Greater Manchester Championships. We ended up with 6 SSoG gymnasts picked for the Greater Manchester Team and had one overall Champion, Charlotte Cleaver in the Novice aged 11 category.

More pleasing is that we have a number of gymnasts gianting on the bars, twisting on the floor, with somersault vaults and with linked acro moves on the beam. 2016 looks like it could be a standout year, which would be good as it is the 30th year since the club was founded.

As it is Christmas we are very pleased to be part of the Mission Christmas appeal run by Key 103. We are a drop off point for Christmas presents, read all about it on page 4.

SSoG Calendar 2015/6

13th December

Inter-County teams at Robin Park Sports Centre, Wigan

19th December

Recreational Christmas Competition. This year it is being held at the Newby Rd. Centre.

20th December

Club training to 12.00, then presentation of Gymnast of the Year followed by the Parents Have a Go Session.

All regular classes finish on 20th December for Christmas. Hence from the 21st December there are no Parent and Toddler, Pre-School,

Recreational, Teen, Adults, Beginner Adults, Home School, Ladies Fitness or Pilates sessions until the new year. Competition Squad and Club sessions will be communicated to those gymnasts when they train.

21st- 23rd December

Half Term Camps for Rec Gymnasts. Bookings are open and with early bird discounts.

4th-6th January 2016

Closed for maintenance. (We are adding more lights to the main hall and replacing the old ones with brighter LEDs)

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7th January

Restart of all classes on their usual days at their usual times.

The website calendar is kept pretty much up to date, so if you are unsure refer to it or ask the coaches.

Club sessions over Christmas will continue, but not on every day so look out for announcements on the club notice boards.

Greater Manchester 4 Piece Championships

The Greater Manchester 4 Piece Championships was held on the weekend of 21st/22nd November in Wigan. It was a great weekend with one overall champion, Charlotte Cleaver in the Novice aged 11 category and 6 gymnasts selected for the Greater Manchester Team.

Level 4 Juniors:

Ruby Hewitt – vault gold, beam bronze, floor silver, GM team.

Charlotte Wells – bars and overall, bronze, beam silver, GM team.

Modified FIG:

Becky Mooney – vault, floor and overall, silver, bars and beam, gold, GM team.

Level 3 Seniors:

Frankie Rossi – bars bronze, beam gold, floor and overall silver, GM team

Chloe Astley – vault gold, beam silver, floor bronze

Level 3 Juniors:

Grace Houghton – vault, beam and overall silver, floor gold, GM team

Pre-Novice Age 9: Heather Davenport – beam bronze, GM team

Novice 14+:

Leah Kidd – beam silver

Novice Age 13: Lily Hallsworth - beam gold, overall silver

Novice Age 11:

Anna Marsh – bars silver, floor gold

Charlotte Cleaver – vault and beam silver, bars bronze, overall gold

Novice Age 12:

Martha – bars, floor and overall bronze.



Rec Christmas Competition

The Christmas Recreational Competition for 2015 will be held on Saturday 19th December.

The venue is changed from Offerton to Newby Rd.

We were a bit concerned that on the day of the competition the heating may fail and we would be frozen, so we are back to Newby Rd.

All the timings are out so make sure you know when you are on. Let us know if we have the wrong names, dob or if you have been missed off.

It's Christmas!

Despite the staff pressing for the decorations going up very early, we resisted until 1st December and we are now into the Christmas season. The tree is up and Pre-School helped top it out.

Don't forget the Mission Christmas appeal; all donations to be left in the box by the tree.



The Club Championship

A big thank you to Sarah Warburton for standing in as Head Judge and running the panel for this competition. All gymnasts from the club competed, with the exception of the injured and those on holiday.

This competition is to select the Club Champion for the year and despite a fall on both Bars and Beam, Becky Mooney triumphed to win the Level 3 competition and with it the Frank Williams Trophy and is Club Champion for 2015.

In the other categories Anna Marsh won the Novice Cup. Kate Wigglesworth the President's Shield and Ellen Ijima the Grades Cup. Well done to all.

The other winners were Lily Hallsworth, the top Senior Novice and Charlotte Wells, for the Level 4 gymnasts.



Becky Mooney
Club Champion



Anna Marsh
Junior Novice



Kate Wigglesworth
President's Shield



Ellen Ijima
Grades Cup



Charlotte Wells
Level 4



Lily Hallsworth
Senior Novice

Mission Christmas

Cash for Kids is the official charity of Key 103 and provides a helping hand to disabled and disadvantaged children across Greater Manchester. Key 103 are asking you to buy an extra present this year that they'll give to a disadvantaged local child to make their Christmas morning special. They're looking for new and un-wrapped gifts suitable for children and young people aged 0-18 years, and you can donate at our drop off points across the region. You can read more about the appeal on the Key 103 Website.

Other News

Many thanks for your patience at the Newby Rd centre over the past month while we battled our way through the car park resurfacing. The landlord picked a bad month to do the work and with the weather being so wet a 1 week job turned into a full month. The rain turned the footpath into a swamp and kept fusing the lighting that we erected. Still it's done now and there is just a bit of tidying up for the landlord to do.



There are no car parking spaces marked out so be careful when parking. There is also a lip between the new concrete and the old surface, so take care when walking away from the building. The landlord intends to tarmac the area between the new concrete and the gym when the weather improves.

The floor beam was starting to mark the sprung floor so we have purchased some foam floor beams that are much lighter and suitable for all gymnasts from Pre-

This year we are a drop off centre for toys so start bringing in your toys to the Newby Road Centre today.

The pick up date when Key 103 will be coming to the gym to collect our toys will be 15th December, so please contribute before then.

The box is in reception next to the Christmas tree.

Thank you for your support and to Heather Davenport whose idea it was to help Key 103.

School through to club. The Pre-School gymnasts are seen here trying out their balancing skills.



We also have some more beam pads such that every beam now has the option of a beam pad.

We have a list of jobs to be done to the Newby Rd. facility over Christmas. If you would like to help, then please let us know through the website or talk to Aidan and Jayne Mooney on the volunteer committee.

Not very glamorous I'm afraid, all routine maintenance like emptying the pit, rug master on the main floor and painting are just a few of the things we need to do.



The producers of Blue Peter at the BBC gave us a ring hoping we could support them with their fund raising for Children in Need. Our course we could. What did they want, a gymnastics display, children to go into the studio, coaches dressed up as Super Heroes? No, much more mundane. They needed a floor area, had we got one spare? So we lent them the floor area from our Offerton centre.

If you watched the show you could clearly see our floor and all was returned in time for the rec sessions on the Saturday.

Pre-School Success

Congratulations to Bev and Tracey on passing their Level 2 Pre-School exams. A big thank you too to all of the gymnasts who turned up to help with the exams, not just for Bev and Tracey, but also the 5 coaches from other clubs too. The picture below shows Bev and Tracey with the B4 Gymnastics polos in our well stocked and themed store room.



If you want to join in then classes are available every day of the week except Tuesdays.

More hours for Competition Squad



After the success in the Greater Manchester Floor and Vault Championships in October, the competition squad hours have been doubled as we look to enter some 4 piece competitions in 2016 in addition to the Floor and Vault competitions. Monday nights have been added to their schedule. We have started with low numbers, but more gymnasts will be invited to join this exciting new group.

Club Photo 2015—taken after the Club Championship



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