



# Stockport School of Gymnastics

## December 2019 News



Pictured on the left is the SSoG Club Champion for 2019, Becky Mooney. Becky won the Frank Williams Trophy at the Club Championships, Well done.

In this issue lots of activity, competitions, fund raising, Christmas camps and holidays, BG Proficiency Scheme, Mission Christmas, Parents trying to be gymnasts and more. Read on.....

### Contacts

#### Office

0161 456 2762 [office@stockportgymnastics.com](mailto:office@stockportgymnastics.com)

or complete a contact form

<http://www.stockportgymnastics.com/wp/contact-us/>

#### Club

Tamlynn Carlson

[tamlynn@stockportgymnastics.com](mailto:tamlynn@stockportgymnastics.com)

#### Comp Squad

Tracey Davenport

[tracey@stockportgymnastics.com](mailto:tracey@stockportgymnastics.com)

#### Welfare Officer

Berenice Webb and Beverley Conroy

[safeguarding@stockportgymnastics.com](mailto:safeguarding@stockportgymnastics.com)

### Websites

#### General

[www.stockportgymnastics.com/wp](http://www.stockportgymnastics.com/wp)

#### Competitive

[www.stockportgymnastics.com/club](http://www.stockportgymnastics.com/club)

#### Facebook

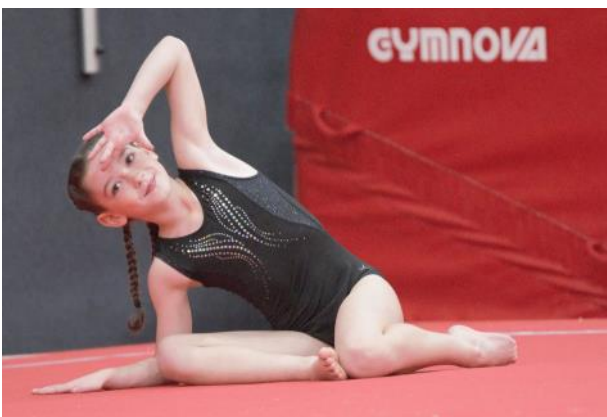
[@stockportschoolofgymnastics](https://www.facebook.com/stockportschoolofgymnastics)

#### Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

#### Merchandise

[www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)



# 2019 Calendar

## 7th & 8th Dec

Bag Packing at Morrison's in Bredbury. After the great turnout for the bag packing in Sept, lets go even bigger for this one.

## 22nd Dec

Parents Have a go Session for Club and Comp Squad parents followed by a Christmas Buffet.

## 23rd Dec 2019 to 3rd Jan 2020

Christmas Break. No Pre-School, Recreational, Gym Babies, Adults, Adult Beginners, Youths, Parent and Toddlers and Ladies Fitness Classes.

## 23rd Dec 2019 to 3rd Jan 2020

Christmas Camps, all bookable online.

## 2nd Feb 2020

Final day of the Rec Term

## 3rd Feb 2020

Start of the new Rec Term for Offerton and Newby Rd; includes Youths, Rec, Pre-School, Parent and Toddler and Ladies Fitness.

## 17th to 21st Feb 2020

Half Term. No Pre-School classes. No Parent and Toddler Sessions. No Ladies Fitness Sessions. All other classes continue as usual.

## Mission Christmas

We are supporting the Mission Christmas Cash for Kids appeal again this year.

Simply bring your new and unwrapped gift to our donation point in reception, and we'll make sure it is stored ready to be collected by the Cash for Kids team in Mid December. We will advise you when the last day for donations is nearer the time.

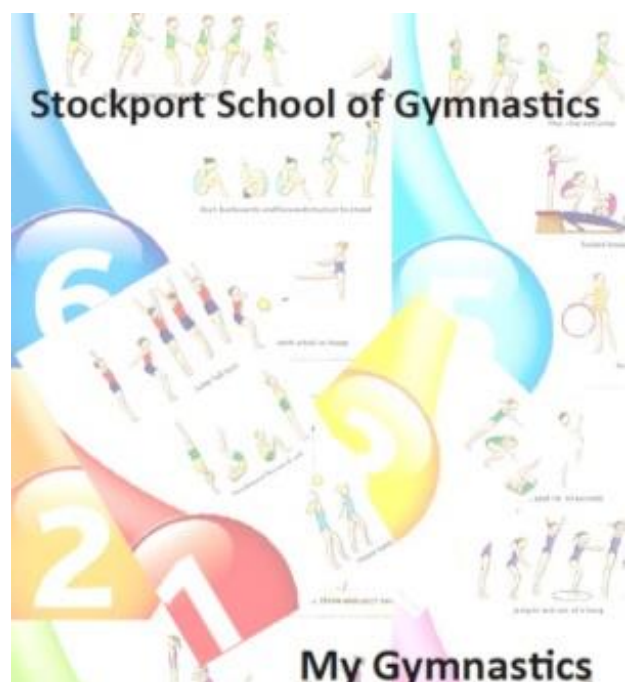
On behalf of Cash for Kids, THANK YOU!



## BG Core Proficiency Scheme

We have been catching up with testing for the British Gymnastics Core Proficiency Scheme and to help you understand a little better on how the scheme works we have produced a booklet, called My Gymnastics, which is a record of how the gymnast has progressed and what the skills are to practice for the next badge. The booklets are available in the gym and can be signed off by your coach when testing has happened. There are spaces for you to list your competitions and put your stickers. On the back page are some important contacts.

We have also put a page on the website with all the Skill Sets listed and some picture of what we expect. It's on the main website menu as Skill Sets so have a look and get up to speed.



## 2019/20 Competition Dates

15th Dec 2019

SSoG Christmas Rec Competition at Newby Rd.

25th/26th Jan 2020

Club Grades 5 & 6 at Robin Park Sports Centre in Wigan

1st/2nd Feb 2020

Regional Grades 1 to 4 at Robin Park Sports Centre in Wigan

8th March 2020

SSoG Rec 4 Piece competition for Comp Squad gymnasts at Newby Rd.

29th March 2020

SSoG Easter Competition for Club gymnasts at Newby Rd.

25th/ 26th Apr 2020

NW Grades – Compulsory 5, 4 and 3, National Grades 1 to 4 and NW National 5 at Robin Park Sports Centre in Wigan

2nd/3rd May 2020

Counties Floor & Vault Championships at Robin Park Sports Centre in Wigan

23rd/24th May 2020

National Grades Finals 4, 3, 2 & 1 for the NW Team at Fenton Manor in Stoke

6th/7th Jun 2020

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

13th/14th Jun 2020

NW Open and Challenge Cup Qualifiers at Robin Park Sports Centre in Wigan

4th/5th July 2020

Frank Williams at Newby Rd.

19th July 2020

SSoG Floor and Vault Comp at Newby Rd.

12th/13th Sept 2020

Paul Reay Team Challenge at Robin Park Sports Centre in Wigan

27th Sept 2020

NW Age Groups and FIG and Challenge Cup Qualifiers at Robin Park Sports Centre in Wigan

## Grades Testing Dates

Gymnasts have been training hard for the Club and Regional Grades Competitions at the end of Jan, start of Feb 2020. The entries have to be in during December, so testing will be held on Thursday 5th December in the normal club training session. Please ensure you attend the session as your child will not be entered for grades if they do not pass the testing.

National Grades testing will take place next year as the competition entry date is during March.

## Jump Heaven



Thank you to Jayne and Suzanne for organising a trip to Jump Heaven. More than 70 were jumping to raise funds for our new floor at Newby Rd. Thanks to your efforts over £5,500 has been raised in the last few months from this and lots of other events, a fantastic effort.

## Christmas Training Dates

### Club

There will be training for the usual Monday Club Gymnasts on Monday 23rd December and Monday 30th December from 3.30pm - 7.30pm.

There will be additional Club training on 27th December between 10am and 2pm only for girls competing in grades and other invited gymnasts. Club coaches and gymnasts to be advised after the Grades Trials on 5th Dec.

Club restarts on Thursday 2nd Jan 2020 at 6.00.

### Competition Squad

Last training session will be on Monday 23rd Dec 6.00pm to 9.00pm. Training restarts on Friday 3rd Jan 2020, 4.45pm to 7.45pm.

## Bits and Bobs

The Planning Application to turn the warehouse next to ours into a gymnastics facility has been approved.



Meanwhile we do apologise for the roof leaks that the landlord is attempting to fix. He has put scaffolding up on the side of the building and during the periods when it is not raining there are roofers identifying the leaks and plugging them. Meanwhile we are getting through a lot of puppy pads.



This week at Pre-School the Christmas theme is starting. There are still a few places available in these classes so join up online.



The Gym Babies classes have started for those children not yet in Nursery. These classes are a semi-structured one hour session for children aged 1 to 2.5 years exploring fun themes in a safe environment with their parents. The cost is £5, book online.



A reminder about our adult classes

Adult Beginners is a structured class and is for an hour on a Wednesday evening after the Comp Squad class at 8.45.

Adults classes are on a Friday after Comp Squad at 8.15 for an hour and has a structured warm up followed by an unstructured session.

Classes are booked on the website. Over 18s only.



## English GSB

The English Gold, Silver and Bronze Competition was held at New College in Leicester on 17th Nov and SSoG were represented in the Silver Championships. Well done to Ellen Ijima, silver medalist on Floor. This was a big competition and great experience for the 3 SSoG gymnasts, Ellen Ijima, Heather Davenport and Millie Hewart.



The venue has been upgraded considerably since our last visit and the competition was well organised and finished on time.

Hopefully in 2020 we will compete again and and gymnasts in all of the competitions, not just the Silver Championships.

# North West 4 Piece Championships

In the competition at Wigan a good number of medals and some very close to medal performances. Congratulations to:

Becky Mooney, gold on Vault, silver on Beam and bronze overall in the Level 2 Seniors.

Heather Davenport, gold on Beam, silver on Vault, bronze on Bars and silver Overall in the Level 2 Espoir.

Gabby Widdall, gold on Vault in the Level 5 aged 12.

Highlight of the weekend was Becky Mooney performing a double back in her floor routine. This is the first time a SSoG gymnast has done this move, great step forward. Thanks to DE Pho-to for providing the photo.

Well done all SSoG gymnasts, it was a tough competition in all categories. We look forward to increasing the medals in 2020.



The club championship was held on Sunday 10th November. The first 2 rounds were for the Club gymnasts, followed by 2 rounds for the Comp Squad gymnasts. All champions are pictured below and there are some action shots on the website. In between the competitions we took the club photo, for the first time all competitive gymnasts together.

The Club Champion is Becky Mooney, pictured on the front page of the newsletter. She will keep the Frank Williams Trophy for the next 12 months.

Thank you to all who helped on the day

## Club Championships Competition Squad and Club 2019



## Christmas Holiday Camps

The ever popular holiday camps are online and will be filling fast during December.

### Monday 23rd December

9.00 to 3.30 with a half hour lunch break.

This is a full day holiday camp - all pieces will be used throughout the day. It is for 5 years upwards at Newby Road. Price £30.

### Monday 30th December

9.00 to 3.30 with a half hour lunch break.

This is a full day holiday camp - all pieces will be used throughout the day. It is for 5 years upwards at Newby Road. Price £30.

### Thursday 2nd January

9.00 to 3.30 with a half hour lunch break.

This is a tumble and bounce camp - children need to be competent with cartwheels, bridges and working towards round offs as a minimum requirement. It is for aged 7 years and upwards at Newby Road. Price £30.

### Friday 3rd January

9.30 to 12.00

This is an Open play Parent and Toddler session for children 0-6 years at Newby Rd. Price £5.00.

### Friday 3rd January

1.00 to 4.00.

This is a half day holiday camp - all pieces will be used in the session. It is for 5 years upwards at Newby Road. Price £15.



## Rec Christmas Competition

The rotations are up at Newby road in reception and will be up at Offerton on Saturday 29th Nov. You will have been sent them too as an Excel Spreadsheet.

### Competition Numbers

Next to the children's names (please check the spelling of your child's name as this will be on the certificate) is a number, this is their competition number. This year we are asking all the gymnast to make their own number on a min of A4 paper and design it as they wish. The best designed number for each round will win a prize on the day.

### Routines

Our coaches will be working on the routines with the children during their recreational sessions . The routines are performed in one or two lines along the floor and not to music. Children may wish to practice at home. The moves have been sent to all gymnasts, but if you have not yet had yours, please ask the office.

### On the day

The tuck shop will be open for refreshments, DE Photography will be in the gym to take pictures which you can purchase should you wish to do so; they make great Christmas Presents.

We will be having displays from our competition squad and club gymnasts it will be a great day, please bring your friend and family to the gym to watch our amazing gymnasts.

### How long does it take?

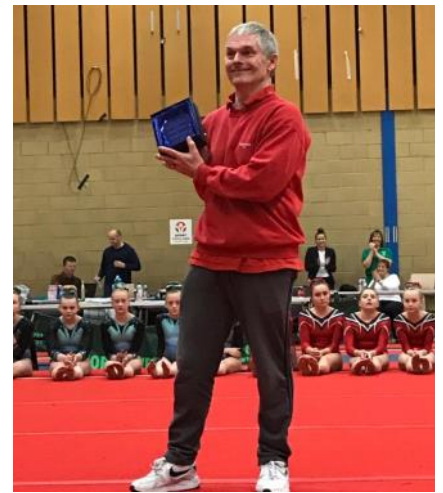
On the rotations there is a warm up time, for instance Round 5 is at 12.45. Turn up 15 minutes before this time. There will be coaches around to check you in. After the general warm up you will be lined up and marched onto the competition floor and presented to the parents. You will then get a warm up on your start piece, which is indicated on the rotations. You will compete on that piece. You then move to your second piece and will warm up again and then compete. After the competition there will be a display by the club gymnasts while the scores are being added up. Then there is the presentation of medals and after that you are free to go. The whole competition is 1 hr 15 minutes maximum.

We look forward to seeing you on Sunday 15th December 2019

## NW WTC

Mike Healy was presented with a plaque commemorating his time on the NW Committees at the recent 4 piece championships in Wigan. Mike started in 2002 on the Greater Manchester Committee involved with competition organisation, moved onto the NW committee and was chair for many years. Mike was also on the NW Exec and was the NW representative on the English Gymnastics Committee for a couple of years.

Mike has retired from these positions but will still be coaching at SSoG and helping with the extension to the facility.



## Bag Pack—7th/8th Dec

As part of the fundraising effort for the sprung floor, Morrisons in Bredbury have very kindly offered us another bag packing weekend on Saturday & Sunday 7th & 8th December 2019.

We have drawn up a rota for the weekend to include all eligible squad gymnasts and an email has been sent out.

Please make sure that you turn up on the day at the right time; any problems, please contact Suzanne Winterbone via email.

## Parents Have a Go Session

The parents have a go session is on Sunday 22nd Dec for 10.00 and this year all club and comp squad parents and gymnast are invited. This is your chance to have a go on the equipment that your children have trained on, wobbled on and fallen off and do exactly the same.

There are spot prizes, medals for outstanding performance and a buffet. To help the parents committee with catering, can you please let us know how many from each family will be coming.

## SSoG Competitive Gymnasts Nov 2019

