

Stockport School of Gymnastics

February 2010 Newsletter

The new Club Leotard unveiled



The new club leotard is unveiled with the traditional club colours of red and black prominent. There were more than 20 designs, Bev narrowed them down to 4 and they were sent to Christine Gojke to choose the winner. This was based on design and on how easy the pattern was to make. The winning design was by the 7 gymnasts in Mike and Jo's old group.

The cost is £50, including scrunchie and Bev has the order forms. The measurements needed are on the form. All gymnasts must have them to compete from the Phil Tighe Competition onwards.



The original design by Megan, Jade, Katy, Georgia, Sam, Leandra and Carla. The red and black were swapped over and the white is now silver.



February 2010 Events

15th February

No gym, bowling at Parrs Wood. See details on the notice board.

17th February

GM Grades Teams training at Sparks

24th February

GM Grades Teams training at Sparks

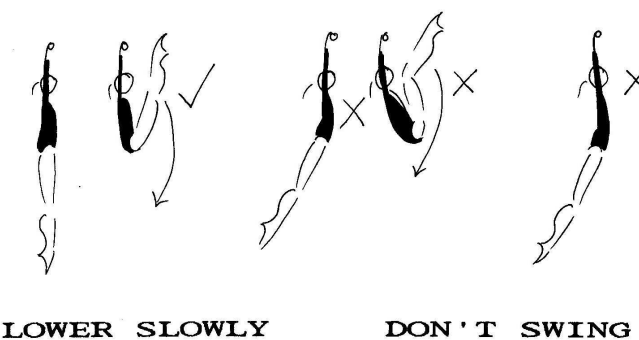
27/28 February

NW Regional Grades Regional, National and Compulsory Competition

Conditioning Club is back!

We always used to run dance and conditioning on Saturday mornings. The coach who used to run the session, Becky Nichols, came and visited us in the gym the other night, which reminded me of the 'fun' we used to have. So conditioning has restarted on Saturday mornings and will start at 10.00 am complete at 12.30 for lunch. Once we get on the move, we will hopefully look at doing a bit of dance, seems to be getting more popular and is beneficial for gym.

7. LEG LIFTS X 10



Information on the Pepper Road Project

There will be some info on the progress on the new gym in the newsletter, but there will be a lot more on the internet, linked from the website. The

action will be increasing as we progress through planning and get into the political lobbying and then, once all the difficult stuff is done, the nice and con-

trollable bits; planning the layout, fitting it out and buying all of the nice new gymnastic equipment. Lets hope we get there soon.

Planning Permission

The Planning Application for the new gym has been submitted and we should have a fair idea whether we are on the right track by the end of February. We have had meetings with the planning department and have taken advice from traffic managers through to the Disabled forum.

New we get on with forming the company and the legal side with the lawyers.

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Greater Manchester Regional Grades 2010

The Greater Manchester Regional Grades were held on the weekend of 30/31st January at Copley Sports Centre in Stalybridge.

Firstly a big thank you to all of the parents that turned up on the Friday night and helped to put out the equipment. We are experts at putting out kit and many hands speeded up the process.

Day 1 was a very cold day with the heating broken down. We had Grades 11 and 12 and all



SSoG Grade 12 gymnasts, Sophie Richards, Olivia Fletcher, Ella Cleaver, Izzie Blissett, Ella McKie Crane and Georgia Mather.



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Goodbye to Simon

Simon has decided to leave SSoG and will be coaching at Vernon Park with Barry McLaughlin. Simon has helped with starting to improve the club's performance and we wish him success.



Jade Hollick - Arabesque on the beam



Kate Martin, Bridge on the Floor



of the SSoG gymnasts passed. The full scores are on the website, but are summarised as follows:

Grade 11

Jade Hollick - Distinction

Megan Dooley - Pass

Katy Fairbrother - Pass

Grade 12

Olivia Fletcher - Distinction

Ella Cleaver - Distinction

Ella McKie Crane - Distinction

Sophie Richards - Distinction

Georgia Mather - Distinction

Izzie Blissett - Distinction



Lauren Burgess



Eleri Macleod, Tick Tock



Grades continued



Eleanor Mills



Ella Cleaver

Grade 14

Kate Martin

Eleanor Mills

Lauren Burgess

Rebekah Mooney

Victoria Houghton

All got Distinctions.

Although we did not get any gymnasts into the teams, both Ella Cleaver and Lauren Burgess have been invited to compete in the Regional Finals at Birchwood at the end of the month.

Grade 13

Chloe Astley - Distinction

Chloe Andrew - Distinction

Eleri McLeod - Distinction

Lydia Shipton - Pass

Sophie Kindon - Pass

The SSoG Calendar for 2010

15 February

Bowling at Parris Wood

17/24 February

Grades training at Sparks

27/28 February

NW Regional Grades Regional, National and Compulsory Competition
Venue: Birchwood Tennis and Recreation Centre.

March

Training at Loughborough?

27/28 March

Phil Tighe Competition
Venue: Copley Recreation Centre.

27/28 March

End of the Winter Recreational Term.

10/11 April

Start of the Spring Recreational Term. The term is 12 weeks.

11 April

Stockport Novice Competition
Venue: Target Life Dialstone.

20 April to 3 May

Twinning Visit to Jeune Garde Gym Club in Armentieres in

Northern France

8/9 May

Greater Manchester Floor & Vault Competition
Venue: Copley Recreation Centre.

12/13 June

NW Floor & Vault Competition.

Venue: Birchwood Tennis and Recreation Centre

June

Displays at Schools, dates and venues to be confirmed. We can probably do two?

19/20 June

Greater Manchester Open Competition
Venue: Copley Recreation Centre.

26/27 June

End of the Spring Recreational Term.

3/4 July

Frank Williams Competition

Venue: Target Life Dialstone.

10/11 July

Start of the Summer Recreational Term. The term is 12 weeks long.

25/26 September

NW Age Groups, Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre

25/26 September

End of the Summer Recreational Term.

2/3 October

Start of the Autumn Recreational Term. The term is 12 weeks long.

16/17 October

Greater Manchester 4 Piece Competition
Venue: Copley Recreation Centre

28 Nov

The Club Championship
Venue: Target Life Dialstone.

4/5 December

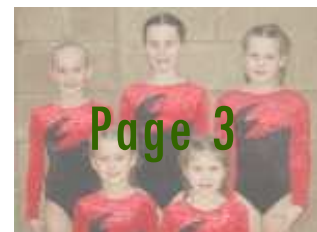
NW Out of Age Individuals Competition
Venue: Birchwood Tennis and Recreation Centre

18/19 December

End of the Autumn Recreational Term.

20 December

Last gym session for Club



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Cirque du Soleil

The circus is coming to town, well a mixture of gymnastics, circus skills and dance. The show is very expensive, but you do need to see it at least once. See the web for details, but hurry, all happening at the end of Feb.



Dance and Gymnastics

We are very pleased that Lyndsey Taylor is coaching on Monday nights. Lyndsey is a Level 1 coach, but also is qualified to teach ballet. There is a lot of good technique in dance which can be used in gymnastics. Strangely enough Vicki has encouraged a number of the club gymnasts to dance at the Lina Monti School of Dance. If you are interested, talk to Vicki.

Tracksuits

We have been advised by Milano that at the end of March they will only accept orders for the Club Tracksuit in batches of 20 at a time. This is going to be very hard to organise, so the suggestion is that if you want one, then order by mid March. See Debbie Waldron.

After that, we will have to think carefully on how to proceed.

The New Groups

With the Grades complete we have decided to move the groups round such that we can concentrate on the rest of the year's competitions. The biggest changes are for the older gymnasts.

Phil' Group

- Stevie Taylor
- Hollie Ward
- Jessica Todd
- Emma Leach
- Leandra Brennan
- Georgia Hewitt
- Megan Dooley
- Samantha Hall

Mike and Jo's Group

- Olivia Fletcher
- Georgia Mather

- Izzie Blissett
- Chloe Astley
- Chloe Andrew
- Katy Fairbrother
- Jade Hollick
- Bev and Mike's Group

- Ella McKie Crane
- Eleri McLeod
- Lydia Shipton
- Ella Cleaver
- Sophie Kindon
- Carla Mansfield
- Sophie Richards
- Bella Stanyer

Dave and Alyson's Group

- Kate Martin
- Eleanor Mills

- Lauren Burgess
- Eleanor Green
- Rebekah Mooney
- Victoria Houghton
- Jess and Hollie's Group

- Hayleigh Blissett
- Martha Yates
- Emily Barber
- India Roderick

These groups start on Monday 1st Feb and we will be continually checking to make sure that they are working. It is likely that some gymnasts will be moved as time goes by.

Standing orders should be updated to reflect the new training hours, see Helen Sefton if you are not quite sure to how much.



Bowling

On the Monday evening of half term we will be going to Parris Wood Bowling, as a celebration of the grades results. There will be no gym on that night. To book and for more details on the timing, game and food see the notice board or talk to Jo Richards.

Where's Ohio?

I have had an email during the month from a coach based in Ohio, asking could she and her daughter come to train in our gym at the end of March when they are in the UK. She mentioned an exchange?

So where is Ohio? I know, but have a look on the map and let be know if you would like to train in their gym.

Summer Displays

I had a request from the Guides to do a display at their anniversary at Linnet Clough Campsite in August. Unfortunately it was on a Friday, so we will not be able to attend.

However we are putting together a display and do need to find venues to show off our skills. I have a probable booking already, but there is room for another. Try not to pick a weekend when there are other events on, but let Mike know if your school or club would like us to attend.

It needs to be outdoors, the field needs to be flat and we need to be able to get a large wagon very close with all of the equipment on.

The difficult bit is that if it is raining we will have to stay in the gym, can't have soggy mats

New Rotations (to fit the new groups)

	Phil		Mike/Jo	Bev/Mike	Dave/Alyson	Jess/Hollie
Sat AM	Coaching	Conditioning	Conditioning	Conditioning	Conditioning	
Sat PM	X	X	X	X	X	
Sun		X	X	X	X	X (Until 12)
Mon		X	X	X	X	X (Until 8)
Thur	X	X	X	X	X	

Saturday

- Conditioning
- 10.00 to 12.30
- Lunch 12.30 to 12.50
- Warm up 12.50
- Training 1.00 to 3.40

Display 3.40 to 4.00

Sunday

- Warm up 9.30
- Training 9.40 to 11.40
- Lunch 11.40 to 12.00
- Warm up 12.00

Training 12.10 to 2.00

Monday

Training 6.00 to 9.00

Thursday

Training 6.00 to 8.00

No training now on Tuesdays

Stockport Schools Step 2 Finals Comp

At the end of January we hosted the Stockport Schools Step 2 Borough Finals. This is for Year 3 and 4 pupils, aimed at children that are new to the sport.

5 schools competed and the winners were the gymnasts from Gatley Primary School. My thanks to SSoG judges.

