

Stockport School of Gymnastics

30th Anniversary



January 2016
Newsletter

2016 is a special year for SSoG as it will be celebrating 30 years of the club providing gymnastics in Stockport. Did Brenda Smith and Frank Williams realise in the first days of the club that it would now have over 1000 members and it's own facility? We will be holding events during the year and anyone who would like to help organise should get in touch.

We will be posting a few pictures from the archives, but do you have any pictures and stories that you would like to share with us? Please send them to the club and we will put them in the newsletter or add them to the online archive.

Becky Mooney was voted by the coaches as Gymnast of the Year. Great performances in the end of year competitions nailed it for Becky and her coach has set her some exciting challenges for 2016.

The annual Rec Christmas Competition was held on the last Saturday of the term at the Newby Rd. centre and nearly 250 gymnasts showed their parents what they had been practicing this term. Lots of medals, fun, photos and a selection box for all.

So welcome 2016, have a great year with us at SSoG.

SSoG Calendar 2016

4th-6th January 2016

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

When does my class start?

Restart of all classes on their usual days at their usual times from Thursday 7th January. The website calendar is kept pretty much up to date, so if you are unsure refer to it or ask the coaches. In summary:

Thursday 7th January

Parent and Toddlers
Pre-School

Rec classes at Newby Rd.

Friday 8th January

Competition Squad
Adults

Saturday 9th January

Rec Classes at Offerton
Teen Classes

Sunday 10th January

Beginner Adults

Tuesday 12th January

Ladies Keep Fit
Home School
See you soon!

Inside this issue:

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From the Archives

Remember that all fees are payable before the start of the term for all classes. Your place is at risk if you do not pay by the beginning of each term and will be offered to somebody on the waiting list.

North West Inter-County Teams

Good performances from the SSoG gymnasts representing the Greater Manchester County team in the Inter-County Teams finals this weekend.

Although Greater Manchester didn't win the overall championship this year we can celebrate a fantastic performance from Becky Mooney, highest score in the Modified FIG competition. Our other gymnasts were Ruby Hewitt, Grace Haughton, Charlotte Wells, Frankie Rossi and Heather Davenport.

Well done girls.



Call for Judges

In the 2016 North West handbook there is a new rule, which has been well publicised, that any club not providing sufficient judges will not be able to enter gymnasts in NW competitions. So if we cannot provide judges on each day of the competition we will have to restrict the number of gymnasts entered.

Imagine the scenario at Grades when we have 20 gymnasts prepared for the

competition, but only have enough judges to enter 15. Unthinkable.

Nikki Havery has been struggling to get parents interested and this is despite having a free place on the next course. It's all very well getting coaches on the course, but at the competitions they should be with the gymnasts, not judging.

Help out the club and make Nikki's job easier by getting qualified.

2016 Competitions

[21st Feb](#)

Stockport Rec 4 Piece Championships

[18th - 20th Mar](#)

English Championships

[2nd/3rd Apr](#)

GM Grades (Club & Regional)

[16th Apr](#)

NW Grades - National & Comp Grades

[23rd Apr](#)

NW Grades Finals for County Teams

[14th/15th May](#)

NW Floor and Vault Championships

[5th Jun](#)

SSoG 'Easter Comp'

[18th/19th Jun](#)

NW Open

[2nd/3rd July](#)

Frank Williams

[17th July](#)

Stockport Floor and Vault Competition

[10th/11th Sep](#)

NW Team Challenge

[24th/25th Sep](#)

NW Out of Age Championships

[15th/16th Oct](#)

GM Floor and Vault Championships

[16th Oct](#)

NW Age Groups and FIG

[19th/20th Nov](#)

GM 4 Piece

[27th Nov](#)

SSoG Club Championship

[11th Dec](#)

Inter-County teams

Rec Christmas Competition

Lovely end to 2015 with the annual Christmas Recreational Competition, held at the Newby Road facility on Saturday 19th December. Nearly 250 gymnasts competing on floor and vault with routines learnt during their normal classes.

Younger gymnasts received a participation medal and all were given a Christmas goodies box.

These pictures are a small selection of the presentation ceremonies. As we had DE Photo with us all day the full set of photos, including action shots, can be viewed on their website. It is password protected so if you didn't get the password on the day, email Mike Healy, with your name, and he will send it to you.

Club Organisation

The Board received notice from Dave some weeks ago that he wanted to step down from the Head Coach position at SSoG and go back to coaching gymnasts. He has found it challenging to juggle both the Head Coach role and his job and had underestimated the time that would be needed to carry out and complete the tasks required.

The Board have asked Dave, as the most senior coach in the club, if he would like to remain involved in the technical side of the club development and he has agreed.

Until the Board can make other arrangements, Mike Healy will be covering the administration role in the club as Club Manager.

Exactly how the technical role (Dave) and the admin role (Mike) will be divided will be developed over the next few weeks, but we would ask all coaches and to support the interim arrangements.



Gymnast of the Year

For 2015 the coaches voted for Becky Mooney to be Gymnast of the Year. Becky was a fitting choice as she was our first gymnast to compete in the National Development Plan finals at the beginning of the year and scored over 48 in the Inter-County Teams at Modified FIG at the end of the year. Becky spent the middle part of the year consolidating moves and was our first gymnast to compete flick tuck on the beam and double back dismounts on the bars. Well done Becky and we look forward to a great 2016

Ethical Transfer

The North West have changed their Ethical Transfer Policy quite dramatically. It has been deleted! From now on the transfer of gymnasts between clubs is back to the BG rules, which are in the favour of the gymnast, not the club or coach. We support this change.

What we would ask is that parents communicate with their daughters coach to keep up to date with targets, progress and concerns to avoid any difficult conversations about changing clubs. You can also talk with the Senior Coach, the Club Manager or the Welfare Officer.

Other News

Congratulations to Leah Martin, Victoria Campbell and Avery Caines who passed their Level 1 coaching exams in December. Since the courses were taken over by UKCC they have become a lot more focussed and need concentrated effort to be successful. Well done and we look forward to progression to Level 2.

Gareth Martin ran another footy competition from Sept-Dec and it raised £107.50 for the club – we had 4 winners, Steve Goddard, Pete Mullany, John Dyer & Ed Doran. Ed Doran who runs a similar competition for his footy team has kindly asked for his winnings £28 to be donated to club funds, a big thanks to him.

Gareth will be running another competition in the new year for those who are interested. Talk with Gareth if you want to join his competition, but if you would like to run one at your place of work, then ask him for details.

Thank you Gareth.

Thanks to everybody who contributed to the Cash for Kids official charity of Key 103. We collected a large number of presents and they were picked up on the Tuesday before Christmas and will be distributed to disabled and disadvantaged children across Greater Manchester.

Thanks to everyone who took part.

The new Pre-School beams arrived and the gymnasts are pictured trying them out. No doubt the rest of the classes will find them useful too.



As it turned out the club use them all the time, great investment!

The first week in January is when we will be doing some maintenance in the gym. The main work will be on the lighting in the gymnastics hall, which is undergoing a doubling in brightness with the fitting of low energy LEDs. We will also be doing a bit of painting, laying some more carpet tiles and will be cleaning out the pit. If you would like to give a few hours, then contact Aidan Mooney, who is looking for new volunteers. Get involved.

Well done to Sarah Potter who passed her Level 2 coaching exam. Thanks to all of the gymnasts who helped Sarah out during the practical sessions and the exam itself and to Dave Griffiths for mentoring her.

Regular users of the Newby Road facility will have noticed that there are a number of blue containers in the car park, not on our side, on the Forgefix side. These are temporary storage which we understand will be there for 3 to 4 months. It doesn't really make too much difference to most of our sessions, but for the busy changeover each evening at 6.00 and for the rec classes on the Saturday morning, we will have to park on the road. There will be space as it is outside business hours, but do take care when walking through the car park.

We understand that the landlord will be completing the tarmacking to the car park next to the entrance to the gym and the marking out of the area during 2016. We look forward to that. In the meantime do your best to park considerately. Any queries, do talk to the centre staff/duty manager.

From the Archives

It's October 2006 and the club is 20 years old. Lets party!



A flag from when the club was Diastone School of Gymnastics



Pete Stanway leading the dancing



Recognise anyone?



More dancing

