

Stockport School of Gymnastics



This New Year - what's your resolution? January 2017 News

As 2017 approaches it's time to think about New Year Resolutions that will last. Not the January Gym membership that lasts for a month, but something that will be fun and worthwhile for the whole year. Gymnasts I'm hoping will be looking towards improved competition results, new moves and less deductions. Coaches will have targets and judges have a new code to learn and implement. It's pretty straightforward for gymnasts and coaches, but the real target for this year has to be the parents and guardians of the gymnasts. Some are in-

involved in a major way by being on the Board, but most are happy just to drop off, pick up and check every now and then on their daughter's progress. We read in the press that this year there have been record numbers in the 16 to 25 year old age group where volunteering is made fun and an essential part of their CV. We'd like to get more parents involved, not necessarily with coaching but in all sorts of other areas. We understand that your time is valuable and hope to find ways of involving you during 2017 when convenient for you. Have a great year!

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Classes :

- ☞ Recreational
- ☞ Pre-School (with parents)
- ☞ Pre-School (independent)
- ☞ Parent and Toddlers
- ☞ Open Play (during holidays)
- ☞ Adults
- ☞ Beginner Adults
- ☞ Ladies Fitness
- ☞ Competition Squad (by invite)
- ☞ Club (by invite)
- ☞ Teens
- ☞ Home School
- ☞ Tumbling (during holidays)
- ☞ Holiday Camps

Additional Information :

- ☞ Recreational classes are available at our satellite centre at Life Leisure Dialstone in Offerton on Saturdays
- ☞ The gym is available for hire by registered organisations
- ☞ Birthday parties are available when other classes are not on

When do classes restart in 2017?

Christmas is all over and we look forward to the New Year. Also time to get back to our classes. The start of classes is as below:

Pre-School: Monday 9th January to Friday 13th January.

Newby Road Rec: First session is Tuesday 3rd January

Offerton Rec: First session is Saturday 7th January

Newby Rd Teens: First session is Saturday 7th January

Friday Adults: First session is Friday 6th January

Adult Beginners: First session is Sunday 8th January

Home School: First session is Tuesday 10th January

Ladies Fitness: First session is Tuesday 10th January

Competition Squad: First session is Wednesday 4th January

Club: First session is Tuesday 3rd January

Offerton becomes a feeder centre

The demand for gymnastics classes has been high since we opened the new facilities in 2012 due to the London Olympics. The rush of medals in the Rio Olympics in the summer of 2016 for Team GB has increased the interest and we are struggling to offer places in our Newby Road facility. It's understandable as we have created a purpose built centre with good kit, coaches and a coach gymnast ratio of less than 8 to 1.

However we have a second centre in Offerton based in Life Leisure Dialstone, which operates on Saturdays and has equally good coaching, very low gymnast coach ratios and equipment second to none in local leisure centres. This centre has places available and really needs support to allow us to continue to offer classes across Stockport.

Hence for 2017 we are turning the Offerton into a feeder centre for Newby Rd for weekend gymnastics. What does this mean?

All entry for Saturday Recreational sessions will be through the feeder centre at Offerton. There will be no direct entry to Newby Rd.; it will all go through Offerton. All Offerton gymnasts will be able to join the waiting list for Newby Rd Saturday classes.

So if you want to train on a Saturday you will be offered a place at Offerton and after you have started classes at Offerton you will be offered a place on the Newby Rd. Saturday waiting list. This applies to all gymnasts on the Newby Rd. awaiting list currently and all gymnasts registering an inter-



View of the Floor, Beams and Vault at Offerton

est in 2017.

This does not affect the weekday entry to Newby Rd. where the waiting list will operate as it does currently.

What do you need to do?

If you are on the current waiting list for Newby Rd. Saturday Classes then you need to do nothing. You will be offered a place at Offerton.

If you are at Offerton and want to transfer to Newby Rd. Saturday Classes then you can fill in the form on the website , but do say that you are currently a member training at Offerton.

We have not taken this decision lightly; we are committed to delivering gymnastics to as many young people in Stockport as possible. To this end we hope that you support us.

We are looking for a Business Manager

As we get to understand the business better we are looking for a business manager, brief role description as follows:

Reporting to the CEO the Business Manager is responsible for all aspects of the day to day operation of the gymnastics at Offerton and Newby Rd.

Organisation of the services and staff, the classes, their timetables and any special events, such as competitions.

Responsibility that all the equipment works properly, the buildings are maintained and that staff fol-

low health and safety procedures.

Responsibility for controlling budgets and the overall profitability of the centres.

Recruiting, scheduling and managing staff, including effective leadership, Performance Reviews, Development Reviews and training needs.

Gymnastics coaching qualifications or knowledge would be advantageous but are not necessary.

The full spec for the job is on the website and we would hope to make an appointment early in 2017

Christmas Competition

Lots of smiles during the day at our Christmas Competition held this year at the Offerton Centre. More than 220 gymnasts took part and each was given a selection box. There were gold, silver and bronze medals for the Floor and Vault for the gymnasts aged 6 and over and participation medals for the younger gymnasts.

The coaches had helped make up and teach the routines. Next step is setting them to music for the Frank Williams.

Many thanks to all who helped set up, put away, judged, organised and to DE Photo for being our photographers for the day. The arrangements to bring chairs and other equipment from Newby Rd. went well and thanks to one of the parents who provided the transport.

We had moved the competition from Offerton last Christmas as the heating was playing up, but all was in hand this year and we will look to run more competitions at this venue if suitable.



Offerton all set up ready for the Christmas Competition



Last minute encouragement from the judge



Good posture on the Floor



Lovely stretch jump in the Vault event

Parents Have a Go Session

Our traditional end of year event with parents encouraged to come in the gym and have their turn on the equipment. All done in a controlled manner with a safety briefing, a warm up and gently exploration of what they can do on each piece. Folk have to drive home and not be too stiff in the morning.

The net result is that there is an hour of play followed by 30 minutes of pushing the limits with some more adventurous moves. There were some very stiff legs and shoulders in the following days.

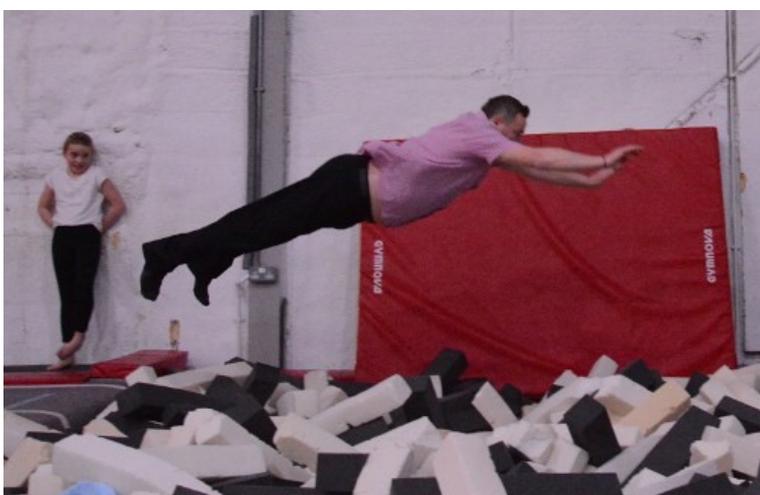
New this year was the introduction of a GoPro which put a different perspective on the event from the moving gymnasts point of view. There is some great

footage, but I have no idea on how to turn it from a movie to a streaming movie to put it on the website.

Great fun and to be repeated next year.



So far so good, but did he land it?



Classic dive into the pits



Still got it



Mum look more like a gymnast here



Someone has done this before

Inter-County Teams



SSoG had 3 gymnasts in the Greater Manchester team competing in the Inter-County teams comp this weekend. Mixed fortunes with a gold, silver and bronze with Greater Manchester coming third overall.

Well done to Ruby, Frankie and Kate. Not only medals, but teddies too.

Gymnast of the Month

We have not done gymnast of the month for a while and Jamie has put together a scoring system based on competition performance, new moves, good attitude and effort during training. The scores are displayed in the gym on a chart and at the end of the month the winner is declared.

We still have the original trophy, all polished up and ready for use.

The first gymnast to receive the

Plans for 2017

The updated business plan will be presented in the AGM in April/ May, but here is a preview of some of the things that the Board are hoping to achieve. What do you think? Your views are important so let us know.

Staff

Employ a Business Manager to run Offerton and Newby Rd. sites. Start the pension scheme. Must be in place by July.

Cover for weekend classes.

Coaches

Increase coaching qualifications with Level 3 & 4 courses.

Gymnasts

Increased representation in Representative Teams and to have a compulsory gymnast in 2018.

Offerton Facility

Stabilise attendance and look for additional opportunities.

Newby Rd. Facility

Board out the area under the U-Pit and transfer the Store there.

The Business

Successfully negotiate the rent review.

Introduce an accounts package (yes we still currently use spreadsheets).

Replace our management software (GYMDATA).

Online payments for all classes.

Continue to balance the budget even though costs are rising.

Parents

Increased support for the aims of the club through volunteering.



award in December was Elyce Pearson.

Well done.

Transport Needed

We have a floor beam that we need taking from the Newby Rd facility to Offerton. The beam is heavy, but the main issue is that it is 5m long and so will not fit in a car or Transit. It will need something with a roof rack. A builders transit with a roof rack would be ideal.

If you can help please talk with one of the coaches and we will arrange a convenient date. Thanks

SSoG Calendar 2017

Christmas Holiday Camps

Tuesday 3rd Jan

Full day 9.00am - 3:30pm

Wednesday 4th Jan

Full day 9.00am - 3:30pm

Thursday 5th Jan

Tumbling 9.00am - 12.00pm

Camp 1.00pm - 4.00pm

Friday 6th Jan

Open play - Toddler 9:30am-12.00

4-9 years 1.00pm - 3.00pm

11th/12th Feb

Club and Regional Grades in Wigan.

First comp in 2017 and GM Team places up for grabs.

5th Mar

Stockport Rec 4 Piece Comp at Newby Rd. This is for Competition Squad gymnasts.

18th Mar

NW Grades Finals for County Teams at Robin Park, Wigan

19th Mar

NW Grades - Compulsory 5, 4 and 3 at Robin Park, Wigan

23rd/26th Mar

British Championships Junior/Senior and Apparatus Finals at the Echo Arena in Liverpool

2nd Apr

Stockport Easter Comp at Newby Rd. This time it is back in it's normal place, just before Easter.

22nd/23rd Apr

NW Grades - National Grades at Robin Park in Wigan

29th/30th Apr

GM Floor & Vault Championships at Robin Park in Wigan

Keep up to date on the website.

I'd Wish I'd Tried

We have been part of the Life Leisure I'd Wish I'd Tried scheme for some time and it had been working well, allowing us to run community classes and introduce gymnastics based fitness at a very reasonable price to new participants. The Sport England grant has run out and the support for one of our classes was withdrawn completely and the price of the other class was to be increased substantially, for the second time.

We have decided to pull out of the scheme and will fund the classes ourselves. We have however looked at both classes and there will need to be some changes for 2017.

Ladies Fitness

The classes will be run as normal on a Tuesday, but we will be increasing the price from £2.50 to £4.00. The basis will still be turn up and pay.

Adult Beginners

These classes will be run on a Sunday starting at 5.30, but we will be extending them by 30 minutes to an hour and a half finishing at 7.00. Essentially this is reflecting how the classes work at the moment as Jamie never finishes on time. The classes will be bookable on line and without the I'd Wish I'd Tried subsidy will increase to £5.00 per session.

Other News

The entries for Regional and Club Grades will be submitted on 13th January so not much time left for getting the moves perfected. Letters will start to go out to gymnasts on 3rd Jan and payment is expected by 8th Jan.

The judging rules have changed as a result of the Olympics and will be in force for the next 4 years. The new rules are not a huge change, but even so all judges will need to revalidate. We had 14 judges at the start of the last cycle in 2012 and they have dwindled away. We will be needing parents to become

judges and will be looking for names in the next few months. The courses will be late summer, we think.

The Mission Christmas donations were up on last year and for that we thank everyone who contributed so generously. The update on the Key 103 website shows that they were able to support 61,874 local children with £2,897,259.14 of gifts and cash donated.

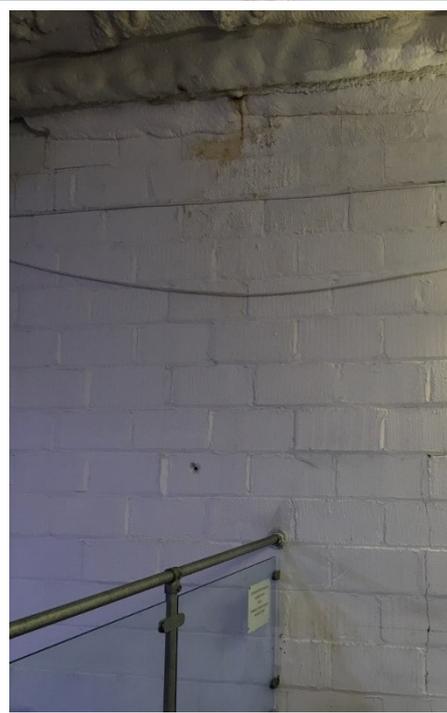
If you missed the event then you can still donate from their website or give £5 from your phone by text KEY to 70808.

Thank you for your support.

Holiday Jobs

The volunteers were in over the Christmas break catching up on jobs that help make the gym a safe and pleasant place. This time it was painting, putting up some leaflet holders in reception, altering the matting under the beams, finishing off the matting in the conditioning area, fixing one of the ladies loos and fixing the door opener in the café.

There was lots more to do but volunteers were a bit thin on the ground. Get involved.



Recent panoramic view of the Newby Rd. Facility getting set up for Parent and Toddler