

# Stockport School of Gymnastics

## 30th Anniversary

July 2016 Newsletter

### SSoG Calendar 2016

#### 2nd/3rd July

The Frank Williams Recreational Competition at the Newby Road facility. More than a dozen clubs will be taking part in the largest gymnastics competition in Stockport. I'm pretty sure this is the 15th year that we have run this competition.

**\*\* Note that there are no Rec classes at Newby Road or Offerton or Teen Gym classes on 2nd July \*\***

**\*\* Note that there are no Rec classes at Offerton or Adult Beginners Gym on 3rd July \*\***

#### 4th July

Start of the new term for classes. Payment is due during June.

The gym will take a break during the summer, see details on your invoice and on page 3.

#### 17th July

Stockport Floor and Vault Competi-

tion was due on this date and has been cancelled.

#### 1st to 31st August

Holiday Camps. See details on the website and on page 4.

#### 23rd Aug to 5th Sept

SSoG Class holidays. Holiday camps continue, but no Rec Classes at Newby Rd. or Offerton, no Pre-School, Teen and Home School classes.

#### 6th Sept

Start of the new term for classes. Payment is due during August.

#### 10th/11th Sep

NW Team Challenge at Wigan

#### 24th/25th Sep

North West Individual & Apparatus Championships at Wigan for out of age gymnasts

For more dates see the website for details.

June was a very busy month with 2 competitions and 2 parties.

We were delighted to see some of the ex gymnasts at the 30th Birthday Party at the Britannia this month. Good food, dancing and many old photos made the night great fun. Pete and Tracey cut the cake and our Chairman, Phil Richardson took us through 30 years of gymnastics (very quickly!).

As part of the Lottery Award way back in 2012, we had to have an opening ceremony. This happened during the open day on the same day as the party. It was well attended with families able to have a go on the equipment together.

For the competitions, see inside this issue

### Inside this issue:

North West Open

SSoG Spring Competition

Grand Opening

Summer Holiday Activities

30th Birthday Celebrations

## International Handstand Day

We had an email from BG asking clubs to take part in the International Handstand Day on 25th June. We were having our Grand Opening so it fitted and we sent some photos to #handstandday. We had 60 gymnasts, coaches and parents up at the same time on the floor. I couldn't find the picture when I looked at Twitter, but there were lots of interesting pictures and locations. We did take part!

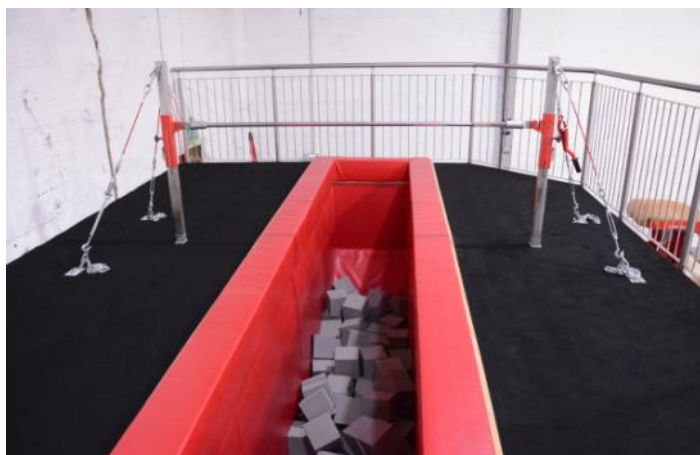


## U Pits complete

Last word on the U Pit, handrails fitted to stop gymnasts and coaches from falling off the side, bars fitted, chains shortened and new shiny bar delivered and fitted.

We have added some foam cubes in the base and so falling off is painless too.

After the Frank Williams competition we'll start to get the carpeting put back in the general bars area and will rationise the biscuit mats in the vault area. All of the chairs that we use for competitions, which are currently hidden upstairs, will be stored in the space under the pit.



## SSoG Spring Competition

The Easter Competition was a little late this year and became the Spring Competition. We welcomed a new club this year, The Wire, and they very nearly replaced Rochdale from their traditional place of Overall Team Champions.

From the SSoG view, our overall

champions were Anna Marsh at Level 5 and Martha Yates at Level 4 Senior. There were some other great performances from our gymnasts, full results on the website.

A big thanks to all those who helped on the day and to Dave Griffiths for the overall organisation.



## North West Open

The NW Open is a good opportunity for our gymnasts to see how they measure up against UK wide competition. Only 3 gymnasts were entered this year and all came home from Wig-an with medals. Heather Davenport won bronze on the Bars, Ruby Hewitt won gold on Bars and Martha Yates won silver on Floor. Congratulations to the gymnasts and well done to their coaches, Jamie Robinson and Bev Perkins.

## Other News

We are replacing some of the crash mats in the gym that have seen better days. The old mats, not really good enough for use in the gym, are OK for use at home so when the new ones arrive the old ones can be removed, FOC.

Just take them away when you see them in the reception. Transport is NOT provided!

We were taking some publicity photos recently and the picture at the bottom of the page shows the gym today. It's light, well equipped and at the right temperature all year through.

So back to the gym at Di-alstone 25 years ago. Needed setting up every session, roasting in the summer, freezing in the winter and very basic kit. Progress.



# Summer Activities 2016

Stockport half term holidays – Monday 1st August – Wednesday 31st August

Recreational holiday camps are for ages 5-16. For both members and non-members.

These sessions are for recreational gymnastics of all abilities; ranging from children who have never done gymnastics, to children who attend recreational sessions. We aim to provide a fun session full of games and to also practice and improve on their current knowledge of gymnastics.

Holiday school are for ages 5-16

We will be running a couple of holiday schools through the Summer. This is a 3 day course. The idea of the holiday school is for recreational children to practice their gymnastics and build upon basic gymnastics skills that they already have. Aiming to achieve new moves by the end of the three days.

Kicks, Tricks and Tumble ages 10-16, Tricks Age 16+

This fuses traditional gymnastic and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performers and stunt actors. BG call it FreeG and we are advertising it as a Tricking Session. Not sure what we are talking about? Have a look at some of the moves here. Please do not expect to be at the same standard straight away.

Ladies fitness Age 18+

This class is for ladies only. Exercise and gymnastics together in one class. During the holidays we will be running children's crafts alongside the fitness session so that Mums can still join in and get fit. You need to book on these so that we can arrange additional staff if necessary.

Tumbling session Ages 8-15

This session is aiming to work towards forwards and backwards tumbles on the floor. Backflips, somersaults and more. Please do not expect your child to come home with these moves. It is a focused session but we cannot guarantee that they will achieve these moves straight away. They take a lot of practice and preparation.

Parent and Toddler open play, Open play Ages 4-9

This is an unstructured session where children get to enjoy the gymnastics equipment with their parent supervising them. We have a coach on site but the session is for your child to use the gym with your encouragement. Unfortunately the trampoline and the U-pit are out of bounds but the rest of the equipment is free to use.

## SESSION DATES

Monday 1st – 9-12pm Tumbling session, 1-4pm Afternoon camp

Tuesday 2nd – 9:45-10:45am Ladies Fitness, 10-1pm Tricks and Kicks, 2-4pm Tricks class (Adult)

Wednesday 3rd – 9-3:30pm Full day camp

Thursday 4th & Friday 5th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 8th – 9-3:30pm Full day camp

Tuesday 9th – 9:45-10:45am Ladies Fitness, 9-3:30pm Full day camp

Wednesday 10th – 9-3:30pm Full day camp

Thursday 11th & Friday 12th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 15th – Wednesday 17th – 9-3:30pm 3 day Holiday school

Tuesday 16th – 9:45-10:45am Ladies Fitness

Thursday 18th & Friday 19th – 9:30-12 Parent and Toddler open play, 1-3pm Open play

Monday 22nd – 9-12pm Tumbling session

Tuesday 23rd – 9:45-10:45am Ladies Fitness, 10-1pm Kicks, tricks and tumble 2-4pm Tricks class (Adult)

Wednesday 24th – 9-3:30pm Full day camp

Tuesday 30th – 9-3:30pm Full day camp

Wednesday 31st – 9-3:30pm Full day camp

Thursday 1st & Friday 2nd September – 9:30-12 Parent and Toddler open play, 1-3pm Open play

## PRICES

Parent and toddler open play £5 for the first child, £4 for siblings after that.

Open play £5 for the first child, £4 for siblings after that.

Ladies Fitness £2.50 Ladies fitness kids crafts £2.50

Kicks, Tricks and Tumble. Tumbling sessions both £15 Tricks (Adult) £5

Afternoon camps £15

Full day camps £27

Discounts are available on all classes if you book early.

# The Opening Ceremony

In 2012 we were successful with a bid to Sport England for funds to buy a sprung floor. We received £21,000 and part of the conditions was that we had grand opening event. So 3 years later we have actually had an opening day! It was a lovely day with a number of displays from Pre-School, through Teen, Club to Adults on what they do at Newby Road. In addition it was a chance for all members and parents to have a go on the equipment. A lot turned up and took part. Thanks to Deborah Griffiths for organising it.

There was free popcorn, slush, candyfloss and face painting. Donations went to support Ollie's Army and we are pleased to announce that you contributed £231.94. Thank you.



## 30 Years Party

We all gathered at the Britannia Hotel on Dialstone Lane for our 30th Birthday celebrations. Quite fitting to be so close to the now demolished Dialstone Centre where the club trained for nearly 25 years. The event was well attended with a good mix of current, recent and not so recent gymnasts and coaches joining in.

There was music and dancing, a buffet meal, cakes, drinks and a SSoG themed cake.

Phil, our Chairman, gave a short speech of thanks and took us through the highlights of the last 30 years. The cake was cut by the President, Pete with the help of Tracey Davenport, the only coach who is still with the club and was on the 1986 club photo.

We had a photographer at the party and very soon the group and family photos will be on the club website for download.

The event was organised by ex-gymnast Deborah Griffiths with help from Dave and Helen Griffiths. Fantastic job, all went very smoothly and we do all thank you.

So here's to the next few years and see you at our 40th.

