

Stockport School of Gymnastics



Sorry about the late issue of the July newsletter; busy month at the club (and at work!)

The Greater Manchester Open was a mixed competition for us, our first entry at Regional FIG, Susan Roberts, but a number of injuries reducing the number of gymnasts representing the club.

There has been some real progress with the Volunteering Committee at the club with 2 meetings and a successful weekend supporting the Frank Williams competition.

The Frank Williams attracted 250 entries and ran to time with all entering clubs sharing success. The format is still popular and looks like it will continue for years to come.

SSoG Calendar 2014

July 19th

High Peak Summer Competition at their gym in Buxton. This is Saturday only now.

July 27th

Greater Manchester Floor and Vault Championships. This is Sunday only now.

July 27th

Team Trials for all of those gymnasts hoping to be selected for the NW Teams

August 4th to 29th

Holiday Activities at the Newby Rd. Gymnastics Centre.

August 18th to 31st

Recreational classes summer break.

No Recreational Classes at Newby Rd or at Offerton during this time. All starts back on week commencing 1st September.

September 20th & 21st

North West Teams and Age Group Championships at Wigan

September 27th & 28th

Flic Flac Autumn Competition in their gym in Chorley.

October 18th & 19th

North West 4 Piece at Wigan

November 8th & 9th

Greater Manchester 4 Piece at Wigan

November 22nd & 23rd

North West Floor and Vault Championships

Inside this issue:

The New Grades

Competition Trails

Volunteers

Frank Williams Competition

Exam Successes

Centre improvements

Holiday Classes

New equipment

Farewell Ella Cleaver

High Peak Summer Competition

Greater Manchester Open

GM Floor and Vault Competition

The Frank Williams Competition

Another great weekend of gymnastics with the Frank Williams Competition held at the Newby Rd. Gymnastics Centre at the end of June. More that 250 local gymnasts took part and shared medals and trophies in a floor and vault competition. We were pleased to welcome Ribble Valley Gymnastics for their first entries and welcome back old friends from Newall Green, Wilmslow, Poynton, CC Gymnastics, Tameside, Busy Bodz and New Mills.

All ran to time and the behind the scenes help on the door, in the café and with the raffle was well organised and most welcome. The attendance of Blue Frog Graphics selling special T shirts for the competition was also successful.

There was success for Cameron Chapman winning the Overall Trophy for Boys aged 8. Well done



Ella Cleaver

This month we say good bye to Ella Cleaver who has decided that her days as a competitive gymnast have come to an end. She has struggled with injury and every time when she was just getting back to normal, the problems reoccurred. Ella will switch to coaching at the club, concentrating on her specialist talents, choreography, working with Vicki.

Ella has been at the club since 2007 and has had a very successful career with awards for Gymnast of the Month, Winner of the Novice Cup and President's Shield, represented Greater Manchester in the Grades Finals and has been in the top 3 in Greater Manchester and North West Individual Championships.

Volunteers

It started with a meeting on the 21st June to plan for the Frank Williams Competition and there was a follow up meeting after the Frank Williams to plan for the next events and for how the parents can support the club in an active manner.

Minutes of the meetings are sent out to all club members via email, so if you have recently changed your email, then please let Karen Dooley know and she will update the records.

The subjects that are discussed are wide ranging and include the improvement of the facility, such as fixing leaking taps, toilet doors that

don't shut properly, through better hand dryers, door entry systems for better security to large improvements such as better spectator viewing positions.

The volunteers plan to raise funds by running raffles and the like at competitions and they will have targets for provision of new items, such as additional gymnastics equipment.

There is a lot of energy in this group and they have a number of exciting ideas on how we can progress. Join in and become part of the team.

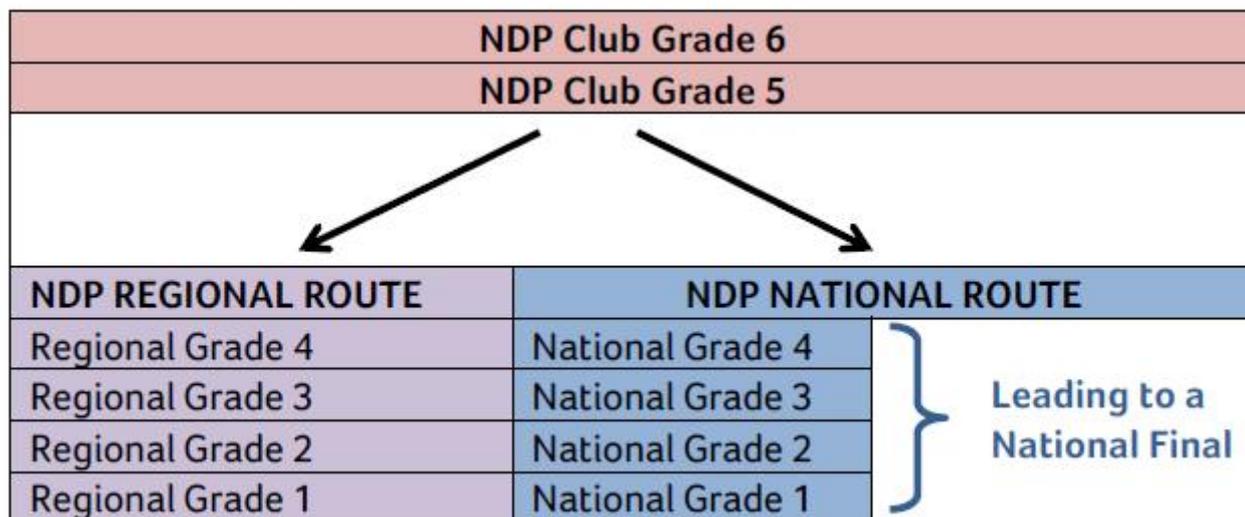


NDP Grades 2014

The new grades have been published in provision form, in good time for coaches to start looking at the requirements before the competitions in 2014. The changes are not significant, but are different. The first noticeable change is that all grades will now have a conditioning set. The numbers too are now sensible with the first grade now numbered 6 instead of 14.

The basic structure is below for the new National and Regional levels and a reminder of how they relate to the Elite grades. Note that in the elite grades there is a Level 5, which is run in the North West, which is done at age 8 in parallel to the NDP Club Grade 6.

There are likely to be some revisions to the actual moves and the final versions will be available as books from BG very soon.



	<i>Compulsory Elite Levels</i>	NDP National Grades	NDP Regional Grades
Min Age 8		NDP Club Grade 6	
Min Age 9	<i>Compulsory 4</i>	NDP Club Grade 5	
Min Age 10	<i>Compulsory 3</i>	National 4 <i>Not eligible:</i> <i>a pass at Compulsory 3 2 1</i>	Regional 4 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 4 3 2 1</i>
Min Age 11	<i>Compulsory 2</i>	National 3 <i>Not eligible:</i> <i>a pass at Compulsory 2 1</i>	Regional 3 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 3 2 1</i>
Min Age 12	<i>Compulsory 1</i>	National 2 <i>Not eligible:</i> <i>a pass at Compulsory 1</i>	Regional 2 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 2 1</i>
Min Age 13		National 1 <i>Not eligible:</i> <i>a pass at Compulsory 1</i>	Regional 1 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 1</i>

Centre Progress

Quieter month with the progress not quite as obvious. We have been donated a 5 section box by Medlock Gymnastics Academy. This set of boxes is shouting "Varnish Me!" So it would be great if you could help.



The dance studio has been cleared out (again), painted and the floor will be laid during July. Barres, music system and mirrors will be ordered during July too. New lockers have arrived for the coaches to store their equipment and locks have been installed on some of the kitchen cupboards.



We have also replaced one of the Turbo Springboards, which is relegated to mounts on the beam and have also taken delivery of a new FIG competition springboard.

May Gymnast of the Month

With the newsletter being a bit later than usual we are able to report on 2 months instead of 1. The Gymnast of the Month for May was Heather Davenport who posted some excellent profile scores and has shown good progress with getting ready for 4 piece competitions later in the year. Well done Heather.



Other News

We have a strong entry for the High Peak Summer Competition being held on Saturday 19th July. The following gymnasts will represent the club:

Level 1

Eleanor Totton, Alice Ellarby, Lily Davison, Emily Mills

Level 2

Erin Kiersey, Paige Durr

Level 3

Leah Kidd, Rebecca Garside, Abigail Wrightson, Liliana Ashton, Charlie Wright, Zoe Jones, Sarah Dean

The Greater Manchester Floor and Vault Competition is being held on Sunday 27th July at the Robin Park Leisure Centre in Wigan. This is right at the start of the holiday season so we have a much reduced entry, only 5 gymnasts, all at Pre-Novice level.

Liliana Ashton, Zoe Jones, Erin Kiersey, Ava Hodson and Annabel Clarke.

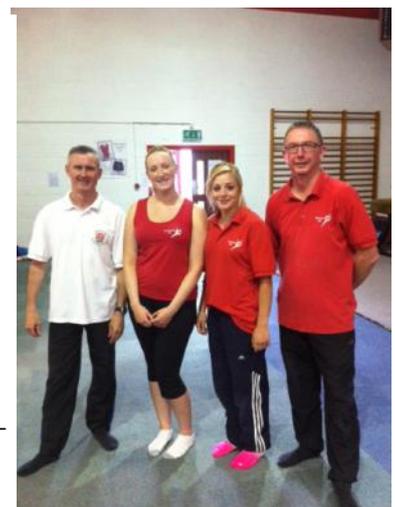
We continue to invest in Coach education. In addition to the Level 3 modules currently being done by Jade Waldron and Katie Smith, we have 2 coaches going on the Level 2 course, Frankie Paolo and Adam Waldron, Alex Norris waiting for his theory exam marks for his Level 2 and several coaches doing Level 1 courses, including Pre-School.



The fund raising side of the Frank Williams Competition is usually left to the annual accounts presented at the AGM, but as we promote the new volunteer group it is worth sharing the difference that they made. The door takings were £1,100, the café made £850, the raffle made £300, the T-shirts and leotards made £180. This is excellent and more than paid for the 2 new springboards. All are encouraged to join in.

Exam Success

Congratulations to Mike Dooley, Nikki Havery and Jade Waldron, who were signed off on their Coaching Level 3 modules this during June. Mike Lea was the examiner and was happy that all 3 of them met the required pass mark on Beam, Floor, Vault and Bars. Coach education never finishes, we are always in training.



August Holiday Activities

The Summer Holiday programme is announced for the month of August at the Newby Rd. gymnastics centre. We have a mixture of the regular classes, which continue to run throughout the summer, such as Ladies Keep Fit and Home School, Adult Gym, Parent and Toddlers and we will be running Holiday Camps for Rec, Pre-School and Club.

We will be running the camp on the following days:

Mondays

Pre-School session from 9.45 to 10.30 and 10.45 to 11.30.
Each session is £4.50

Holiday Camp afternoon only, 13.00-16.00 = £12

Wednesdays

Club Camp, by invitation only

Thursdays

Holiday Camp full day 9.00-12.00 lunch break 12.30-3.30 = £24

Fridays

Pre-School session from 10.45 to 11.30 and 11.45 to 12.30.
Each session is £4.50

Holiday Camp afternoon only, 13.00-16.00 = £12

You do not need to be a member of British Gymnastics or Stockport School of Gymnastics so come and enjoy a session of gymnastics with us.

Please bring a drink and lunch for the all day sessions.

To book your place sign up in the gym or complete the form online on the website.

Gymnast of the Month - June



The Gymnast of the Month for June was Amy Robinson. Amy has had a good month in the gym, but the award is for her first competitive medals representing SSoG at the Greater Manchester Open and a third place overall in the Novice section. Well done Amy

This is the only open competition that we enter as a club and an opportunity to see how we compare with gymnasts from outside the North West Region. The biggest group was at Level 4 and the competition was fierce with more than 70 gymnasts taking part. No medals for our gymnasts, but some creditable performances.

At Novice level we performed well with Amy Robinson 3rd Overall in her age and Grace Haughton 2nd Overall in hers.

On day 2 we only had one competitor, Susan Roberts, as all of the rest of our Regional FIG gymnasts were injured. Good performance from Susan, winning our first ever medals at this Level, Silver on Floor and Bronze Overall.

Well done to all gymnasts who competed.

Greater Manchester Open

