

# Stockport School of Gymnastics

## 30th Anniversary

June 2016 Newsletter

### SSoG Calendar 2016

#### 31st May to 10th June

Half Term Holiday camp and Open Play scheme. See details on the website and page 2.

#### 5th June

Stockport Spring Competition at the Newby Rd. Centre. No eggs this year, but still the same good fun.

**\*\* Note that there is no Adult Beginners Gym on this date \*\***

#### 18th/19th June

NW Open at Wigan.

#### 25th June

The 30th Birthday Celebrations. Activities during the day at the Newby Road facility and a party in the evening at the Britannia on Dialstone Lane.

**\*\* Note that there are no rec classes at Newby Road or Offerton or**

**Teen Gym classes on this date \*\***

**The classes that have been paid for will be refunded from the next term fees.**

#### 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

#### 4th July

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

The gym will take a break during the summer, dates not yet announced. Similarly there will be holiday camps. Look out for the details on the website in the next couple of weeks.

May was a quiet month with a single competition, the North West Floor and Vault Championships held in Wigan. No action pictures available so a view of the gym taken earlier this year and enhanced to widen the angle.

The 30th Birthday celebrations are happening in June so make sure you know what is going on when on the 25th June. Tickets for the evening party are available online so book early. The centre will be officially opened during the day so looking forward to a big turn out.

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## NW Floor & Vault Championships

The North West Floor & Vault Championships took place on the weekend of 14th/15th May and there were 350 gymnasts entered.

SSoG medallists were Lily Ashton winning Bronze medals on Floor, Vault and Overall in the Novice over 13 competition. Holly Duffy won Silver on Floor, Bronze on Vault and Silver Overall in the Intermediate competition and in the same com-



petition Leandra Brennan, first competition in a number of years, won Silver on Vault and Bronze Overall.

The headline medals were good but only tell a small part of what was a really great weekend for the SSoG Competition Squad gymnasts. In very large groups, with gymnasts from other clubs doing more hours than ours, there were many performances just outside the medals that were excellent.



## Half Term Activity May/June

We are running Open Play and Holiday Camps in the next half term holiday from Tuesday 31st May to Friday 10th June. Full details and booking forms are on the club website. Book before Thursday 12th May at 6pm.

### Holiday Camps

Tuesday 31st May	Full day	9-3:30pm
Wednesday 1st June	Full day	9-3:30pm
Thursday 2nd June	Half day	1-4pm
Friday 3rd June	Half day	1-4pm
Monday 6th June	Half day	1-4pm
Tuesday 7th June	Full day	9-3:30pm
Wednesday 8th June	Full day	9-3:30pm
Thursday 9th June	Half day	1-4pm
Friday 10th June	Half day	1-4pm

### Open Play

We also run open sessions for children aged 0-6 years and under 108cm tall. All sessions are run from 9:30 until 12pm

Thursday 2nd June

Friday 3rd June

Monday 6th June

Thursday 9th June

Friday 10th June

No need to book, just turn up and play. All details are on the club website.

## U Pits at Newby Road

The U Pits are just about complete with all of the carpets added to the structure. There are a couple of items that Continental need to come back and have a look at before we can use the bar and of course we must have the handrails in place such that people don't fall off the edge. The handrails are due to be fitted on 14th June.

There are then some boring bits that you don't see, such as the boarding out of the space under the structure to form a store and the addition of lights and doors.

A big thanks to the volunteers who have made this happen and to Aidan for living with it and solving all problems.





## 30th Birthday Celebrations

Hopefully you will be aware that we are celebrating 30 years of gymnastics in Stockport. From 1986, the club founded by Frank Williams and Brenda Smith, has provided classes for all and competition training for girls in the borough of Stockport.

Now it's time to celebrate and we have chosen Saturday 25th June for our parties.

We start at the Newby Road facility during the day from 11.00am to 15.00pm

There will be displays performed from various groups with Stockport School of Gymnastics Face painting and glitter tattoos, candy floss, popcorn and slush puppy machines and the cutting of the ribbon to officially the opening of the venue.

We are hoping that all of the classes that use the centre will put a display together from Pre-School through to Adult Gym. It would be great to get a flavour of what everyone is doing.

Then in the evening we move to the Britannia Hotel on Di-alstone Lane for the party. Arrival drinks and photos from 7pm with the official start at 7.30pm. There will be a buffet dinner followed by cake and cupcakes. We have a live band and DJ. There will be a raffle and some very short speeches.

ETickets at £10 for adults and £5 for children are available online on the website.

## Other News

A thanks to parents who have brought children to Pre-School course, especially this bank holiday weekend. Without their help the course cannot go ahead and we would be short of qualified Pre-School Coaches.



Sainsburys vouchers 2016. We can still collect your Active Kids vouchers up to July if anyone has any hiding in purses/wallets. Bring them in and give them to the Duty Manager or place them in the Active Kids collecting box.



Gareth Martin ran another

one of his famous football cards from February to May and raised £117.50 for the club. Congratulations to the 2 winners - Pete Mullany and James Ancliffe who shared the spoils of £117.50. Gareth will be running another competition next season so if anyone is interested in taking part contact him.



Please note that if you have paid as part of this terms fees for Saturday 25th June at Newby Rd. (Rec and Teen classes) or Offerton (Rec classes) then you will get a free session next term as there are no classes on that day due to the party. You will see

## Resilience Training

Being in top physical fitness alone is not enough for sustained success in sport. Over recent years, there has been increasing awareness of the vital importance of mental resilience in enhancing peak performance in elite athletes. The ability to hold it together mentally when under pressure is essential for making you a winner in gymnastics.

Clarity of mind is vital for allowing you to stay calm and achieve pinpoint focus so you can perform your best under pressure. Facing an important competition, it is normal to feel some pressure and stress. This can increase your focus, concentration, increase your strength and stamina, speed up your reaction time and ultimately enhance your sports performance.

Underperformance in the last competition can hinder the preparation for the next competition, your mind is filled with self-doubt and self-criticism. Your confidence takes a massive hit and then worry about performing badly again starts to creep in.

When feeling the pressure, your ability to respond to negative thoughts and feelings, achieve clarity of mind, and stay focused is key to supporting you to realise your sporting potential. The good news is that you can learn how to perform your very best under pressure by strengthening your mental resilience.

SSoG is very pleased to be working with Dr Aoiffe Kilcommons to increase the mental resilience of gymnasts preparing for competition and with the coaching team such that they can best support the gymnasts. We look forward to some very positive results in the coming months.



the deduction on next term's invoice.



The Club Handbook for 2016 has been issued and sent to all Competition Squad and Club members. It is available to all members of SSoG so if you would like a copy, please let us know and we will send you a copy. There are copies on the notice boards at both centres.

The Stockport Spring Competition is being held on Sunday 5th June at the Newby Rd. Centre and most preparations are in hand. We could do with a few more parent volunteers to man the door and café so that the same folk are not tied up all day. Just a couple of hours would be good. There is a list on the notice board in the gym or talk to Jayne Mooney.