

Stockport School of Gymnastics

March 2010 Newsletter

The Regional Grades Finals



Lauren during her floor routine, head up!

The grades finals were held on the last weekend in February at Birchwood, and although we did not have any gymnasts in the teams, we did have Lauren Burgess and Ella Cleaver competing as individuals.

Lauren was first up and out of 24 came a creditable 5th on bars and 7th on floor. However she fell off the beam. Lauren had to wear the club leotard as the new foil one was too big for her. Shame, would have been nice for both gymnasts to match.

Ella Cleaver also fell off the beam, seems to be a SSoG problem, but came 9th on vault and 11th on the bars; both good results. Ella wore the new leotard and it did draw some good comments.

The teams competitions were all won by Greater Manchester, some of the grades by a big margin. The county is definitely the one to beat.



Ella in the new leotard on the Vault



March 2010 Events

27/28 March

The Phil Tighe competition, to be held at Copley. This is a floor and vault competition, the biggest event in the region.

Nothing else, a month to get on with new moves.

Profiles

Profiles are back.

We will be starting the profiles again during March, for all gymnasts in the club. We will only have 4 tests, to keep it simple and to make them easy to do each month. The tests are:

Splits

Leg Lifts

Speed jumps

Chins

The big question is, what are we going to do with the results? If they get better, no problem, if they get worse, then we will take more time conditioning until all starts to improve again.

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The SSoG Calendar for 2010

27/28 March

Phil Tighe Competition
Venue: Copley Recreation Centre.

11 April

Stockport Novice Competition
Venue: Target Life Dialstone.

20 April to 3 May

Twinning Visit to Jeune Garde Gym Club in Armentieres in Northern France

8/9 May

Greater Manchester Floor & Vault Competition
Venue: Copley Recreation Centre.

12/13 June

NW Floor & Vault Competi-

tion.

Venue: Birchwood Tennis and Recreation Centre

19/20 June

Greater Manchester Open Competition
Venue: Copley Recreation Centre.

26 June

Display at Brookside Primary School

3/4 July

Frank Williams Competition
Venue: Target Life Dialstone.

25/26 September

NW Age Groups, Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre

16/17 October

Greater Manchester 4 Piece Competition
Venue: Copley Recreation Centre

30/31 October

NW Out of Age Individuals Competition
Venue: Birchwood Tennis and Recreation Centre

7 Nov

The Club Championship
Venue: Target Life Dialstone.

20 December

Last gym session for Club 2010. Start of Christmas hols.



Bowling



Shush, Hollie, Laura, Jess and Charlotte

As a celebration of the good performance of the SSoG gymnasts in the grades, we all went bowling at Parrs Wood. Despite being the half term holiday we had 29 gymnasts, 10 coaches and a number of parents turn up, bowl and dine.

This was a great team building evening out, the bowling a catalyst for the parents getting to know the coaches and visa versa.

I asked the question to the gymnasts, "should we be a



Martha, Eleanor and Eleanor



Karen, Bev, Jo and Mike

The New Gym

I really was hoping to have more news by now on the pre-planning application, but we seem to have hit a slow period at the Town Hall and we have

had no news, despite chasing. We are getting some very positive support from the Sporting community, which will be helpful in the long run.

bowling club or a gymnastics club?". Worryingly all said a bowling club.

We do need more socials and to this end there is a coaches curry night in March and we are looking for ideas of other evenings out, say around Easter.

We still have a vacancy for a display in the Summer, please Saturday or Sunday, we can do weekdays. See any of the coaches if you want us to come to your school.



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Skating

During February you may have noticed on one weekend, someone trying to do standing back tucks. Not so good to start, but very acceptable by the end of Sunday.

Believe it or not Joey Tsang was learning back tucks as part of his routine for...skating. He is a member of the Oxford Freestylers, they have appeared on the TV as part of the Dancing on Ice show. So someone famous in our gym. We wish him well.



Phil Tighe Entries

The Phil Tighe this year is on the weekend of 27/28th March with the venue confirmed as Copley. We are entering gymnasts in competitions 1 (sprung floor) and competition 2 (unsprung floor), which is for those who train 3 hours or less per week.

The SSoG entries are:

Competition 1

Lydia Shipton
Sophie Kindon
Eleri MacLeod
Isobelle Blissett
Olivia Fletcher
Ella Cleaver
Chloe Astley

Chloe Andrew
Georgia Mather
Ella McKie Crane
Lizzie Vearnals
Sophie Richards
Bella Stanyer
Laura Hallworth

Competition 2

Jessica Herbert
Maisie Leonard
Jemma Woods
Lilliana Ashton
Georgia Mullany
Grace Wheeler
Details on the board in March

The AGM (not until the end of April)

The AGM isn't until the end of April, but we know already that we will be looking for new committee members. In asking for you to think about getting involved now, you have lots of time to think about how you can help.

The main vacancy is on the Executive Committee, as Helen Sefton is retiring as she has a new full time job and has to travel each day to Congleton.

Also with Emily and Laura not being in the gym full time collecting money and giving out cheques is not so easy.

We thought we have a volunteer, but she has changed her mind, so we are looking again for help.

The main skills needed are to keep on top of the books, be close to a bank and in the gym on a regular basis. Some knowl-

edge of book keeping would be useful, but not essential.

We cannot function without a treasurer and if we cannot find one, a coach will take it on, not a good idea as they have enough to do with the time they spend in the gym and with planning sessions.

This can also be done on a joint basis, split between rec and club sessions. Talk to Mike



Standing Orders

The new fees were starting on 1st Feb if you changed hours due to the groups changing. If you have not yet contacted your bank, then please do so, don't wait for Helen to have come and chase you.

Sunday Training

Jess and Hollie's group will be training on Sundays through to 2.00 now as we have now got coaching cover. Sian Roderick has offered to help, great news. This will help with the prepara-

tion for their first competition of the year, the Greater Manchester Floor and Vault Championship. Please ask Helen Sefton for the Standing Order forms to increase your payments.

Mat Shifting Rota

The rotas are as shown for the Tuck Shop and for the Saturday morning Mat Shifting. Please turn up at 9.00 and if you are unable to attend, swap with someone on the Rota. Telling Mike does not get you out of it. If there are any problems, then talk to Julie Mansfield.

Until the new gym happens we are victims of having to shift the kit in and out of the gym each week. On Mondays and Thursdays I can under-

stand that it is not easy to get in by 5.30 to help, but we generally get by. Saturdays is different and as it only happens once a month, there should be no excuses.

We put in a previous newsletter that not turning up means not going on kit for the gymnast, just conditioning. We never had the courage to carry it out, but I think the time has come and so from the start of March, no show, no pieces, just conditioning.

Tuck Shop Rota

April 3 rd	Julie Mansfield
April 10 th	Jennifer Lambert
April 17 th	Sarah Barber
April 24 th	Helen Potter
May 1 st	Helen Sefton
May 8 th	Jennifer Lambert
May 15 th	Sarah Barber
May 22 nd	Helen Potter
May 29 th	Julie Mansfield
June 5 th	Karen Kindon
June 12 th	Helen Sefton
June 19 th	Julie Mansfield
June 26 th	Karen Kindon

April 3 rd	Hall	Thornedyke	Shipton	Burns	Martin	Harnett	Berger	Hulme
April 10 th	Hallworth	Evans	Andrew	Jones	Mills	Hewitt	Haughton	
April 17 th	MacLeod	Taylor	Hollick	Boswell	Stanyer	Mooney	Cleaver	
April 24 th	Mather	McKie Crane	Astley	Todd	Oakley-Keenan	Fletcher	Blissett	Brennan
May 1 st	Hall	Thornedyke	Shipton	Burns	Martin	Harnett	Berger	Hulme
May 8 th	Hallworth	Evans	Andrew	Jones	Mills	Hewitt	Haughton	
May 15 th	MacLeod	Taylor	Hollick	Boswell	Stanyer	Mooney	Cleaver	
May 22 nd	Mather	McKie Crane	Astley	Todd	Oakley-Keenan	Fletcher	Blissett	Brennan
May 29 th	Hall	Thornedyke	Shipton	Burns	Martin	Harnett	Berger	Hulme
June 5 th	Hallworth	Evans	Andrew	Jones	Mills	Hewitt	Haughton	
June 12 th	MacLeod	Taylor	Hollick	Boswell	Stanyer	Mooney	Cleaver	
June 19 th	Mather	McKie Crane	Astley	Todd	Oakley-Keenan	Fletcher	Blissett	Brennan
June 26 th	Hall	Thornedyke	Shipton	Burns	Martin	Harnett	Berger	Hulme