



Stockport School of Gymnastics

March 2018 News



There were 2 competitions in February and SSoG gymnasts were successful in both. Congratulations to Sophie Banner and Lola Ardley, who won Grade 6 and Grade 4 trophies in the Greater Manchester Grades and will represent the County in the Regional Finals. Closer to home Georgia Hewitt and Charley Wright organised the Stockport 4 Piece Competition at Newby Road and we had 3 overall champions, Olivia Dooddy, Olivia Heapy and Maddy Carrington. Well done.

Social Media

Websites

General

www.stockportgymnastics.com/wp

Club

www.stockportgymnastics.com/club

Twitter

@stockportgym

Facebook

@stockportschoolofgymnastics

Instagram

@stockportschoolofgymnastics

2018 Dates

11th March

Club Trip to the British Championship.
Coach leaves Newby Road at 08:00.

No Club training on this day

14th March

GM Team training at Sparks

18th March

NW Grades Finals for County Teams at Wigan

24th/25th Mar

Wilmslow Gymnastics Easter Eggstavanza
at Wilmslow Leisure Centre.

25th March

BG Level 3 Modules training course at Newby Rd. No
Club training on this day.

21st/22nd Apr

NW Grades - Compulsory 5, 4 and 3 (Compulsory 2 Pre-
Comp) & NW National Grades at Wigan

5th/6th May

Greater Manchester Floor & Vault Championships at
Wigan

16th/17th Jun

NW Open at Wigan

More dates on the website

Lime Survey - What we are doing - Part 1 Coaching

The highest number of comments in the survey were on coaching. There were some encouraging remarks, but we are looking on how we can improve. You told us in the survey that you wanted the coaches to be enthusiastic all the time, to deliver a varied progressive programme and to report back to you on your child's progress. We want this too and have started to produce a programme, specific to SSoG, based on the experience of our senior coaches, that will be delivered

term by term to gymnasts specific to their age and ability. Coaches will be trained and as the programme will be on the walls around the gym you will be able to easily see where they are up to. An example is below.

Having a programme will mean that the coaches are focussed and it will avoid doing the same repetitive thing each week.

The plan is for a formal launch in April.

TRAMPET

TERM 3

COMPULSORY SKILLS

- 1. RE INFORCE LANDINGS**
- 2. ALL JUMPS + PIKE**

SIDE STATIONS

- 1. LANDING off a raised object**
- 2. SPRINGBOARD Jump and land**
- 3. FLOOR Straddle fold**
Back flat throughout
- 4. FLOOR Pike fold**

4-5 RECEPTION YEAR 1

Other News

Congratulations to Kay Zaki, our Choreographer, who has given birth to a baby girl, Ada.

You may have noticed that we had the scaffolding back in the gym checking out the state of the lighting. When the new LED lights were installed we had lighting levels in the gym of 330 Lux, which has fallen to 110 Lux. We have established that the problem isn't chalk dust, it's that there is

a fault with the lights and the manufacturer is looking at some solutions.

Sticking with the lighting theme, having replaced the outside lighting at the front of the building, especially in the car park, we are adding lights down the side of the building and around the back so that there is better access from the rear fire doors in the evening.

Lilleshall Fund Raising

Having decided that we are off to Lilleshall in the summer, the parents have got together to organise fund raising to keep the costs down. The ideas so far are:

Design a Leotard Competition – Forms are available on the Balcony Noticeboard and also in the Reception area of the gym. Enter as many times as they wish, attach £2 entry fee and post in the red box on the wall on the balcony. The winning design will have their leotard made.

Grand Raffle – The Lilleshall parents have been sourcing gift vouchers, entry tickets to things such as trampoline parks, meal vouchers, vouchers from leotard companies etc. We would ask that any donations could be given to Jayne Mooney, Jayne Owen or Suzanne Winterbone by Sunday 18th March so that we can collate a list of prizes and issue raffle tickets for sale. The raffle draw is currently scheduled to take place on 29th April and details of winners will be published on the website and on the noticeboard in the gym.

Camera, Sparkle, Action – The revised date for this is now Sunday 18th March, 2.00 pm and details will be posted on the noticeboard in the gym. Gymnasts will have the opportunity of their very own action photo shoot. The photos will be professionally edited and participants will receive their own USB stick with 20 photos to keep. For further information and to register an interest in this, please add your name to the list on the noticeboard on the balcony.

Various Supermarkets have been contacted and we are awaiting a response with regards to arranging a Bag Pack.

Easyfunds - Simply visit the website www.easyfundraising.org.uk, on the Search for a Cause area just type in Stockport School of Gymnastics, fill in your details and it's as simple as that! We have added a link on the website. For everything you buy, we get a donation, costs you nothing.

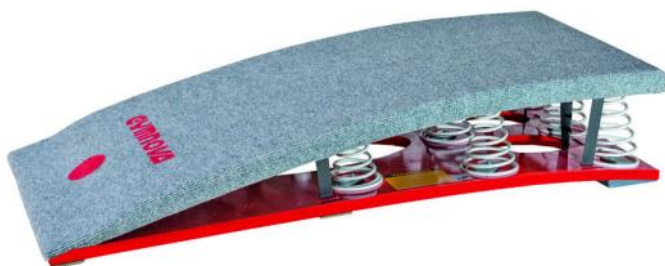
Information with regards to further fundraising events will be published shortly.

A Facebook Group has been created to help communicate information/requests for help from the Lilleshall Trip Parents SSOG Elite Club.

If you would like to join in then contact Jayne Owen, Jayne Mooney or Suzanne Winterbone.

New Equipment

We have invested in new equipment at both Newby Road and Offerton, comprising minibars, landing mats for vault, bars and beam, slopes and a state of the art Evolution springboard. We are looking at the 2018/9 budget and have a number of key purchases in mind to improve the quality and variety of kit available to our members.



Greater Manchester Club and Regional Grades

SSoG had it's first ever Grades Champions at Grade 6 and Grade 4 at the GM Grades Competition. Congratulations to Lola Ardley and Sophie Banner, who will represent the county in the Regional Grades finals on March 18th in Wigan.

Lots of encouraging performances across all grades and a record number of distinctions.

Distinctions

- Lola Ardley Grade 4
- Sophie Banner Grade 6
- Evelyn Turner Grade 6
- Bella Gnatiuk Grade 5
- Amelia Le Fondre Grade 5
- Millie Hewart Grade 2



Commendations

- Amy Winterbone Grade 4
- Ceira Mooney Grade 4
- Lola Mannion Grade 6
- Alys Pike Grade 6
- Riley Morrison-Howarth Grade 6
- Amelie Garrot Grade 5
- Holly Naylor Grade 1
- Elyce Pearson Grade 1



Thank you to Jenna Naylor, Bev Perkins and Nikki Havery for judging over the weekend. Well done to Berenice, coach to both Sophie and Lola.

Now on to Nationals.



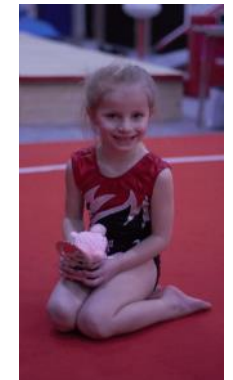
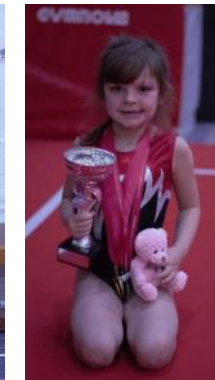
Stockport 4 Piece Competition

The SSoG 4 Piece Competition took place on Sunday 25th Feb at Newby Rd. This event is for gymnasts who don't do County or Regional 4 Piece competitions, but do train on bars and beam as part of their programme. 120 gymnasts from 6 clubs turned up and SSoG won 3 of the overall trophies.

Well done to Olivia Doody (aged 7), Olivia Heapy (aged 14+) and Maddy Carrington (aged 8). There were lots of other medals for SSoG gymnasts too many to mention them all individually. Each gymnast was given a pink teddy participation present.

The results and more pictures are on the Club website.

The real stars of the day were Charley Wright and Georgia Hewitt who organised all aspects of the competition, which ran smoothly and to time. A big thank you to both coaches and to all who turned up to support them on the day.



British Arrangements

Note that the that pick up time for the coach is 08:00 from Newby Rd for British gymnastics trip on Sunday 11th March.

