

# Stockport School of Gymnastics

May 2010 Newsletter

## We are Stockport Club of the Year 2010

Fantastic news; we have been announced as the Stockport Club of the Year 2010, that's for all sports, not just gymnastics. We have been short listed before, but this year the work done by all involved has paid off and our club has been recognised.

Mike picked up the award at the annual Sport Stockport dinner at the Deanwater Hotel on 23rd April. A lot of networking was done and there are few that have not heard now about the new gym. There was lots of support.

If you didn't see the trophy, then alas it is a little late as Mike dropped it on the floor when loading it into his car and despite the packaging, the glass shattered into a million pieces. Whoops.



**Mike picking up the award at the Gala Dinner**

Elsewhere we have submitted the application for planning, we have a reference number, DC/044358 and you can track where it is up to on the Stockport Planning Website.

The AGM came and went and

we have a committee, similar to last year, but with some new members on the exec. We say a big thank you to Helen Sefton, our retiring Treasurer for 4 years and wish Gareth Martin good luck in the role.



### May 2010 Events

The gym will be open for all sessions during May with the following warnings.

Early May Bank Holiday, 3rd May, we are open as normal.

Spring Bank Holiday, 31st May, we are open as usual.

On the 8th and 9th May there will be coaches out of the gym at the GM Floor and Vault. Gym is on but check with your coach if your group is in.

8/9 May

Greater Manchester Floor & Vault Competition at Copley Recreation Centre.

11 May

Safeguarding and Protecting Children Workshop to be held in the small gym at Dialstone from 6.00 to 9.00. See Karen Dooley.

### In this Issue:

SSoG, Stockport Club of the Year

Gymnast of the Month  
Calendar

Stockport Easter Competition, pictures and results.

Profiles, the April update and what comes next.

Update on where we are at with the New Gym.

Our new Committee.

Safeguarding Workshop.

## The SSoG Calendar for 2010

8/9 May

Greater Manchester Floor & Vault Competition. All details are on the notice board.  
Venue: Copley Recreation Centre.

11 May

Safeguarding and Protecting Children Workshop to be held in the small gym at Dialstone from 6.00 to 9.00. The details are on page 3 and all interested parties are invited to attend, even if you have done it before.

12/13 June

NW Floor & Vault Competition, for all 2 piece gymnasts.

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. This year with a new competition and new rules.

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. End of 4 piece comps for 2010 and the start of Grades training.

Venue: Target Life Dialstone.

We have another competition called the Frank Williams Masters, probably in September for 'better than rec' gymnasts.

# Profiles

We now have the results for month 2 and all coaches have copies to share with parents and gymnasts. They are presented as a series of graphs for each group, as below, for the 4 exercises that we are currently measuring.

In addition to the graphs there are a set of traffic lights, green shows all OK, amber is a signal to check conditioning and red means that the coach needs to do something.

As you can see from the graph

below the performance is improving, which is what you would hope for and that is a green light. All OK. Where the performance has improved very slightly, stayed the same or decreased slightly, then an amber light is given. Red is a significant drop off in the profile.

The loss of conditioning can happen for a number of reasons and if it slips for a month or 2 this could be normal for those circumstances. However the coach will assess this and take appropriate action to get the

profile back on track.

Over a period of time the performance should improve, but eventually it will plateau, (ask you mum if you don't understand) and we will look at new exercises.

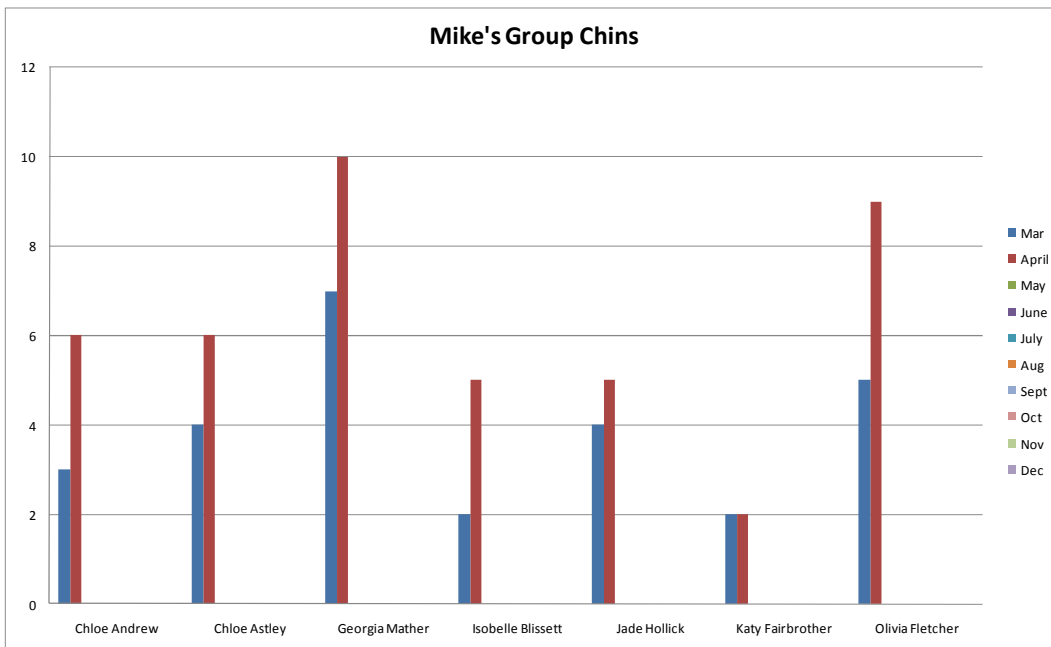
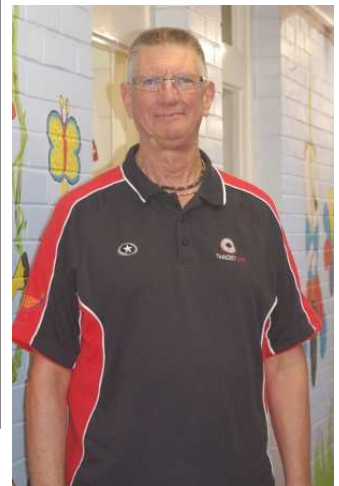
So each month we are hoping for an improvement.

There is also the question of what the minimum standard should be. Nothing has been set at the moment, but we should not have gymnasts in the club that can't do 10 chins?



## Dave Retires

We have a lot of new members in the club and as we are now keyholders we do not see much of the Duty Managers as they are not on at weekend. For those of us that have been around a lot longer we remember fondly all of the help and friendship given to our members, especially by Dave, who retired at the end of March. We had a collection and presented Dave with a card and gift tokens after gym a couple of Sundays ago.



## Gymnast of the Month

Our gymnast of the month for April was Becky Mooney with the top score in the profiles and also one of the biggest improvements in score. Well done Becky.

The current criteria for the Gymnast of the Month is the profiles scores; it will either be the highest score, or if the same gymnasts are winning it month after month, the biggest improvement in profiles. There will also be months where a gymnast has won medals in a competition or got

a significant new move in and this too would warrant being Gymnast of the Month.

## Ring the Bell

In Durham they honk a horn, at Tameside they ring a bell. Essentially when a gymnast completes a new move, to the coaches satisfaction, they ring a bell and the whole gym stops and watches them perform the move. Seems to work and we will be starting this with immediate effect.

The gymnast were always in Dave's office at lunchtime, extracting rackets and shuttlecocks to play in the small gym. They would also talk him to death, often there was standing room only in that office (don't tell the bosses!).

Dave is now on the Sunday afternoon shift so we will continue to see him. I think if he was at home all the time, despite his love of cats, he would go mad without the contact of the Dialstone customers.

We wish Dave well, a happy retirement and maybe a part time role at the new gym?

# The AGM

The AGM took place on Monday 26th April at Dialstone and was the usual mixture of official reports and discussions on the future direction of the club. The elections to the committee saw Helen Sefton retiring as Treasurer and Bev Perkins standing down to allow Nikki Perkins to take over as Head Judge. We also welcome Helen Cleaver, Gareth Martin and Alyson Burgess to the Committee.

Your Committee for 2010/2011 is as follows:

President: Pete Stanway  
Life Member: Brenda Smith  
Chairman: Phil Richardson  
Secretary: Karen Dooley  
Treasurer: Gareth Martin  
Head Coach: Mike Healy  
Welfare Officer - Sarah Johnson/Kath Hewitt  
Health and Safety - Jennifer Lambert  
Rec Coordinator - Mike Healy  
Head Judge - Nicola Perkins  
Volunteer Coordinator - Julie Mansfield  
Liason Officer Helen Cleaver/Alyson Burgess  
Gymnast Representative - Jessica Todd

In addition to the Executive, there are a number of committee posts, such as Club Uniform, Fund Raising and Website Manager, which are not voted on.



## GM Open

We are currently holding trials for the GM Open competition, which will be held in June. Gymnasts who have the qualifying scores so far are Katy Fairbrother, Sam Hall and Leandra Brennan. Congratulations and hopefully there will be a couple more names added to that list over the bank holiday weekend.

# Update on the New Gym

The Full Planning Application has been submitted and we have been given a reference No DC/044358. You can track where the application is up to on the Stockport Planning Website and even download the submission. Last time I looked, it was not yet uploaded, but it should be soon.

We understand they now need to let us know in 8 weeks on

whether we have been successful or not, so not too long, hopefully.

We now start the political lobbying to try and get the decision in our favour. They will have to refuse the application, as it is against policy, so the sooner the better and we can go to appeal, which is possibly our best chance.

We have received support al-

ready from the Stockport Sports Trust, Sport Stockport and Greater Sport and we hope that the SPAA will also back the scheme when they meet during May.

It is likely that we will start to get the letter writing on the move, so get the pen, paper and envelopes ready.

We will keep you updated.

## Safeguarding Course

We are running a Safeguarding Course for all coaches, Committee Members and parents who are in the gym on a regular basis.

*This workshop is aimed at any individual who is involved with coaching, leading or assisting within children's activities. It covers topics including good coaching practice, recognising signs of abuse and the correct course of action to take if concerns are raised.*

# Training at Tameside

For a number of years we have had a very good relationship with Tameside School of Gymnastics and their gymnasts have trained in our gym and visa versa. They now have a new dedicated facility, provided by their Sports Trust, and I'm sure you will remember we had a weekend of sessions there after Christmas when we were 'frozen' out of our gym. I have been taking a couple of gymnasts to train giants on the bars for the last two Tuesdays, with good results. IT is amazing how the use of pits can help with overcoming the issues of height, as there is deep foam in the landing area. At the moment the gym is very busy on a Tuesday, so we are limited as to the numbers we can take, but we

hope that during the latter part of May we will be able to take more gymnasts on a Sunday. The times etc will follow.

What is certain, however that the invitation to train at Tameside will only be extended to those gymnasts who are likely to take full advantage of the pits. So if you don't want to do giants, backaways, Tsukis and twisting, then please don't be offended if you are not asked. We can train all of the usual move without any difficulties in our own gym, so leave the Tameside visits to those who will really benefit from it.

Hopefully the visits will be starting on Sunday 16th May. We will let you know.

# Bits and Bobs

The training for the Frank Williams starts on Tuesday 25th May for 6 weeks in the small gym. We want the Stockport Team to be on top form and able to really enjoy the competition, which is on the first week in July.

We are looking at entries now for the North West Floor and Vault Championship in mid June and would expect all of the younger gymnasts and the 2 piece gymnasts to be entered. Do check.

The school display is coming on. We have 3 dance routines, one for older girls, one for younger and one for the Saturday morning gymnasts. The beam display has been started and we will look at the trampet display later in the month. Do we have another school that wants our services?

The course is on Tuesday 11th May in the Small Gym from 6.00 to 9.00. Please let Karen Dooley know if you are going to attend. We have a maximum of 20 places and minimum age is 16. This is being provided by an external trainer so make the effort.

## Club Membership Fees

The annual club membership fees are due on 1st April 2010. They are now overdue and MUST be paid by May 15th. No payment no training. This applies to all 2 and 4 piece gymnasts. They are £10 and cheques should be made payable to SSOG. Please pay promptly to Gareth Martin.

# Stockport Easter Competition 2010

Rochdale won again! 9th year in a row, but maybe next year.....? What a great day for the club, well organised, ran on time and lots of compliments from the other clubs. We didn't get any individual overall Trophies, but came a respectable 3rd behind Rochdale and Appley Bridge.

The full results are on the

Website with some additional pictures.

What were the highlights? There were many gymnasts who were in their first 4 piece competition and there were also some gymnasts who moved up from Pre-Novice to Novice.

I guess the bits I will remember is that the judging went well, Bev didn't go bright red this year, Steve Cleaver ran the Master



**Team Stockport (Plus eggs)**



**Katy, Mike and Leandra**



**Olivia, Ella and Sarah**



**Sonia and Stevie**



**Ella, Mike and Sophie**



**Katy, Georgia and Leandra**



**Livvy**



**Georgia's Bars dismount**



**Georgia, backaway from the bars**



**Dave, running the show**

Scoresheet with no issues, Parents busied around and covered the jobs and lots of smiling Stockport gymnasts in shiny new foil leotards.

