

# Stockport School of Gymnastics

May 2015 Newsletter



## SSoG Calendar 2015

### May 5th

Start of the new Recreational Class term, which lasts for 8 weeks to the end of June. Payment is due before the start of the term.

### May 9th/10th

National Grades finals at Fenton Manor in Stoke. Grace Haughton is Team reserve for Grade 3 and Becky Mooney is competing an individual in Grade 1.

### May 17th

Stockport Floor and Vault Competition at the Newby Road Gymnastics Centre

### May 18th

SSoG AGM to be held at the Newby Road Centre starting at 6.30. Everyone who has children who attend any classes at Offerton or Newby Rd

are members so come and hear what has been going on during the year and vote in the new Board. If you want to get involved with the club, then this is your chance.

### May 26th (for 2 weeks)

Our next camp will be during the May/June half term school holiday, from Tuesday May 26th to Friday June 5th. There will also be Pre-School camps during this time.

### June 6th/7th

NW Open (formerly GM Open) at Robin Park Sports Centre, Wigan. We have 2 gymnasts entered.

### June 20th/21st

North West Individual & Apparatus Championships (Out of Age) at Robin Park Sports Centre, Wigan.

We welcomed Hannah Whelan to the gym this month for a workshop and for gymnasts to meet her, see the Commonwealth and European medals that she won and a selection of her GB leotards. She also answered questions from her favourite piece to how many times each move was practiced before competition. Lots of photos were taken.

The most noticeable addition to the gym this month has been the new handrails to the side of the tumble track. They look good and will help with keeping out youngest gymnasts on the track, rather than leaping off the side.

We are delighted to have 2 gymnasts at the National Grades finals in May in Stoke. Grace Haughton is reserve for the North West Grade 3 team and Becky Mooney has qualified as an individual for the Grade 1 final. Good luck!

The Stockport Easter Competition was a huge success, not just in terms of the very enjoyable day; we also raised £1,129 for Ollie's Army and their fight against Batten's Disease. Thanks you to all involved and especially Jayne Mooney and the parent's committee.

# Stockport Easter Competition

The Easter Egg comp was a real success this year with 130 gymnasts from 8 local clubs competing across all 4 pieces. The overall cup was as usual won by Rochdale, well done to Cheryl and her team.

This competition is very early in the year for a 4 piece competition and a good chance for gymnasts to showcase the moves they have been working since Grades, that will hopefully be perfected for the main 2015 4 piece competitions. Better to have a go in this small friendly comp than in the pressure cooker atmosphere at Wigan.

No overall champions this year for SSoG, but some good first competition performances and signs that 2015 could be a good 4 piece season. Those gymnasts that posted a good score also will not have to trail for the rest of the competitions this year.

The parents committee supported in good numbers and this always makes the organisation much easier. Thanks to everyone who helped over the weekend and kept up the club's excellent reputation for competitions.



# 2015 Competitive Gymnastics Development Plan

The annual presentation of the plan for the competitive side of the club took place during April. It happens after Grades and looks at what the coaching team would like to do in the next 12 months. A copy was sent to all parents and guardians. If you didn't receive a copy, then do ask and one will be emailed to you. The theme is improving performance and better coach team working/planning to ensure that each gymnast meets their full potential.

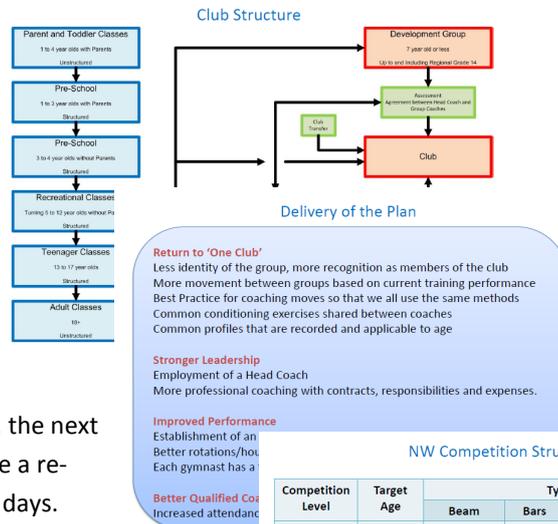
The presentation looks at the competition structure in the region and at a national level is organised and how the club intends to increase presence in the higher level competitions. A key investment will be the appointment of a Head Coach, who can work with the raw team enthusiasm to channel effort into successful gymnasts.

After the sharing of information and the high level targets, the next part of the review was the shuffling of groups and for some a reduction or increase in training hours and changed training days. This is always a source of discussion as gymnasts and parents settle in to their new coaches and groups. We are hoping that the new groups will encourage all to put 100% in each session, such that they qualify for competitions and put pressure on coaches to move to higher levels.

Have we got everything right? Probably not, but nothing is fixed and if we don't see the increased performance that we hope we will think again.



## THE 2015 PLAN



## NW Competition Structure

Competition Level	Target Age	Typical Moves			
		Beam	Bars	Floor	Vault
Pre-Novice	8 and 9	Back Walkover	Upstart	Flick	Handspring
Novice	9 and 10	Flick	Clear	Tuck ½ Twist	Half On/Half Off
Regional Level 4	10 and 11	Linked Acro	Giant	Full Twist	Tsuki/Yurchenko
Regional Level 3	11 and 12	Linked Acro with flight	Mo	1 ½ Twist	Tsuki/Yurchenko
Regional FIG	11+	Linked Acro with Salto	Toe on	Double Back	Tsuki/Yurchenko

Novice and Pre-Novice competitions are looking for moves executed well.

Regional Level 4 and above are adding difficulty.

## Hannah Whelan Visits SSoG

Hannah visited SSoG on the afternoon of Tuesday 14th April and worked with a small group of club gymnasts passing on her experience on the Beam and Floor and a selection of Conditioning exercises. Later in the afternoon a wider group also met Hannah got autographs, took photos and saw a selection

of her gymnastic medals and leotards when she competed for GB.

It was an exciting afternoon for the younger members of the club and we hope that they got a lot from her visit. Thank you Hannah for agreeing to come.



## New Classes

The last figure on membership showed more than 1000 signed up for BG Insurance and the waiting lists further increasing. The centre is just about full with very little spare space for additional classes.

However we are a community based club and recognise that as well as the classes that we run that keeps the finances ticking over, we should be running classes that the community would like.

The current plans are to add the following classes:

### Ladies Keep Fit

Currently on a Tuesday during the day, we see a need to run classes at a different time. The plan is for a second class on a Sunday tea time but with more of an emphasis on gymnastics for beginners.

### Teen Gym for Boys

Building on the success of the Teen Gym sessions enjoyed by the 13 to 17 year old girls, we are planning a boys class on Sundays afternoons in August.

# AGM

This year's SSoG Annual General Meeting will be held on Monday 18th May, commencing 6.30pm at the Newby Road Gymnastics Centre.

The meeting provides the occasion to review the past year's achievements, look forward to future events and elect board members for the coming year. We will also take the opportunity to present the five year strategy for SSoG.

The AGM agenda can be found on the notice board. If there are any additional items you would like to have included please let Karen Dooley know by Monday 11th May.

A list of current board members and other Club positions is also provided on the

notice board. Nominees and names to propose and second new board members or re-elect the existing members are required, again, by Monday 11th May.

We would like to thank all current board members and helpers for your invaluable support during 2014/15. We would also like to ask our "new-blood" to consider becoming more involved in running the Club, either through taking on an admin role or through coaching or judging – there's always plenty of work to go round!

Hope to see you at the AGM.

## The 2014 Board

Chairman	Phil Richardson
Secretary	Karen Dooley
Treasurer	Gareth Martin
Head Coach	Mike Healy
Welfare Officer	Sarah Johnson
Head Judge	Nicola Havery
Non exec	Aiden Mooney
Non exec	Steve Cleaver
Non exec	Jennifer Lambert

## SSoG Helpers

Tuck Shop Stock	Helen Griffiths
Club Uniform	Jayne Mooney

## Other News

You may have picked up in the less glamorous news items that the Government has changed a number of the rules on how Community Amateur Sports Clubs operate. We are pleased that we have been re-credited as a CASC and there are massive benefits to our club because of this. We get Business Rates relief, qualify for Gift Aid and do not have to pay Capital Gains Tax. It's very good financial news for the club and helps with the long term development aspirations.

Payment will soon be available using electronic bank transfer. We are trialling the system on the next holiday camp and if it works OK, then all fees can be

paid this way. The cautious approach is that it will be easy for you to give us the money, but we then have to identify when money reaches our account, what it is for and also to get it in the right part of the accounts.

Our partnership with Life Leisure continues to thrive with increase opportunities for us to support their 'I wish I'd tried' initiative. The Ladies keep fit classes are slowly gaining numbers and we are also adding a Pilates Class on a Tuesday evening between 6.15 and 7.15 in the Dance Studio. Life Leisure are providing the instructor and we are doing the rest. These classes start on May 5th so come along and enjoy a session.

Easy stuff that will be very helpful.

Collect medals and trophies from Hyde for competitions

Send reports and photos to the papers for publicity.

Wash up coaches coffee cups at the end of the session.

## Ollie's Army

The Club raised £1129.00 at the Stockport Easter Competition for Ollie's Army and Jenifer Lambert came to the Newby Rd. Centre on Saturday, with Ollie, to pick up the cheque. Jennifer is a Director of SSoG and her Grandson,

Ollie has been diagnosed with Batters Disease and we are very please to be able to support his fight. He seemed to enjoy his time in the gym. To find out more about Ollie's Army visit their website or Facebook page.



## May Holiday Camp

Our next camp will be during the May/June half term school holiday, from Tuesday May 26th to Friday June 5th.

The holiday camp will be held at the Newby Road Gym

We will be running the camp on the following days:

### Tuesday May 26th

Afternoon only 13.00 to 16.00 = £12.

### Thursday May 28th

Pre-School Holiday Camp 11.15 to 12.00 = £4.50

Holiday Camp Afternoon only 13.00 to 16.00 = £12.

### Friday May 29th

Pre-School Holiday Camp 11.15 to 12.00 = £4.50

Holiday Camp Afternoon only 13.00 to 16.00 = £12.

### Monday June 1st

Holiday Camp full day 9.00-12.00 lunch break 12.30-3.30 = £24. You can attend for just the morning session.

Holiday Camp morning only = £12

### Thursday June 4th

Pre-School Holiday Camp 11.15 to 12.00 = £4.50

Holiday Camp Afternoon only 13.00 to 16.00 = £12.

### Friday June 5th

Pre-School Holiday Camp 11.15 to 12.00 = £4.50

Holiday Camp Afternoon only 13.00 to 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.

Early Drop Off and Late Pick up

We are providing early drop off of 8:30 at a cost of £5, this is only available on Monday 1st June. Late pick up is available until 5:30 which is £5 for the first hour and £2.50 per half an hour thereafter.

To book your place complete the form on the website.

Places are not reserved until payment has been made by cheque/cash or by BACS. This should be paid no later than 17th May. Any bookings made after this date may not be accepted due to gymnast to coach ratio.

## National Finals

The National Grades Finals is being held at the Fenton Manor Sports Complex, City Road, Fenton, Stoke-on-Trent, ST4 2RR on the weekend of 9th & 10th May.

Becky is on the Sunday in Round 9; warm up is at 13.30, the round ends at 15.50 and the presentation is at 17.50 after Round 10. Becky has qualified to compete as an individual and will be taken round by Dave Griffiths.

Grace's Team will be on the Saturday in Round 4; warm up is at 13.50, the round ends at 15.35 and the presentation is at 19.00 after Round 6. Grace is team reserve and will only compete if one of the team members is unable to. Grace will go round with the team and will carry the team flag. Grace will be taken round by Jamie Robinson.

If you want go to the finals then British Gymnastics has introduced a ticket discount scheme for spectator tickets purchased online at the BGShop which are 25% cheaper than when purchased on the day. [www.british-gymnastics/shop](http://www.british-gymnastics/shop).

Becky is our first gymnast for a considerable period to have qualified for a National Final and with Stoke being so close, it would be great if we could get as many as possible to see her compete.

## Centre Developments

The most obvious item this month is the new railings along the edge of the tumble track. The temporary wooden rails are replaced by polished steel railings that will stop out youngest members falling off the edge. They look great.

During May we start to smarten up the reception area with a new reception desk and display cabinets for notices.

The new sign on the fence should also be in place so folk can find us easier.

