



Stockport School of Gymnastics

May 2018 News



The pieces are coming together in the development of SSoG. 12 months ago we employed Fiona Pearson to manage the business and starting in June we will have a Head Coach in place to develop the performance side of the club. Tamlynn Carlson will be starting in June.

Exciting times.

Social Media

Websites

General

www.stockportgymnastics.com/wp

Club

www.stockportgymnastics.com/club

Twitter

@stockportgym

Facebook

@stockportschoolofgymnastics

Instagram

@stockportschoolofgymnastics

2018 Dates

5th May

Greater Manchester Floor & Vault Championships at Wigan. Note that this is now only on the Saturday.

12th May

Last date for the Design a Leotard Competition.

29th May – 8th June

Whitsun Holiday Camps. 9 days of activity during this long break for primary schools. Book online and early as demand is high.

9th/10th Jun

Milano International Competition at Pres-

ton for all club gymnasts. This is a new competition for SSoG.

9th/10th Jun

Bag Pack at Morrisons in Poynton

16th/17th Jun

NW Open at Wigan

23rd/24th June

NW Floor and Vault at Wigan

30th Jun/1st July

Frank Williams Competition at the Newby Road Centre

1st July

Bag Pack at Morrisons in Bredbury

SSoG Head Coach

We are delighted to announce that Tamlynn Carlson will be joining us as Head Coach on the 1st June. Tamlynn is currently Head Coach (WA) at Durban North Gymnastics Club and a former gymnast at the Johannesburg Gymnastics Club under Head Coach Ilse Roets-Pelser.

As a gymnast Tamlynn enjoyed considerable success with podium finishes in the South African Nationals including their Olympic Entry Category. She has competed in African Championships, her team winning in 2006 and travelled to the UK to compete in the Rushmoor International Rose Bowl.

As a coach has 2 gymnasts on the South African Squad and 2 younger gymnasts showing promise.

"I have a passion for both children and gymnastics. My goal is to achieve the highest standard of quality gymnastics in a fun and safe environment. I am very dedicated and have a vast knowledge of gymnastics from beginners to high performance and the development of those programs. I am very passionate about High Performance Coaching.

I am looking forward to joining Stockport and am excited to be leading the development of their Performance Programme."

We welcome Tamlynn to the club and wish her great success as Head Coach.

Holiday Camps

These will take place on the 29th May – 8th June, online booking is now open, please book your spaces quickly as our full day Easter camps sold out very quickly.

Week 1

Tuesday 29th May – Tumble and bounce.

9-3:30pm. £30

Wednesday 30th May – Beam and Bars.

9-3:30pm. £27

Thursday 31st May – Floor and Vault.

9-3:30pm. £27

Friday 1st June – Open play parent and toddler session.

9:30-12pm. £5



Week 2

Monday 4th June – Floor and Vault.

9-3:30pm. £27

Tuesday 5th June – Beam and Bars.

9-3:30pm. £27

Wednesday 6th June – Tumble and bounce.

9-3:30pm. £30

Thursday 7th June – Full day camp and Proficiency award scheme training. 9-3:30pm £27

Friday 8th June – Open play parent and toddler session. 9:30-12pm. £5

Other News

The Frank Williams will be held on the weekend of 30th June/1st July at the Newby Road Centre. SSoG training is for 6 weeks, all on Sunday, as follows:

13th May

20th May

27th May

10th June

17th June

24th June

There are 3 sessions, 4.30 to 5.30, 5.30 to 6.30 and 6.30 to 7.30.

We have replaced all the toilet seats in the ladies and disabled toilets. The seats we have put in for you are more comfortable and sturdy...enjoy

SSoG AGM

This year's SSoG Annual General Meeting will be held on Monday 14th 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.

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 7th 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, by Monday 7th May.

SSoG would like to thank all current board members and helpers for your invaluable support during 2017/18. 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 around! Hope to see you at the AGM.

The Defibrillator has arrived

A massive THANK YOU to all our parents and customers who have raised £1200 towards our defibrillator which arrived this week.

We will be planning 3 half hour training sessions which can be booked online through the SSoG website.

The defibrillator almost works itself however the more parents/coaches who can use the equipment the better for our club.

SSoG is a community-based club and as such thanks to all your fundraising efforts, we will also be inviting our neighbours from Newby Road Industrial Estate to attend the training and informing them we have a Defibrillator and that it is available for use within our neighbouring community if required.



Up Skilling our team

We are delighted that 3 of our coaches, Georgia Hewitt, Rebecca Flynn and Suzanne Wyld, are currently on UKCC WAG Level 2 courses. It is really important to SSoG that we offer our coaches the opportunity to increase their knowledge of gymnastics and gain the highest qualifications they wish to, which then enables them to impart their knowledge and skills onto our gymnasts, supporting them to improve and be the best they can be. Several of our coaches are currently being mentored by our Level 3 coaches at SSoG and attending our Club sessions to learn the more complex moves and skills from our excellent club coaches.

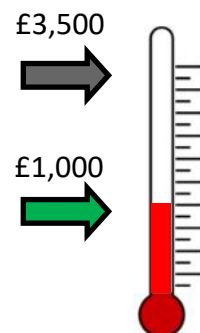
Update of Fundraising Activities for Lillehall 2018 Trip

The total has gone through the £1,000 barrier and we are well on the way to reach the next stage of £2,000.

The Design a Leotard Competition is still ongoing and final entries will need to be in by Saturday 12th May. Please pick up an entry form from the noticeboard on the balcony, £2 per entry for the chance of having the winning design made into a leotard. Post your entry in the red box on the balcony.

The Grand Raffle has been launched. Books of tickets along with a list of prizes have been passed to club gymnast families which we would appreciate you selling to friends/family/neighbours/colleagues etc to help raise even more funds. We are hoping that this will be a great way to raise funds for the trip as well as giving people an opportunity to win some amazing prizes. A big thank you to all companies and individuals who have donated the following prizes.

- Folding Foam Floor Beam – Courtesy of Gymnastics Express
- Portable Gas Barbeque and 3 Gas Bottles – Courtesy of Glossop Caravans
- Quatro Leotard – Courtesy of Quatro Leotards
- 2 Prizes of £25.00 Leotard Vouchers – Courtesy of The Zone Leotards
- £25.00 Gift Voucher – Courtesy of All About Gymnastics
- Round of Golf for 4 players – Hazel Grove Golf Club
- 2 x U18 Rope Race Climbing Experience Tickets
- 1 x Team Entry (2 – 5 people) to Break Out Manchester
- Energi Trampoline Park Entry Tickets
- Scrunchie Set – Courtesy of The Zone Leotards
- 2 x Tickets to Lancashire County Cricket Club Game
- Milano T-Shirt
- £10.00 Meal Voucher – Courtesy of Puss in Boots Offerton
- 30 Minute Sports or Relaxing Massage – Courtesy of Able2 Physio
- 6 Prizes of £10 Phone Repair Vouchers – Courtesy of ISmash Phone Repairs
- 2 Prizes Bottle of Prosecco
- Bottle of Cava
- 3 Prizes Bottle of Red Wine
- Bottle of White Wine
- Small Bottle of Prosecco/Small Box of Chocolates
- Bottle of Famous Grouse Whisky
- Bottle of Harveys Bristol Cream Sherry
- 2 x Main Meal Voucher – Courtesy of Pizza Express Poynton
- £10 Meal Voucher – Courtesy of Appayon
- Moulton Brown Gift Set
- Cuddly Teddy
- 1 x Cut & Blow – Courtesy of Shapers Ladies Hair Design Reddish
- Personal Trainer Vouchers – Courtesy of Remedy PT
- £20 Jewellery Voucher – Courtesy of Magnetix
- 2 x Jump Heaven Trampoline Park Vouchers
- £25 Meal Voucher – Courtesy of Topkapi Restaurant
- 1 x Meal Platter – Nandos



Update of Fundraising Activities for the Lilleshall 2018 Trip

2 x 1 Month Memberships – Courtesy of Pepper Road Fitness
£20 Sainsburys Voucher – Courtesy of Sainsburys
2 x 1 month VIP entry passes to The Locker Fitness
Organic Foot Mask Treatment – Courtesy of Fancy Feet
£10 Beauty Voucher – Courtesy of Black Beauty Tanning
1 x Pair of TriDri Compression Socks
£20 Nandos Gift Card
His & Hers Hamper – Courtesy of Morrisons
Pair Audio Ear Muffs
2 Prizes of Bayliss x Harding Gift Sets
Hand Cream Trio Gift Set by Emma Bridgewater
Champneys Spa Set
Heart Rate Monitor
Dirty Works Gift Set
Royal Jelly Gift Set
Necklace
Watch

4 Prizes of Gymnastics Mugs filled with sweets Courtesy of Blue Frog Graphics

BG Keyrings

We have managed to secure two Bag Packs as follows:-
Morrisons Poynton 9th & 10th June and
Morrisons Bredbury on Sunday 1st July.

A list will be put onto the noticeboard with the available timeslots for both of the bag packs, please add your name to the slots that you require. The bag packs are a fantastic way to raise money and it is imperative that gymnasts/parents volunteer to help at least two of the dates that are on the list so that we can maximise the monies raised.

We are also hoping to hold a Cinema Night and possibly a Dance Workshop, details to follow.

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

If you have any unwanted teddies or tombola items that you may want to donate for the Frank Williams competition, please see Jayne Mooney. We are also looking for volunteers to help at the Frank Williams competition on 30th June & 1st July. This is the biggest Recreational competition taking place at Newby Road and it is an excellent fundraising opportunity. A list will soon be on the noticeboards, please can spare a couple of hours to help.

Camera Shoot

Many thanks to all who helped make the first photo shoot a big success. Jemma Naylor was our photographer and kept busy all afternoon. The photos are still being edited so a couple of shots in hair and make-up. We will be publishing some of the pictures and will be adding more dates in the near future



National Grades

The National Grades were held at Wigan on the 22nd April and SSoG entered 2 gymnasts, Heather Davenport in Grade 2 and Ellen Ijima in Grade 4. Heather was awarded a Commendation and Ellen a Distinction. Well done girls. Well done to Lucy McClernon who passed Compulsory Grade 5 at Wigan on Saturday 21st April. Her score of 62 exceeded the pass mark of 50 by some margin. Well done Lucy. Congratulations are due also to Berenice Webb her coach for taking Lucy to this high level.



Session Delivery

We have listened to your feedback and we are working really hard to ensure that all our gymnasts reach their full potential, have fun and love attending their gymnastics sessions. In addition to our new programme of work which has been produced by our experienced Level 3 Club Coach Tracey Davenport, we now have a Lead Level 2 coach mentoring every session. The role of a Lead Level 2 coach is to support the other coaches and individual gymnasts as required, supporting them with ideas, plans, progressive practices and ensuring all our coaches are engaged with their groups and deliver skills and moves in a safe, fun and enjoyable way. SSoG is committed to keeping our group sizes to 8 gymnasts per coach to ensure all our gymnasts receive the best possible opportunities and coaching.

The new programmes are available for parents to look at on the reception area walls.

