

Stockport School of Gymnastics



November 2015 Newsletter

The new tracksuits have arrived and were worn at the Greater Manchester Floor and Vault competition by the club gymnasts.

The competition went well with one overall champion, Maddy Lloyd, and a host of medals for the rest of the SSoG gymnasts. Much better to write about than the NW Floor and Vault!

The car park has been needing a facelift for some time and the landlord will be resurfacing starting on 2nd November. This will mean that we have no access through the front gates and will need to use the side gate. Please take care.

Don't forget to put your entry in for the Rec Christmas comp. Last date is 22nd Nov.

SSoG Calendar 2015

1st November

No club training as we are hosting a Pre-School Level 2 coaching exam.

21st/22nd November

GM 4 Piece at Robin Park Sports Centre, Wigan

22nd November

No club training as we are hosting a Women's Artistic Level 3 modules coaching course.

22nd November

Last date for entry to the Christmas Recreational competition

29th November

The Club Championship

13th December

Inter-County teams at Robin Park Sports Centre, Wigan

19th December

Recreational Christmas Competition. This year it is being held at the Offerton Centre.

21st- 23rd December

Half Term Camps for Rec Gymnasts. Bookings are open and with early bird discounts.

It's not gymnastics, but a very well done to one of our gymnasts, Eleri Macleod, who auditioned to perform with the English Youth Ballet (EYB) at the Buxton Opera House. She was successful and has been chosen to dance the part of Clara.

Eleri dances with the Handforth & Prestbury School of Dance and is currently a member of our Competition Squad. Eleri used to train in club but it was impossible to devote the required hours to keep up both dance and gym to a high standard.

Tickets can be bought from the Box Office on 01298 72190 or online at buxtonoperahouse.org.uk. We'll be there to support.



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GM Floor and Vault Comp

The Christmas Competition

More Competition Squad hours

Greater Manchester Floor and Vault

The Greater Manchester Floor and Vault was held on the weekend of 17th/18th October in Wigan. This was a much better comp for the club with lots of medals and an overall champion. The gymnasts taking part were the younger club gymnasts (leotards with sleeves) and the Competition Squad gymnasts (sleeveless leotards). Don't be confused with pictures of gymnasts sitting on the beam; the venue was set up for the Age Group Championships taking place on the Sunday afternoon.

The medallists were:

Olivia Knight, Bronze on Vault, Bronte Horsfield, Bronze on Floor, Vault and Overall, Olivia Heapy, Silver on Vault, Amelia Hempstock,



Christmas Competition for all Recreational Gymnasts

The Christmas Recreational Competition for 2015 will be held on Saturday 19th December. This remains a Floor and Vault Competition for all recreational gymnasts (boys and girls) from Newby Road and Offerton. The venue for the competition will be in our Offerton Gymnastics Centre.

If you would like to enter then please fill in the form, which is available in both Newby Rd. and Offerton Centres. The fee to enter the competition is £5.00. There will be medals for 1st, 2nd and 3rd, a commemorative medal and a certificate of participation.

Last date for entries to be handed in is 22nd November.

If you want to know more, pick up an entry form or



ask one of your coaches. Do take part whatever your skill level as it was great fun last year. A photographer will be present.

GM Floor and Vault (contd)

Bronze on Vault and Silver Overall, Eve Winstanley, Bronze on Vault and Overall, Katie Lee, Silver on Vault, Ellen Ijima, Gold on Floor and Madeline Lloyd, Gold on Floor and Overall.

Maddy gets a special mention as this was her first competition and looks very pleased with her Pre-Novice aged 6 Trophy.

Thanks to all parents who helped with the door and assisting the judges with scoring. Much appreciated.



Resurfacing the Car Park

The car park has been in a state for a while and after 3 years we are having it repaired.

The landlord will be digging up the gym car park and replacing it with a new pot hole free surface. The work will be commencing on Monday 2nd November and will take approximately 2 weeks. Everything should be back to normal on Friday November 14th.

During that time there will be NO parking in our compound and the gates will be locked. All parking will need to be on Newby Road, which will be problematical during normal business hours. There are normally some spare parking spaces on

the Newby Road 'loop' and on Lowick Close if you drive round.

After 5pm and at weekends there will be plenty of car parking available on Newby Road, but do take care when walking to the gym as this is an Industrial Estate.

Please respect all businesses operating on the estate and do not park inconsiderately or block their access. There are some large articulated wagons that regularly use the roads and they need sufficient space to pass.

Do not try to use the Forgefix compound. They will be keeping their gates closed. But if they are open, do not be

tempted to park there as we do want to keep on good terms with our nearest neighbour.

All access to the gym will be down the footpath to the left of the main gates (The Fred Perry Way) and through the pedestrian entrance (red gate). The footpath will be lit during evenings.

If there are any changes, then we will let you know with notices in the gym or on the website/facebook.

If you have any questions or concerns, then please ask Bev Perkins, in the first instance.

Other News

We have introduced a sign in and out for the club gymnasts to replace the registers that we used to keep. It makes it much easier to track gymnasts as not all gymnasts finish at the same time. Please make sure that you sign your child in and out of gym on the sheets provided in the reception area.



On 1st November Bev Perkins and Tracey Davenport finish off their Level 2 Pre-School course with the exam. We are hosting this exam and the dance studio will be turned into an exam room all laid out with desks and chairs. Good luck!



The Competition Squad currently train for 3 hours and with Monday nights not being fully utilised their hours will be increased during November. Look out for even better results in 2016 events.



The 2016 NW Calendar is shaping up nicely and will be issued very soon. This has allowed SSoG to publish the dates for our competitions as follows:

21st Feb Stockport Recreational 4 Piece Championships

5th Jun SSoG 'Easter Comp'. Due to other events this will be later than usual and calling it an Easter Comp will need to be addressed!

2nd/3rd July Frank Williams

17th July Stockport Floor and Vault Competition

27th Nov SSoG Club Championship



All of our merchandise is supplied by Blue Frog Graphics and is available online in the My Club section.

<http://www.bluefroggraphics.co.uk/my-club-uniform>

Have a look and order on line.

Currently this includes shorts, bags, leotards and tracksuits.



The December Holiday Scheme runs from the 21st December until the 23rd December inclusive.

The sessions running through the week are as follows:

Recreational holiday camps are for ages 5-16. For both members and non-members. £27 for the day sessions and £15 for the afternoon sessions on:

Monday 21st Dec – 9-3:30pm

Tuesday 22nd Dec – 9-3:30

Wednesday 23rd Dec – 9-3:30pm

Early bird discount price £24 for full day available until 23rd November.

Early drop off at 8:30am is available on the full days for £5 per child.

Late pick up is also available until 5:30. £5 for anything up to the first hour and £2.50 for each half an hour after.

To book on any of the recreational camps please fill in the forms on the website.

Booking closes on the 7th December.