

Stockport School of Gymnastics



November 2016 Newsletter

No idea why, but I can't find the October newsletter, so must have forgotten to compile it. Strange as there was lots going on, so we have a bumper November edition.

We have had a number of competitions during September and October, both 4 and 2 piece gymnasts involved with some good results. More pictures added to the Hall of Fame in the Café.

Later in the month we have the Club Championship and will be voting for the Gymnast of the Year.

As we approach the end of the year the competition calendars for 2017 are being prepared and on page 2 we have published the NW and SSoG offerings, already fairly firmed up.

SSoG Calendar 2016

19th/20th Nov

GM 4 Piece at Robin Park Sports Centre, Wigan. Individual Championships and selection for the Inter-County Teams.

27th Nov

SSoG Club Championship at Newby Road Gymnastics Centre. All club gymnasts will compete with the top honour being the Frank Williams Trophy.

11th Dec

Inter-County Teams at Robin Park Sports Centre, Wigan.

The teams are selected from the top ranking gymnasts from the Greater Manchester 4 piece competition.

17th Dec

Rec Christmas Competition. This year we will be holding the competition at the Offerton Centre.

End of classes for this term:

Newby and Offerton Rec Saturdays and Teen classes are 10th Dec.

Newby weekday Rec classes, Home School classes, all Pre-School classes are during weekending 23rd Dec.

Christmas Holiday Camps

Yet to be announced, but there is likely to be something going on. All will be notified on the website.

Classes restart from Monday 9th January 2017.

The 2017 competition calendar is on page 2.

Inside this issue:

North West Teams

Wilmslow Halloween Comp

Greater Manchester Floor & Vault

NW Individuals

Christmas Recreational Competition

Join our Team

Gym Maintenance

NW Calendar for 2017

Other News

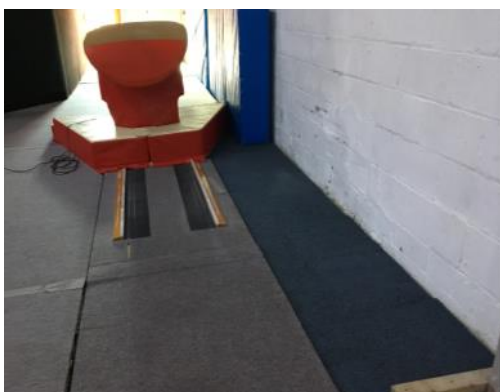
Greater Manchester 4 Piece Comp

The Club Championship

Half Term Maintenance

We took a day out of the holiday camps this half term to do a deep clean of all carpets and chairs, to remove accumulated dirt and to fresh up the normal gym smells. Successful we think. The pit was emptied and top up foam ordered. Interesting as there were a dozen bean bags hiding at the bottom. We also added some more carpeting around the vault and at the base of the U Pit. There are still more jobs to do, which can be finished off during the weekend sessions, so instead of sitting on the balcony, come and help out.

Note that Continental Sports have been working on re-doing the U-Pit foam at the end of October to put it in line with the original specifications.



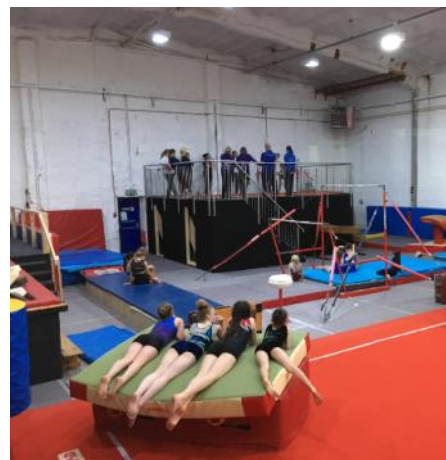
Come and Join us

SSoG is a busy gym with a wide range of offerings for the local community. The demand for gymnastics classes is currently very high, as it always is just after the Olympics, and we can't deliver new classes without recruiting additional coaches. In addition the competitive side of the club is moving to a higher level with more advanced moves needed by improving gymnasts. Our waiting list is too long and the Board has challenged the business to offer more classes to the community. Hence we have a number of vacancies, all of which are paid roles.

The job adverts are on the website and on Facebook and are for a Head Coach for the club, a Club Coach to work with the competitive gymnasts and for a Lead Coach to run our community classes run in our gym, almost entirely during weekends. If any of these positions interest you or if you know of someone who would be suitable, then talk to Mike Healy in confidence.

WA Level 3 Modules

As an accredited training centre for BG we host training courses on a regular basis. During October it was a Women's Artistic Level 3 modules course for bars and tumble. Run by Mike Lee, there was a lot of enthusiasm for our new U Pit. The next course is a WA Level 1 course and we have 5 young coaches enrolled.



North West Teams

Great weekend with all SSoG teams performing beyond expectations. The Level 6 team came 4th, just outside the medals, the Level 5 team came a very 6th and the Level 4 Team came

5th. The Level 6 team were very young for this open age competition and if it were an individual event, would have won some apparatus medals.

Well done to all involved.



2017 Competition Calendar

Date	Competition	Venue
11 th /12 th Feb	GM Grades	Robin Park Sports Centre, Wigan
5 th Mar	Stockport Rec 4 Piece Comp	Newby Rd
18 th Mar	NW Grades Finals for County Teams	Robin Park Sports Centre, Wigan
19 th Mar	NW Grades - Compulsory 5, 4 and 3	Robin Park Sports Centre, Wigan
23 rd /26 th Mar	British Championships Junior/Senior and Apparatus Finals	Echo Arena Liverpool
2 th Apr	Stockport Easter Comp	Newby Rd
7 th /9 th Apr	English Championships	Loughborough University
22 nd /23 rd Apr	NW Grades - National Grades	Robin Park Sports Centre, Wigan
29 th /30 th Apr	GM Floor & Vault Championships	Robin Park Sports Centre, Wigan
29 th /30 th Apr	National Compulsory Level 4 & 3	Fenton Manor Stoke
20 th /21 st May	National Development Plan 4, 3, 2 & 1	Fenton Manor Stoke
17 th /18 th Jun	NW Open	Robin Park Sports Centre, Wigan
24 th /25 th Jun	NW Floor and Vault Championships	Robin Park Sports Centre, Wigan
1 st /2 nd July	Frank Williams	Newby Rd
23 rd July	Stockport Floor & Vault Comp	Newby Rd
10 th Sep	NW Age Groups and FIG	Robin Park Sports Centre, Wigan
7 th /8 th Oct	North West Team Challenge	Robin Park Sports Centre, Wigan
28 th /29 th Oct	North West Individual & Apparatus Championships Out of Age	Robin Park Sports Centre, Wigan
4 th /5 th Nov	Voluntary Age Group Championships Level 4, 3 & 2.	Guildford
11 th /12 th Nov	GM 4 Piece	Robin Park Sports Centre, Wigan
10 th Dec	Inter-County teams	Robin Park Sports Centre, Wigan

The 2017 calendar to cut out and stick on your notice board/fridge.

They are colour coded for quick identification.

As the year goes by more dates will be announced, such as the Phil Tighe etc.

North West Individuals

This competition is a measure of where the club sits as it puts our gymnasts against their peers across the NW Region in the out of age categories. Overall the results were good with a number of medals and we have a NW Champion, Jenna Kenyon in the Level 5 gymnasts aged 12 competition.

It was a good weekend for the Wigglesworth twins with Sophie winning gold on Vault, Kate coming 2nd, Sophie winning gold on Bars and Kate winning bronze on Beam and bronze Overall. In the Level 5 competition.

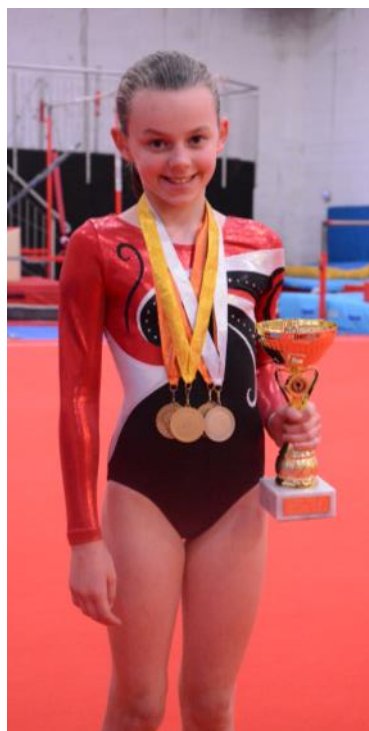
Elsewhere Daisy Broadbent won a bronze on the Floor and

Heather Davenport won gold on the Beam, silver on Bars and bronze overall.

The Level 4 gymnasts performed well, but no medals this time.

The aim for next year will be to have representation across all Levels, including Level 3 and 2. It should be the target for all gymnasts 8 and upwards to be involved in this 4 piece competition.

Overall, better results than in 2015 and signs that we are making some progress towards better competition results.



Greater Manchester Floor & Vault

This was an excellent weekend for the SSoG gymnasts. For many it was their first competition and with more than 320 gymnasts taking part and a large enthusiastic audience, they should be very pleased with themselves having the confidence to complete their routines. There were a number of excellent individual performances with 3 trophies for our overall champions and medals too.

Ellen Ijima was the Overall Champion at Pre-Novice aged 8, Holly Duffy was the Overall Champion at Intermediate aged 13+ and Lucy McClernon was Overall Champion at Pre-Novice aged 6.

Well done to all of our gymnasts, who in many cases were holding their own against gymnasts who train for many more hours than they do.



Wilmslow Halloween Competition

This was a nice comp run by Wilmslow Gym Club at the Leisure Centre in Wilmslow. They have theatre style tiered seats (with cushions) so a great venue. The competition was based on sets and a dozen gymnasts from SSoG took part. The difference was that it was a Halloween Extravaganza with dressed up

coaches and officials and lots of suitably scary decorations. The 4th placed gymnasts won Halloween themed cuddly toys.

No results available at the time that this newsletter is issued, but we did win a number of medals and Molly Doody was an overall winner.

A big thank you to coaches who prepared the gymnasts and went round with them on the day. Also to Alison and Frankie, our hosts for the day from the Wilmslow club.



Other News

Welcome to new members of the club team, John Rossi, who will be assisting Steve Crews and Phil Richardson coaching the older gymnasts and Macy-Ann Douglas, gymnast from Vernon Park, who will be training in the group coached by Bev and Tracey.

The Club Championship is on Sunday 27th November and we will be taking the club photo on the same day. No need to wear club leotards for

the comp, but they must be worn for the photo.

Please note that as we have done a deep clean of the carpets, we are going to try and keep them as clean as possible by banning outdoor shoes in the main hall. So if you are picking up your children from classes, please keep out of the gym unless you have removed your shoes. With a bit of cooperation this should help.

The invoices for all classes are out and will need to be paid during the first week in November. Prompt payment will ensure that you retain your place.

New standing orders have been issued to all club parents. Can you please adjust your fees for the November payments onwards. There has been no increase in fees, just catching up with changed training hours.

Christmas Rec Competition

We are running the Christmas Recreational Competition for 2016 on Saturday 17th December. This remains a Floor and Vault Competition for all recreational gymnasts from Newby Road and Offerton. The venue for the competition will be in our Offerton Gymnastics Centre, opposite Offerton High School.

Eligibility

The competition is open to all recreational gymnasts, boys and girls.

If you would like to enter then please fill in the form that are available at your classes and hand it in with the £5.00 Fee at the reception desk.. There will be medals for 1st, 2nd and 3rd, Each gymnast who participates will receive a chocolate selection box.

Christmas Holiday Camps

Look out for the holiday camps which will be up on the website fairly soon.

Thursday 29th December - Full day camp 9-3:30pm

Tuesday 3rd January - Full day 9-3:30pm

Wednesday 4th January - Full day 9-3:30pm

Thursday 5th January - Tumbling 9-12pm, Camp 1-4pm

Friday 6th January - Open play - Toddler 9:30-12 & 4-9 years 1-3pm.

GM 4 Piece Competition

The following SSoG gymnasts have been selected to represent the club at Wigan on the weekend of 19th/20th November at the Greater Manchester 4 Piece Championships

Level 3

Francesca Rossi

Level 4

Charlotte Wells, Macy-Anne Douglas, Martha Yates, Ruby Hewitt and Heather Davenport

Level 5

Elyce Pearson, Daisy Broadbent and Jenna Kenyon

Level 6

Gabriella Widdall, Molly Coghlan, Alycia Gill, Kate Wigglesworth and Sophie Wigglesworth

The floor routines will be a set of 6 moves chosen between the coach and the gymnast. (4 Moves for the younger gymnasts)

The vault will be based on set vaults of squat on or handstand flat back, depending on the age of the gymnast.

Last date for entries to be handed in is 19th November latest.

There will be a door entry charge of £1.00 per Adult & 0.50p per child on the competition day to come to watch. There is ample car parking. If you have not been to the Offerton site the address is:

Life Leisure Dialstone

The Fairway, Offerton, Stockport SK2 5DS .

Club Championship

The 2016 Club Championship is to be held on Sunday 27th November starting at 9.00 at the gym. The groups are as follows:

Competing for the Frank Williams Trophy

(Level 3)

Francesca Rossi, Rebekah Mooney & Amy Robinson

(Level 4)

Ruby Hewitt, Charlotte Wells, Martha Yates, Anna Marsh, Millie Hewart, Charlotte Cleaver, Leah Kidd, Ella Kenyon, Heather Davenport & Caitlin Mathison

Competing for the Novice Cup (Level 5)

Elyce Pearson, Jenna Kenyon, Holly Duffy & Daisy Broadbent

Competing for the Presidents Shield (Level 6)

Gabriella Widdall, Molly Coghlan, Kate Wigglesworth, Sophie Wigglesworth & Alicia Gill

Competing for the Grades Cup (Floor & Vault)

Lola Ardley, Ellen Ijima, Lowri Mashburn, Bella Gnatiuk, Amelia le Fondre, Ceira Mooney & Lucy McClernon

It would be good if last year's winners could bring back the trophies and we will need parents to turn up a bit earlier, say 8.30 to put some chairs out on the tumble track so that we have spectator viewing. There is just 1 round so we will be finished before lunch.