

Stockport School of Gymnastics



October 2015 Newsletter

SSoG Calendar 2015

17th/18th October

GM Floor and Vault Championship at Robin Park Sports Centre, Wigan

18th October

NW Age Groups and FIG at Robin Park Sports Centre, Wigan

26th - 30th October

Half Term Camps for Pre-School, Rec and Parent and Toddler. Bookings are open with a discounts for early birds.

21st/22nd November

GM 4 Piece at Robin Park Sports Centre, Wigan

29th November

The Club Championship

13th December

Inter-County teams at Robin Park Sports Centre, Wigan

21st- 23rd December

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

More on the website calendar page

Newsletters - Calendar Contact Us -

OCTOBER 2015				
WED	THU	FRI	SAT	SUN
30	1	2	3	4
Pre-School Classes	Parent & Toddler	Pre-School Classes	Rec. Classes @ Newby Rd	Club Training
Rec. Classes @ Newby Rd	Pre-School Classes	Competition Special Training	Rec. Classes @ Orleton	Rec. Classes @ Orleton
Club Training	Rec. Classes @ Newby Rd	Adult Gym	Club Training	Beginner Adult Gym
Competition Special Training	Club Training	Adult Gym	Teen Gym	
7	8	9	10	11
Pre-School Classes	Parent & Toddler	Pre-School Classes	Rec. Classes @ Newby Rd	Rec. Classes @ Orleton
Rec. Classes @ Newby Rd	Pre-School Classes	Competition Special Training	Rec. Classes @ Orleton	Rec. Classes @ Orleton
Club Training	Rec. Classes @ Newby Rd	Adult Gym	Club Training	Beginner Adult Gym
Competition Special Training	Club Training	Adult Gym	Teen Gym	

The competition season has started and first up was the NW Floor and Vault Championships in Wigan. There were some really pleasing performances and for those who were competing for the first time, happy to have gained the experience.

This was fast followed by the NW Team Challenge and the Novice Team came a credible 5th, really close to winning a bronze medal.

We look forward to the rest of the season, culminating with the Club Championship at the end of November.

Inside this issue:

NW Teams

NW Floor and Vault Comp

The Worlds in Glasgow

B4 Gymnastics - up and running.

North West Floor and Vault

The North West Floor and Vault Championships for 2015 were held at Wigan on the weekend of 12th/13th September. More than 350 gymnasts competed over 2 long days. The competition was very strong this year with 50 gymnasts in some categories.

Well done to all 13 SSoG gymnasts. No medals but a mention for Lily Davison. 6th out of 47 in the Pre-Novice aged 9 is a very good performance.

The next Floor and Vault competition is on the weekend of 17th/18th October so good luck to all SSoG gymnasts.



North West Team Challenge



Congratulations to the SSoG Novice team who came 5th in the NW Team Challenge held at Wigan at the end of September. All gymnasts stuck the beam and were very close to a top 3 position. Well done Kate, Lily, Martha and Anna.

New black tops in evidence and very smart. The new tracksuits will be on show for the next competition, which is the Greater Manchester 4Piece Championships in November.

We were very short on pictures for this competition, so please send any you have to the club.



GM Floor and Vault

The SSoG entries for the Greater Manchester Floor and Vault are as follows:

Pre-Novice aged 6

Madeline Lloyd

Pre-Novice aged 7

Ellen Ijima, Nina Azarias, Lola Ardley

Pre-Novice aged 8

Ruby Hyde, Millie Simpson

Pre-Novice aged 9

Sarah Wilson, Amelia Hempstock, Poppie Walters, Emily Mills, Molly Doody

Pre-Novice aged 10

Eve Winstanley, Eleanor Totten, Katie Lee

Pre-Novice aged 11

Olivia Heapy, Olivia Widdall

Pre-Novice aged 12

Cara Widdall, Olivia Knight

Pre-Novice aged 13+

Bronte Horsfield

Novice aged 8

Annabel Clarke

Novice aged 9

Lily Davison

Equipment

We have taken delivery of a couple of new slopes for the Newby Rd. Centre as the old one has been used that much that it needs recovering. It's in the store room waiting for a volunteer to make it good as new.

The new competition beam has soft endcaps to protect gymnasts when they then fall off. The beam was only purchased this year, but we have already had to replace the endcaps as gymnasts have picked at them. Please keep busy on the beam as we had to pay £45 for the repair and we would rather be buying new kit.



Other News

The long association of SSoG with the arts continues. Not a film production at Newby Road this time, but a link to the theatre, albeit a very slim connection. We lent a number of agility mats and crash mats to the World Premier of the production 'The Tree of War' commemorating 100 years since World War 1. In addition the club choreographer, Vicki Healy, has also been involved in choreographing various of the scenes in the show.



We have a trip organised to see the Worlds in Glasgow on 31st October 2015, which is a Saturday, to watch the first half of the Apparatus Finals. This is both Men's and Women's gymnastics and is vault and bars final for women and rings, floor and pommel for men. We have hired a coach and travel up on the Saturday morning, the finals start at 12:30 and finish around 6pm, so we will return by coach the same day.

The trip is being organised by Clare Paolo and we have a few tickets left for adults at £40 each and on top of that is the coach fare which will be £25 each.

This will be a great event and you'll be sorry to miss it.

Clare can be contacted in the club on most sessions, or leave a message with one of the coaches.



Keep active during the October Half Term holidays by coming to one of our famous holiday sessions.

The sessions running through the week are as follows:

Parent and Toddler drop in sessions 9:30 -10:30am £4, £1 sibling discount for ages 1-4 are on

Thursday 29th Oct

Friday 30th Oct

NO BOOKING NECESSARY FOR PARENT AND TODDLER SESSIONS

B4 Gymnastics sessions are for members only aged 3-4, at 11 – 11:45am £5 per session on:

Thursday 29th Oct

Friday 30th Oct

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

Monday 26th Oct – 9-3:30pm

Wednesday 28th Oct – 9-3:30

Thursday 29th Oct – 1-4pm

Come and join us but please book by 12th October.



The rebranding of the Pre-School classes as B4 Gymnastics has been a huge success with the places for the new classes filling up nicely. The new staff uniforms look smart and the



matching T-Shirts are being snapped up by the participants.

There are one or two vacancies in some of the sessions so do register on the website enquiry page to see if there is a session to suit your child.

Please note that we always have places for gymnasts from the B4 Gymnastics sessions when transferring to the Recreational classes so this is a good way to beat the waiting lists.