



# Stockport School of Gymnastics

## October 2017 News



**Membership**  
Join or renew your  
membership

### SSoG Calendar 2017

#### 7th/8th Oct

Paul Reay Team Challenge at Wigan

#### 23rd to 27th October

Holiday Camps at the Newby Road Centre.

#### 28th/29th Oct

North West Individual & Apparatus Championships (Out of Age) at Wigan

#### 11th/12th Nov

GM 4 Piece at Wigan

#### 11th/12th Nov

English Gold Silver and Bronze Championships

#### 19th Nov

SSoG Club Championship and Presentation Events at Newby Rd.

#### 2nd/3rd Dec

English Gold Silver and Bronze Championships

#### 10th Dec

Inter-County teams

### Recreational - Next Term Dates

#### Term dates for November 2017 – February 2018

Term Starts Monday 13th November 2017

Term Ends Saturday 3rd February 2018

There are no classes on Saturday 16th December as we are running the Rec Christmas Competition at the Newby Rd. Centre on that day.

This is an 11 week term but with just 10 weeks for Mondays and Tuesdays gymnasts due to the New Year Bank Holidays. There will be more info on the invoices.

#### October is Membership Month

This is a heavy month for fees and if you are new to gymnastics may have been a bit of an education. Gymnastic Memberships all fall at the same time, but once paid are done for 12 months.

We have staggered the terms so that you are not due term fees at the same time as the annual fees are due.

Coupled with this BG have changed the way they register gymnasts to comply with the new General Data Protection Regulations and as we publish this newsletter they are having some issues with their website and hence your ability to register.

#### Membership of British Gymnastics

This varies from £11 for Pre-School through £17 for a Gymnast to £41 for a Competitive Gymnast. The membership is essentially an insurance policy, but there are other benefits, all of which are explained on the BG website

[www.british-gymnastics.org](http://www.british-gymnastics.org)

Your membership level will have been shown on your invoice.

#### SSoG Membership

SSoG is a Community Interest Company run by the members and the parents and guardians of all enrolled gymnasts are members. As a member's club we have a members fee and this will have been included on your invoice. We use this money to pay for coaches, judges, officials and Club BG membership Fees

#### North West Affiliation Fees

Applicable to competing gymnasts only and is £5 to enter any NW competitions

# British Gymnastics Renewal

You may remember that we told you about the new registration process for BG membership in the last newsletter. The information is repeated below. British Gymnastics will open up their website for you to register directly with them from 8.00 on Sunday 1st October and you must complete the process by 12th October. Remember you must settle your invoice with SSoG before completing the BG registration process.

Some information to help you complete the BG forms.

The Club Name is Stockport School of Gymnastics Ltd

The type of membership you require is one of 3 available and you should refer to the SSoG invoice as to which one we have invoiced you for. BG have thrown us a curved ball by changing what they call them, so this may help

Pre-School

This will be shown as Pre-School on your invoice and covers both Independent and Pre-School with Parents.

Gymnast

This will be shown as Bronze Membership on your invoice and covers all Recreational Classes at Newby Rd and Offerton, Teens Classes, Adult Classes, Home School Classes, Judges, Club Officials, Competition Squad, some Coaches and some Club Gymnasts.

Competitive Gymnast

This will be shown as Silver Membership on your invoice and covers some Club Gymnasts and some Coaches.

We understand there is a tick box selection for the type of gymnastics you do. Select Men's, Women's, Adults or Gymfit. Other options may be available, but to date we are not sure on the choices.

The last tick box is on payment and as you have already paid SSoG the Already Paid Club box should be selected. You cannot select the other box as only 1 option is available for all members of the club and we have selected for members to pay us.

We will have help available at the club to walk you through the process if you are having problems and there are leaflets available at both the Newby Rd and Offerton Centres

Ready to start the process? Go to the BG Membership page and start clicking.

## How are we doing?

We are a members club and want to listen to the opinions on how you want our club to run. We get a lot of correspondence, mostly positive, but we recognise that there are a number of areas that we can work on to improve.

We had a major problem with waiting times and so we doubled up on a number of sessions to create 150 additional places. The waiting list has disappeared but we are listening to your suggestions on how we can manage the

changeover between weekday recreational and club sessions.

We are trying to balance the requests for block booking of adult beginner classes with those who want to book casually. This is still work in progress.

We listened to your request for more opportunity to do BG Proficiency badges and we hope the new system is working as you expect.

We also recognise that despite the addition of varied activities in recreational classes that

there is a degree of repetition and have set up a project to produce a syllabus for the recreational classes.

If you have any questions then the team can be contacted on email at [office@stockportgymnastics.com](mailto:office@stockportgymnastics.com) and we will be putting feedback forms on the website in the near future.

You can also talk to the duty office at any of the sessions.

Please be positive with suggestions at this time of expansion.

## Christmas Competition

This will be held on the 16th December at Newby Road, the entry forms have been handed out to all recreational gymnasts, the entry fee is £5 payable in cash at Newby Road or Offerton before 21st October 2017. Entry forms

## Tuck Shop

The tuck shop is now open every weekday 4.15 – 6.15pm and Saturdays 9.00am – 1.30pm.

If there are healthy option snacks you would like us to consider stocking please let the tuck shop team know.

Some tuck shop items may change from time to time.

We have tea, coffee and toast as well as the usual cold drinks and sweets.

Use the facilities!

## New Rebound Cover

We have had Gymnova manufacture a carpet covering for the rebound run up at Newby Rd. Looks great and is a big improvement on the 3 agility mats that we had brought with us from Dialstone.

## Entry to Club

We are often asked about how to become a club gymnast. The short answer is by transfer from another club or by invite or by trial. From time to time we run trials for the club and test the gymnasts against a number of strength and flexibility norms. The invite usually comes from being spotted in classes by the coaches and then trialled in the club. However we do miss gymnasts so do ask your coach for an opinion on your child's potential.

will not be accepted without payment. We encourage all parent/guardians and grandparents to come along and watch the competition and see the skills the have been working on this term.

The competition will be based on a floor routine comprising 6 moves and a vault. Lots of prizes, medals and a selection box for each competing gymnast.



## Exam Success

Congratulations to Frankie Rossi and Vinnie Gill who have passed their Level 1 WA Coaching course last weekend. This, along with the recent Judging Course qualifications achieved by Suzanne Winterbone, Nicki Havery, Clare Hales, Sylvia Wilson, Cassie Carrick, Bev Perkins, Jemma Naylor and Jayne Owen puts the club in a great position for competitive success in the next season.

## Entry to Competitions (Club)

A reminder on the entry criteria for entry to GM and NW competitions for club gymnasts. The gymnasts must have the CRs for the Level they are training for and must pay the entry fee by the date requested. If coaches enter gymnasts then the fee is at risk if the CRs are not secure when competition rotations commence, as they will be pulled.

## Halloween Competition

Wilmslow gymnastics club are repeating their successful Halloween Competition on 21st/22nd October at Wilmslow Leisure Centre. We have entered 15 gymnasts from the Competition Squad and hopes are high that they will do well and enjoy themselves. Remember that the coaches last year had to dress appropriately!



## Hannah Whelan

The new Code of Points, introduced after the Rio Olympics, has tried to put the artistic back into Women's Artistic Gymnastics. The judges have all been trained as to what they are looking for when they are marking floor and beam routines and coaches have picked up knowledge too.

However we have invited Hannah Whelan, Olympic Gymnast and multiple European medallist to come and give a seminar to coaches and our choreographers during the October half term holidays on exactly what this means when making up Beam routines.

Hannah spent her formative years in Stockport and has been to the gym before the coach club gymnasts and to show off her medals and to talk about the life of a top gymnast.

We are delighted that Hannah has made time in her busy schedule to help us.

## Mike Lea leading SSoG new skills

Mike Lea will be coaching at the club on a monthly basis making sure that our top gymnasts are getting the advice that they need to progress their programmes. Mike is seen below focussing on multiple twisting moves.

