



Stockport School of Gymnastics

October 2019 News



During September we packed bags at Morrison's in Bredbury, took part in the Paul Reay Teams at Wigan and reorganised the groups and training times in the gym. The bag pack raised £1,315, fantastic!

October sees the Greater Manchester Championships and the Wilmslow Spooky Spectacular Comp and a Halloween Party in the gym. Get involved!



Contacts

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or complete a contact form

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Websites

General

www.stockportgymnastics.com/wp

Competitive

www.stockportgymnastics.com/club

Facebook

[@stockportschoolofgymnastics](https://www.facebook.com/stockportschoolofgymnastics)

Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

Merchandise

www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home

2019 Competition Dates

6th Oct

SSoG Floor and Vault Comp at Newby Road

19th/20th Oct

Greater Manchester 4 Piece at Wigan

27th Oct

Wilmslow Gymnastics Spooky Spectacular Comp
At Wilmslow Leisure Centre

2nd/3rd Nov

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

10th Nov

SSoG Club Championships at Newby Rd. for Club and Comp Squad gymnasts, followed by photos

16th/17th Nov

English Gold, Silver and Bronze Championships at Leicester

15th Dec

SSoG Christmas Rec Competition at Newby Rd.

Note this year the competition is on SUNDAY

Halloween Party

SSOG Halloween Party – Sunday 27th October. Forms for this event are available on the noticeboards at the gym in Newby Rd and Offerton gymnasts can request forms from their coach. We may need some parent helpers on the day to help decorate the gym/run the café and help out with party games etc and a list has been put up on the noticeboard on the balcony for people to sign up their interest in helping out.



GM Championships

The Greater Manchester Championships are at Wigan on the weekend of 19th/20th October.

The SSoG entries are as follows:

Level 2

Heather Davenport and Rebekah Mooney

Level 3

Charlotte Wells and Ellen Ijima

Level 6

Amelie Garrott, Alys Pike, Phoebe Wood, Halle Kirk, Gretel Smith and Emily Winterbone

Level 4

Millie Hewart and Elyce Pearson

Level 5

Lola Ardley, Lola Mannion, Gabriella Widdall, Orla Frodsham and Amy Winterbone

Good luck to all competing gymnasts.

NW Championships

The North West Out of Age Championships are being held at Wigan on the weekend of 2nd/3rd November. The SSoG entries are as follows:

Level 6

Alys Pike, Amelie Garrott, Thea Mcallister, Phoebe Wood, Gretel Smith, Halle Kirk, Sophie Turley, Emily Winterbone and Riley Morrison-Howarth

Level 3

Ellen Ijima

Level 5

Amy Winterbone, Orla Frodsham, Gabriella Widdall, Bella Gnatiuk, Lola Ardley and Lola Mannion

Level 4

Millie Hewart and Elyce Pearson

Level 2

Heather Davenport, Ruby Hewitt and Rebekah Mooney

I can't remember having so many going Level 2 in the NW Championships. Should be a good weekend.

This competition is followed very quickly by the Club Championships and the English GSB.

Paul Reay Teams

The Paul Reay Teams comp was on the weekend of 14th/15th September at Wigan. Our teams were placed as follows:

Level 6 team 1 – 8th

Level 6 team 2 – 15th

Level 5 team – 7th

Level 3 team 2 – 6th

It was a team comp, but had individual medals been awarded, Ellen would have won Floor and Heather was second on Beam in the Regional Level 3 competition. Good work.

Thanks too to all SSoG coaches and judges.



2019 Calendar

2nd Oct

It's back, Adult Beginners from 8.45 to 9.45

4th Oct

So are the Adults classes, start at 8.15 for 1 hour

21st to 26th Oct

Half Term. No Pre-School classes. No Parent and Toddler Sessions. No Ladies Fitness Sessions. All other classes continue as usual.

21st to 26th Oct

Holiday Camps. Full timetable is in this newsletter and can be booked online NOW!

27th Oct

Halloween Party at Newby Rd. Save the date and look out for details.

29th Oct

New Class - GymBabies from 11 to 12

17th Nov

Final day of the Rec Term

18th Nov

Start of the new Rec Term for Offerton and Newby Rd; includes Youths, Rec, Pre-School, Parent and Toddler and Ladies Fitness.

24th Nov

Visit to Jump Heaven, 5 - 6 pm all are invited. This is organised by the parents to help with the purchase of the new floor.

7th & 8th Dec

Bag Packing at Morrison's in Bredbury. After the great turnout for the bag packing in Sept, lets go even bigger for this one.

22nd Dec (note the changed date)

Parents Have a go Session for Club and Comp Squad parents followed by a Christmas Buffet.

23rd Dec 2019 to 3rd Jan 2020

Christmas Break. No Pre-School, Recreational, Gym Babies, Adults, Adult Beginners, Youths, Parent and Toddlers and Ladies Fitness Classes.

23rd Dec 2019 to 3rd Jan 2020

Christmas Camps, all online and bookable on the website.

SSoG Floor & Vault Comp

The Stockport Floor and Vault Championships are on Sunday 6th Oct at Newby Rd. We thought that clubs would be interested in a 2 piece competition in the autumn as all events are focussed on 4 piece. Could have done with a few more entries, but this will be good experience for our Comp Squad gymnasts. We are delighted to welcome CC Gymnastics and Just Gymnastics to the event.

Our entries are:

Pre Novice Aged 8

Olivia Doody, Pippa Rumney, Grace Wardle

Pre Novice Aged 9

Holly Allen, Sienna Bullen, Neave Stafford, Isla Ijima, Emily Manion, Eleanor White

Novice Aged 9

Maddy Carrington, Amber Arnold

Intermediate Aged 11

Milly Eyre, Jessica Rouen Stout, Lucia Sharpe, Lily Wyatt

Intermediate Aged 12/13

Poppy Francis, Iris Walker, Lily Davidson, Molly Doody, Emily Mills, Milly Whitchurch, Sarah Wilson

Novice Aged 10

Sadie Caine, Ella Hales, Ava Renshaw, Alice Mills, Amy Thompson, Holly Stead, Abigail English, Maddy Gerrard Jones, Evie Talbot, Emily Webb

Intermediate Aged 14 plus

Katie Lee, Eleanor Totton, Olivia Heapy



Bag Packers on Saturday

October Holiday Camps

The ever popular holiday camps are online and will be filling fast during October, so beat the rush. The holiday week is Monday 21st to Friday 25th October.

Monday 21st October

9.00 to 3.30 with a half hour lunch break.

This is a full day holiday camp - all pieces will be used throughout the day. It is for 5 years upwards at Newby Road. Price £30.

Tuesday 22nd October

9.00 to 3.30 with a half hour lunch break.

This is a tumble and bounce camp - children need to be competent with cartwheels, bridges and working towards round offs as a minimum requirement and aged 7 years upwards at Newby Rd. Price £30.

Wednesday 23rd October

9.00 to 3.30 with a half hour lunch break.

This is a full day holiday camp - all pieces will be used throughout the day. It is for 5 years upwards at Newby Road. Price £30.

Thursday 24th October

9.00 to 3.30 with a half hour lunch break.

This is a tumble and bounce camp - children need to be competent with cartwheels, bridges and working towards round offs as a minimum requirement and aged 7 years upwards at Newby Rd. Price £30.

Friday 25th October

9.30 to 12.00

This is an Open play Parent and Toddler session for children 0-6 years at Newby Rd. Price £5.00.



Topkapi Meal

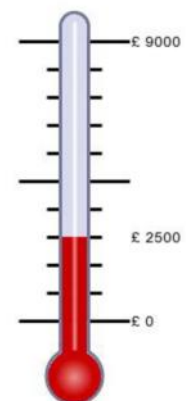


Lovely to see a good turnout to the meal at Topkapi in September to raise money for the new floor. There was a singer and a belly dancer, lots of fun. Thanks to the fund raising team for organising, always room for more to help

New Sprung Floor Carpet

Nearly 1 third raised, and that's before the bag pack money is added.

Great Progress



Club Tracksuit Tops

There will be a bulk order for club competition tracksuit tops being sent in to the supplier in the next couple of weeks, if gymnasts have outgrown their current club jacket or leotard please contact Jayne Mooney at info@bluefroggraphics.co.uk as we may be interested in purchasing your second hand kit and can also arrange a replacement.

HALLOWEEN PARTY

Date: Sunday 27th October 2019

Time: 2.30 pm to 4.30 pm

Place: SSOG, Newby Road

Cost: £10.00 per child

Disco, games, fancy dress, prizes to be won, new & 2nd hand leotard sale on, canteen will be open selling hot & cold drinks, cakes and sweets



All funds raised will be going to the cost of the gym floor

More details to follow soon

Bits and Bobs

The disabled parking space is provided as close to the entrance as we can get it and is for Blue Badge Holders. A couple of things as with the very limited parking we have it is very tempting to park there if it is empty:

- ⇒ We do have members who need this space so please don't use it as if they drive down expecting to be empty reversing back is not that easy with pedestrians about.
- ⇒ Not all disabilities are obvious and it's not for us to decide who gets badges. If a badge is displayed respect that they have been assessed for eligibility

Thanks for being considerate.



Thanks to Mike Dooley for getting the floor bar



welded up and repainted where he works. All little things like this are a big help both in terms of time and money. Do you have

a skill? We probably have a job for you.



Please can you ensure that you don't let your child to lean over the balcony at the Newby Rd. facility or drop food or rubbish over. Also parents shouldn't be calling out to either gymnasts or coaches at any point as this causes distraction and may result in injury. Thanks for your cooperation.



During the month we heard that there had been a fire in the Curzon Building on the site of the old Offerton School. Not the gym was the panic reaction, so we rushed down there to see. Luckily it was in part of the building next to the gym and all is OK in the Offerton Centre.

BG Membership 2019/2010

Reminder that the invoices for the BG and SSoG membership are now overdue. Please pay and then renew your membership on the BG Website.

<https://www.british-gymnastics.org>

During October the insurance cover will run out and you will not be allowed to train; please don't let it get to that.

If you are struggling with any aspects, do contact the office and we will help you through it. On the BG site you are registering only; there is nothing more to pay.

New Class—Gym Babies

We have found that the Governments tokens for Nursery places has impacted on the number of children attending the Pre-School Classes. Other gym clubs have stopped the sessions completely, but we are continuing our classes and will be offering week-end classes in 2020.

In the meantime we will be starting a class called Gym Babies for those children not yet in Nursery. These classes will be a semi-structured one hour session for children aged 1 to 2.5 years exploring fun themes in a safe environment with their parents.

The cost will be £5 for the hour, term time only. Classes can be booked online and start on Tuesday 29th October, 11am – 12 noon. They are already on the website for booking.

We hope that the classes hit the mark and if popular we will expand to other days of the week.



Grand Raffle

SSOG Grand Raffle – Raffle tickets are currently being distributed to gymnasts and we kindly ask if they can try and sell as many tickets as possible to help support the fundraising project for Phase 1 of the new floor. Envelopes have been provided and all ticket stubs/monies are to be placed in the lockable box on the balcony area at the Newby Road gym by 26th October 2019. The draw will take place on 1st November and a list of winners will be published on the noticeboard at the gym. There are over 40 fantastic prizes to be won, Good Luck!

Adult Classes are back!

We did say that we would restart the classes as soon as we could find a new coach. Kieran Brown is keen to start and so we will be offering the same type of classes last run in 2018.

Adult Beginners is a structured class and will be for an hour on a Wednesday evening after the Comp Squad class at 8.45.

Adults will return on a Friday after Comp Squad at 8.15 for an hour and has a structured warm up followed by an unstructured session.

All the classes start during the first week in October and can be booked on the website. Over 18, fancy something different, look forward to seeing you at one of the sessions.

Bag Packing at Morrison's



A huge thanks to the ever present Suzanne Winterbone for organising the bag packing this weekend at Morrison's in Bredbury. Not only that, the counting and bagging up after a long weekend on her feet. We covered most opening hours with up to 11 gymnasts covering each of the 1.5 to 2 hour turns. In all 43 gymnasts from Club and Comp Squad attended, not 100% but better than usual. The more you can get the better the income and if you missed this one we have another one on 7th and 8th December.

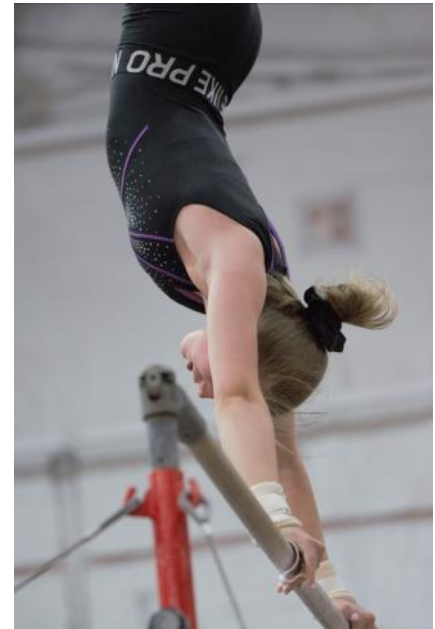
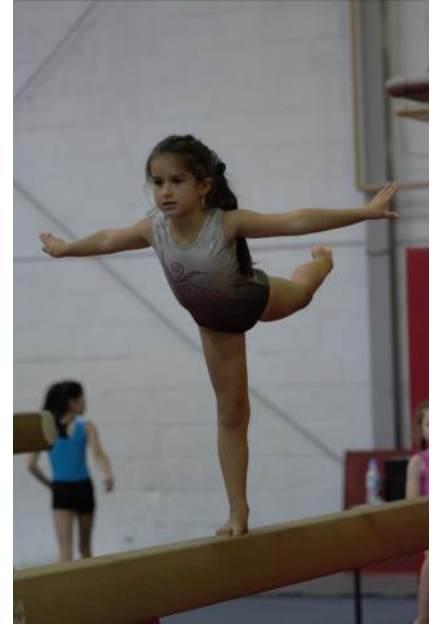
This weekend we raised £1,315 making a big dent in the target of £9,000 to purchase a new floor covering. The thermometer says £2,500, but this will take it to £4,000, nearly half way there.

Club and Competition Squad Performance Pathway

Tamlynn and Tracey are currently working hard to develop a clear development pathway for all Club and Comp Squad gymnasts so that they progress their gymnastic skills and are able to compete at higher levels going forward. This is not an easy process – as gymnasts do progress they will be moved to work with different coaches, into different groups and may need to train different hours on different days. You may already have begun to experience this. If a gymnast is not progressing they may also be moved and have their hours reduced. This is being done for all gymnasts benefit and to ensure the best possible outcomes for your child.

If you are wondering how the Club Training is structured we have: a basics night once a week, to perfect the basic compulsory requirements; one night of skills work where they have an opportunity to upgrade their skills and twice a week they are perfecting routines as we have a number of competitions coming up. Once competitions are over, there will be more time spent on upgrading skills and less on perfecting routines. Conditioning is done most sessions as this is vital to their development and to avoid injury.

Gymnasts are entered for competitions on the understanding that they have achieved and can compete the compulsory requirements for the individual competitions. We may, however, withdraw gymnasts if they subsequently do not meet them in performing their routines in training. Our aim is to ensure that Stockport School of Gymnastics supports the development of high performance in our gymnasts recognising that they all develop differently.





Stockport School of Gymnastics

Grand Raffle 2019 – Prizes

Taster for 2 people - courtesy of Awesome Walls

4 x £10.00 vouchers – courtesy of Gymnastic Express

1 x £50.00 voucher – courtesy of Children's Cosy Sleepover

£20.00 gift voucher – courtesy of Black Beauty Cheshire

1 x family tickets - courtesy of Blue Planet Aquarium

1 x Body Shop free pamper party and sample body butter

1 x Leotard – courtesy of Zone

1 x £40.00 voucher – courtesy of Milano

1 x Adult & 2 x Children entry to Stockport County Football Game x 2 (2 prizes)

5 x £10.00 vouchers – courtesy of Joseph Holt (5 x prizes)

1 x Family ticket (2 adults & 2 children under 16) Trafford Golf Centre

1 x voucher for 2 people – courtesy of Rope Race

1 x month free gym pass – courtesy of B-fit

1 x one-month BOOM keep fit voucher – courtesy of Fanny's Real Fitness

1 x one-day holiday camp at SSOG

1 x £35 voucher – courtesy of Nomadic Being

1 x Signed preloved leotard from Natasha Coates

1 x Teddy – courtesy of A Star

1 x T-shirt signed by Max Whitlock

1 x £30.00 John Lewis Voucher

French lessons 3 hours free and next 3 hours at half price – courtesy of French Pedagogy Solutions CIC

1 x Ibike Dash Cycling Computer

2 x Ibike Phone Booth Bicycle Mount (2 prizes)

1 x Watch

1 x White wine & 1 x red wine (2 prizes)

6 x Cocktail shakers stir set (6 prizes)

1 x JoJo Bow Maker

1 x Laura Ashley Travel Set

1 x Bottle of Famous Grouse Whisky

1 x Lip Shape make up bag with lipstick

1 x Natural Extracts gift set

1 x Rose Signature Slipper Set

1 x Sequin Art Set

1 x Sienna Glow - Self tan mouse set

1 x Sienna illuminator duo & Sienna sculpting brow pencil

And we have a few more prizes that are not listed

