

# Stockport School of Gymnastics



September 2016 Newsletter

We have a short newsletter this month as August is a holiday month, so apart from a frantic holiday camp season, not much going on.

It's the end of an era with the retirement of our choreographer, Vicki, who starts a teaching job in September. Vicki has looked after the floor and beam routines for nearly 10 years with huge success. In 2011, NW Regional Individuals, 17 SSoG gymnasts, 13 floor medals and in 2012, 10 floor medals. We wish Vicki good luck with teaching.

The new term for all classes starts on Monday 5th Sept, so have a look on the website for when your class starts. We have started a new tumbling class on Saturdays. Details inside this newsletter.

## SSoG Calendar 2016

### 23rd Aug to 5th Sept

SSoG Class holidays. Holiday camps continue, but no Rec Classes at Newby Rd. or Offerton, no Pre-School, Teen and Home School classes.

### 5th Sept

Start of the new term for classes. Payment is due during August. Please note that with this term's payments the BG Insurance and the SSoG Club membership is due.

### 10th Sept

Tumbling class from 6.15 to 7.30 aimed at those who want to improve their flicks and tucks.

### 10th/11th Sept

NW Team Challenge at Wigan. We

have entered teams at Level 6, 5 and 4 for this one.

### 24th/25th Sept

North West Individual & Apparatus Championships at Wigan for out of age gymnasts. We have entered 12 gymnasts at Level 6, 5 and 4.

### 15th Oct

GM Floor and Vault Championships. May extend to the morning of 16th October depending on the number of entries. To be held at Robin Park Sports Centre, Wigan. This competition is of interest to our Competition Squad and the Development Squad.

### 12th/13th Nov

English Bronze, Silver and Gold Championship at New College, Leicester.

This is a target competition this year.

### 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

### 18th Dec

Rec Christmas Competition

For more dates see the website.

## Club Choreographer

SSoG are pleased to announce the appointment of Kay Zaki as the new Club Choreographer from Sept. Kay has a degree in dance, a long history as a competing gymnast representing Hartford and has most recently been coaching in Ireland at Sportscape Leisure. Be sure to check out her showcase reels on YouTube.

Assisting Kay will be Ella Cleaver, who coaches at the club, has been dancing for a number of years and was a competing member of the club. Ella has been assistant to Vicki to help her learn the trade.

The number of routines has increased significantly with the formation of the Competition Squad and we wish the new team good luck as the performance levels improve.

## Other News

The following SSoG gymnasts have been selected to represent the club at Wigan on the weekend of 24th/25th September at the NW Individual Championships

### Level 4

Charlotte Wells, Martha Yates, Ruby Hewitt and Leah Kidd

### Level 5

Elyce Pearson, Heather Davenport, Daisy Broadbent and Jenna Kenyon

### Level 6

Gabriella Widdall, Molly Coghlan, Kate Wigglesworth and Sophie Wigglesworth

Good luck girls.

Congratulations to Berenice Webb who passed the practical exam for her Pre-School Level 2 exam and is awaiting the results of her written paper. This increases the number of Level 2 Pre-School coaches at the club to 3, probably the most in the NW? SSoG has become the venue of choice for BG to host Pre-School courses in the NW and an independent assessor from UK CC completed a successful review of

the facility recently. We are hosting a Women's Artistic Course and another Pre-School Course later in the year and have courses booked in for 2017.

You may remember that the club announced in a previous newsletter that it was working with Dr Aoiffe Kilcommons on Resilience? The first document has been produced by Aoiffe on the Performance and Resilience Needs Analysis to take the club from where it is to a higher level. It has been issued to the board and a Top 5 have been identified to be worked on in the next month or so. Many thanks to Aoiffe and we look forward to a productive working relationship.

We wish all young coaches who have taken A levels the very best with their future studies. We have some who will be studying locally and you will still see them and others that will be leaving to go to university and you may see them in the holidays.



## Open Tumble

We have been approached about hosting a tumbling class to allow gymnasts to improve their tumbling skills. The class is intended for those that are able to round off already, but want to improve their flicks and somersaults. We think it would appeal to cheerleaders, but will wait and see who turns up.

The class is on a Saturday evening, immediately after the Teen class. Warm up starts at 18.15, class starts at 18.30 and finishes at 19.30. The cost is £4.00 per session, payable online.

This is not a tricks class and any free runners would best be suited to attend the adult class on a Friday night.

The class is a register and pay online class, week by week. The registering of the session will close 10 hours before the session (Saturday morning). To participate please register and follow the instructions.

The payment is by PayPal which also includes credit and debit cards.

Unfortunately we cannot give refunds for this session and payments cannot be carried over to future sessions, sorry for any inconvenience this may cause.