

# Stockport School of Gymnastics



September is back to school and for some of our gymnasts a big change as they move to Secondary School, College/University and to Reception. It's a big change for our Pre-School gymnasts as we fit more than 100 of them into our recreational sessions at both the Newby Road and Offerton centres.

For gymnasts who are joining the Pre-School classes, we have rebranded them as B4 Gymnastics with a different coloured T-Shirts and a distinctive logo. In addition all of the Pre-School classes with parents will be members of SSoG and will also be members of British Gymnastics.

Look out for the coaches wearing the new design and all gymnasts are invited to buy the T-Shirt and become part of the class.

We are encouraging all classes to be paid for by BACs and it's great that each term more are using this simple method of transferring their fees from their bank to our bank.

Please do put the Gymnast's SSoG Account Ref on the payment, otherwise we have no idea who the payment is for. The account reference is on the invoice and is a number between 1000 and 2500.

We are currently writing a SSoG App and this will make communication and payment much easier. We hope that we will have the basis App up and running before the next term and possibly lined to our invoicing system. May be too high tech, but we will investigate.

## Inside this issue:

Holiday Fun

New Classes from September

Upcoming Competitions

B4 Gymnastics

## When does my Class start back?

As we complete the summer break it's time to think about when classes restart. The payments for the classes run by the term are due now and should preferably be done by BACs

### Newby Road Rec Classes

Tuesday 1st Sept to Monday 7th Sept.

### Offerton Rec Classes

Saturday 5th and Sunday 6th Sept.

### Newby Rd Pre-School

Monday 7th Sept to Friday 11th Sept.

### Newby Road Ladies Fitness

Tuesday 1st Sept.

### Newby Road Home School

Tuesday 1st Sept.

### Newby Road Parent and Toddlers

Thursday 3rd Sept., Friday 4th Sept. and Monday 7th Sept. (New Session)

### Newby Road Teen Class

Saturday 5th Sept.

The following classes have been going all through the summer and will continue during Sept. (and beyond).

- Adult Classes on Friday nights.
- Adult Beginner Classes on Sunday nights.
- Pilates on Tuesday nights.
- Competition Squad on Wednesday and Friday evenings
- Club at various times

Look out for more on the website as everything is on the Calendar page and usually posted well in advance.

## Autumn Competitions

The competition calendar is cruel as it puts 2 competitions within a month of the summer break.

The Competition Squad gymnasts have their first major outing with the North West Floor and Vault Competition on the weekend of 12th/13th September. This will be the first completion outside Newby Road for almost the entire SSoG entry and we wish them luck. The gymnasts entered are:

### Saturday

#### Novice aged 8

Annabel Clarke

#### Pre-Novice aged 8

Millie Simpson

#### Pre-Novice aged 11

Olivia Heapy

#### Novice aged 13+

Abby Wrightson

### Sunday

#### Pre-Novice aged 7

Ellen Ijima and Ceira Mooney

#### Pre-Novice aged 9

Lily Davison, Sarah Wilson, Molly Doody, Alice Ellarby, Meli Hurlestone & Emily Mills

## Summer Holiday Fun

The summer camps this year included 2 3 day intensive courses, which were fully booked and had waiting lists. Great fun for coaches and gymnasts alike. The picture below is at the end of the display that they worked on to show the parents on the last day. The next holiday camp is during half term in October and the one after is at Christmas. The booking sheets are already online and are starting to fill. If you want to take part, book now!



#### Pre-Novice aged 10

Eve Winstanley

#### Pre-Novice age 12

Ruby Royce Dixon

#### Pre-Novice aged 13+

Bronte Horsfield

The Club gymnasts will be entering the North West Team competition on the weekend of 26th/27th September and it looks like there will be 2 Novice, a Level 4 & 3 teams representing the club. Again, hope all goes well in Wigan.

## The SSoG App

The website looks OK on Desktops, Laptops and iPads, but does start to creak a little on mobile phones. It scales, but is very fiddly (and slow). As we all move towards using mobile phones more than other devices, we are working towards bringing out the SSoG App, which will hopefully have a lot more to offer than the current website for those on the move.

What would you like to do on the SSoG App? Let us know.

## SSoG Calendar 2015

### 12th/13th September

NW Floor and Vault Championships at Robin Park Sports Centre, Wigan

### 26th/27th September

NW Team Challenge Robin Park Sports Centre, Wigan

### 17th 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 Cen-

tre, Wigan

### 13th December

Inter-County teams at Robin Park Sports Centre, Wigan

### 21st—23rd December

Half Term Camps for Rec Gymnasts. Bookings are open and there are discounts for early birds.

More on the website.



## Lend a hand

Mike is well known for posting some very dull pictures of gym improvements and upgrades. This holiday the pictures have sunk to a new low, but all with the very positive message that the help put in by volunteers in the club is very much appreciated.

Jobs completed in the gym over the last few days by the Parent Committee include:

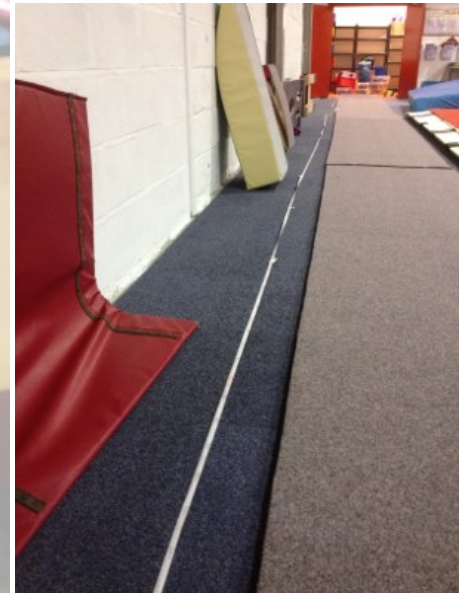
- Pit emptied, cleaned, base foam repaired and refilled.
- Shelves in the store room are fastened to the wall.
- Vault run carpeted up to the vault. A little bit more to complete.
- Various mats re-glued.
- Ladies toilet walls freshened up
- Junk taken to the tip, such as old carpet tiles and the remains of the suspended ceiling.
- Locks completed on the tuck shop doors in the kitchen.
- Rec rotations fixed on the wall.
- Weeds cut down in the car park

It's great to have parents so involved in the club, but as usual, mostly the same faces. Could just do with one or two more. Times really to suit you. Just let one of the coaches know and we'll be pleased to let you know how you can help.

We did hope to paint the new fire door, but as with all bank holidays, we were thwarted by the rain.



**The pit before and after cleaning and fluffing up**



**Vault chained to the floor and all areas now carpeted**



## Other News

Congratulations to our young coaches, who have excelled in their A levels, which means that we will be losing some of them as they head off to University. We wish them all the best and hope to see them back in the gym at Christmas and half term. Classes will be fully covered as we have more coaches going

through their Level 1 coaching course to take their places.



Jade Waldron had 2 roles at SSoG, running Offerton and various classes at Newby Road and she also coached a group in the club. Jade has decided to give up the job at Offerton and will concentrate on her club coaching.

We need to thank Jade who has been the driving force behind a number of the new classes, such as Parent and Toddler, Pre-School, Adult and Teen classes.

Classes will be covered by other members of the team until a replacement can be found.