



Stockport School of Gymnastics

September 2019 News



The pictures show the new matting for under the high beam and a vault run up mat, both installed at the Offerton Centre. September is the start of the new Recreational Classes term and both of our centres are ready for the gymnasts. As usual in September we still have Pre-School places for most times, but be quick as the classes will be completely full by the half term.

Contacts

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or complete a contact form

<http://www.stockportgymnastics.com/wp/contact-us/>

Club

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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

14th/15th Sept

Paul Reay Team Challenge at Wigan.

29th Sept

NW Age Groups and FIG, Challenge Cup Qualifiers, Bill McLoughlin Team Trials at Wigan

6th Oct

SSoG Floor and Vault Comp at Newby Road

19th/20th Oct

Greater Manchester 4 Piece at Wigan

Oct?

Wilmslow Gymnastics Halloween Comp

We don't have a date yet, but assume this will be around this time.

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



Rec Fees

Invoice payment deadline if you wish to pay by BACS is Monday 2nd September 2019

Invoice payment deadline for Credit/Debit Card payments is Thursday 5th September 2019

English Gold, Silver, Bronze

Last year we sent our entries in too late and there were no spaces left for this popular competition. This year we got our act together very early and 6 gymnasts will be going to this national competition in Leicester.

Silver Junior

Ellen Ijima and Elizabeth Mcnamee

Silver Intermediate

Heather Davenport and Millie Hewart

Silver Senior

Charlotte Wells, Holly Naylor and Ruby Hewitt

Good luck to Coaches and gymnasts



2019 Calendar

2nd Sept

Invoice payment deadline for Rec Invoices (BACS)

5th Sep

Invoice payment deadline (Credit/Debit Card)

2nd Sept

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

Term goes through to 17th Nov

3rd Sept

Young Coaches Training at Newby Rd.

7th Sept

Parents meal at Topkapi in Hazel Grove at 7pm

27th & 28th Sept

Bag Packing at Morrison's in Bredbury. Details in this newsletter.

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. What's on each day will be in the next newsletter and online

27th Oct

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

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.

7th & 8th Dec

Bag Packing at Morrison's in Bredbury.

22nd Dec (note the changed date)

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

Paul Reay Teams

The entries are complete for the Paul Reay Teams comp on the weekend of 14th/15th September. Our teams are as below:

Level 6 team 1 – Amelie, Alys, Riley, Thea and Lucy

Level 6 team 2 – Emily, Sophie, Georgia, Ruby and Phoebe

Level 5 team – Lizzie, Gabby, Amy, Orla and Lola M

The format for Level 5 and 6 is 5 in a team, 4 to compete on each piece and the best 3 scores on each piece to count to the team score.

Level 3 team 1 – Charlotte and Holly – Holly to compete bars and floor Charlotte to compete beam and vault

Level 3 team 2 – Heather and Ellen – Heather to compete bars and beam, Ellen to compete floor and vault

We look forward to a successful competition this year. Good luck SSoG.



Save the date



Jump Heaven Trampoline Event

Date: Sunday 24th November 2019

Time: 5-6 pm

£10.00 per person

Family and friends are welcome. They now have a new section for young children.

All proceeds will be going to the gym floor

More details to follow shortly



Pit Cleaned



It was a sunny day on Bank Holiday Monday, which was a shame for the small group of parents and coaches that came in to take all of the foam out of the pit, clean it and then replace it. Many thanks for your help. We have to do these jobs when our very busy gym is empty, hence the timing.

The usual collection of socks, small change and hair bobbles were found and for the first time a credit card!



BG Membership 2019/2010

After a 7 year freeze BG are increasing the cost of membership from 1st October by £2.

Preschool

Not yet in full time education during this membership year £13

Gymnast

Ideal for gymnasts (taking part in gymnastics from once a week up to competing in local and some regional competitions), volunteers and award scheme coaches £19

Club Officer £19

Club Administrator £19

Welfare Officer £19

Judge Club and Regional £19

Competitive Needed for gymnasts competing in official performance pathway events including Regional, National and British Championship level competitions £43

Assistant Coach For coaches who hold a level 1 coaching qualification or booked onto a Level 1 Coaching Course £43

Coach For coaches who hold a level 2 or above coaching qualification £78

We will be invoicing for your BG insurance during Sept. SSoG Membership is unchanged at £10 and will be invoiced at the same time. SSoG Membership for Club gymnasts is unchanged at £14

Equipment

Many thanks to the parents and coaches who hired a van to move equipment that we purchased from Evolve Gymnastics. All help is gratefully accepted and taking part gives people a warm feeling of being part of something. This trip was to move some crash mats (you can never have enough crash mats) some padded Pre-School bench tops, a trampoline throw in mat and a roll up mat. All are at the Newby Rd. Centre

We have also purchased a new padded bench for Pre-School (delivered and in the gym) and replaced some of the hidden parts of the Vault and the existing Pit Bars.

New Rio Bars



The club gymnasts complete at the Regional Competition Centre in Wigan on the new RIO asymmetric bars, which have a natural fibre rail. The girls need to train in the gym with the same rails, but they are not available for the bars we currently have so we have purchased a new set of Gymnova bars, which will be delivered during September.

The bars have shorter cables holding them up which will declutter the area around the bars.

The claim is that the new fibre rails need less chalk; we do hope so as there should be less chalk dust and less time chalking up.

New & Used Leotards

The new & used leotard rack will be out in the Newby Road canteen on the following days:

Monday	5.45p.m. to 6.30 p.m.
Friday	6.00 p.m. to 7.15 p.m.
Saturday	11.30 a.m. to 1 p.m.

We also will be selling hair scrunchies, t-shirts and jumpers.

If you have any leotards to sell please bring them in on the dates above. Please note that if we sell your leotard SSoG will receive 20% commission that will go towards the fundraising for the gym floor.

Bag Packing at Morrison's in Bredbury

As you are aware, we are currently fundraising for new equipment in the gym, including a new sprung floor. As part of the fundraising effort, Morrisons in Bredbury have very kindly offered us a bag packing weekend on Saturday & Sunday 28th & 29th September 2019 and we also have dates in December.

Gymnastics equipment is extremely costly and this is a massive opportunity for the club to pull together and add a significant amount of money to the fund.

Emails have been sent out to Club and Competition Squads to help out with the bag packing where we are hoping to raise a lot of money.

We would like to thank you in advance for those who are able to help out. If you can't make the slot that you have been given then please swap with another gymnast and let Suzanne know. We do need to cover as many checkouts as possible.



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