



Stockport School of Gymnastics

August 2021 News



We'll start with your most asked question. YES, REC AND TEEN GYM CONTINUES THROUGH THE SUMMER AS NORMAL!

The signs are good as the restrictions are easing and the key word is caution. We are not charging back into the old normal and will gradually move back to full gymnastics.

Lots to read in the newsletter but we salute our Olympic Champions on their success in Tokyo. Well done Team GB.



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Merchandise

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

Gymnastics in September

Recreational Classes

No change to current classes with the exception that we will increase the sizes of some of the groups from 6 back up to the British Gymnastics maximum of 8 gymnasts.

Teen Classes

Ditto for Teens, the same format as currently but we will be running with 2 rather than 3 sessions.

Toddlers

The sessions are going to change to Monday and Friday mornings still need to be booked online so we know who is coming but they will be single sessions rather than the current block booking.

The sessions will revert to open play meaning that the children can roam round the gym, with their parents of course, trying out the equipment and playing with their friends.

It's also a chance for parents to catch up with their friends, maybe make new ones?

Viewing Classes

For the last 18 months British Gymnastics have not allowed us to have spectators in the building, which has been frustrating for both coaches and gymnast parents. From 19th July we are allowed to have spectators on the balcony, but BG have advised caution. So we will continue with no viewing and review again when the restrictions on self-isolating are relaxed on August 16th. We should then be able to allow some restricted viewing in September.

We have been looking at how it might work for the Introduction to Recreational Classes, where we have been allowing parents onto the balcony as there are only 6 in each class (all gymnasts are under 5). All seems to be OK with socially distanced seating and all wearing masks. Just one concern is that we have a leak in the roof on one side of the already small balcony, which has to be cordoned off until the roof can be fixed.

Pre-School Classes

We will be reverting to our normal offering with classes for the younger gymnast with their parent and the older gymnast without their parent

Pre-School Classes with Parents is for 2 and a half year olds that are run by our coaches with parents in close attendance. These are structured classes for younger children and a step up from the Parent and Toddler classes.

Pre-School Classes (Independent) is for 3 and a half year old until they go to school that are run by our coaches with parents watching from the viewing balcony. These are structured classes for children not yet in full time education.

We will be inviting our current Pre-School gymnasts in for the class most suited to their age and then we will put the classes online available for general booking.

Ladies Fitness

The classes are currently on Zoom and we are having a break during August. We will be restarting in September and will be talking to current attendees to see if we continue online or restart back in the gym.

Club

Since Tamlynn has returned from Maternity Leave she has been talking with coaches on a new structure for the groups and on increasing the training hours that are needed to be ready for the autumn competitions.

Next week there will be a coach's meeting to agree the groups and hours and to make sure we have not missed anything.

This will be followed by the presentation of the revised Development Plan to all parents.

Hours will be increasing mid month.

Introduction to Recreational Classes

We have been running a course for the Pre-School gymnasts that are planning to move to the Recreational Classes when they go to school in September.

The course is 4 weeks and is only for the current Pre-School gymnasts in groups of 6 gymnasts maximum. This means that they all are the same age and experience so shouldn't be too daunting. We have allowed parents in the gym, on the viewing balcony, but due to space and social distancing it is be limited to one person per gymnast.

In the third session we will have a go at passing BG Proficiency badge 8; the badge and certificate to be presented in the last session.

There are other gymnasts in the gym so it is just like a normal recreational session, great opportunity to get used to what goes on.

The classes so far have gone well, happy gymnasts and pleased to be moving up from the current Pre-School classes, which have been very limited in scope for the older gymnasts due to the constraints imposed by COVID.

The classes will be available for booking in mid August and priority will be given to those who currently take classes with SSoG. They will be sent an email, so look out for it. The balance of classes will be put on the website later in August.

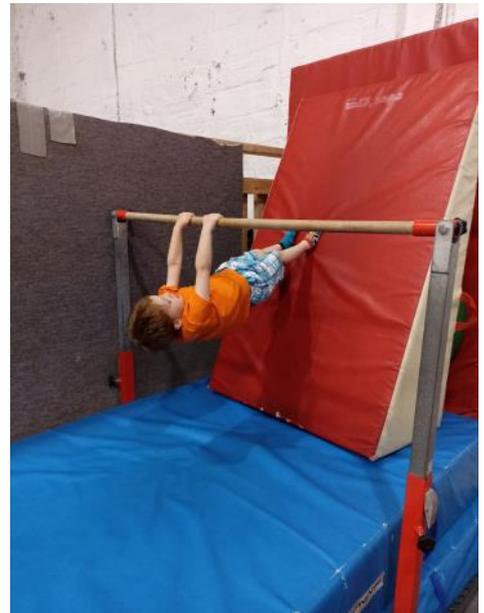
Holiday Camp Fun

Inspired by the amazing GB gymnasts? Join us for holiday camps, tell your friends as it's not just open to Stockport school of gymnastics participants.

We know you all love them and there are lots of different camps for you to try this time.

The under 6's are covered with the best value class around on a Thursday morning from 9.00-12.00, last entry is 11.00am, please book online.

Check out the website for details of the specialist camps, general and club camps from age 5+. Camps are morning and afternoon sessions but if you book all day, you can stay through lunch in the upstairs café area for no extra charge.



North West Competitions

The competition calendar published in the handbook and publicised in last month's newsletter is no longer current. The NW WTC are still trying to set up the competition programme for the rest of 2021 as the COVID rule changes are easing and Robin Park not being available for competitions as it is now being used as a vaccination centre.

The best information we have currently from the WTC is as follows:

The NW National Grades and Compulsories competition will take place at Manchester Academy of Gymnastics on the weekend of 18th/19th September. The intent is to hold the competitions over the Saturday afternoon and all day Sunday.

We intend to hold (NW) National and Compulsory 5 as well as a compulsory 2 control comp (numbers permitting and if too many it will be held on a different day)

Regarding the other planned competitions, we are not in a position at this point to confirm that all potential competitions will go ahead.

The NW FIG competition and Classic Challenge qualifier will be held in time for the National nominative entry closing date however all other potential competitions remain uncertain.

We are hopeful that we will be in a position to give more information and certainty after the government makes decisions re 19th July.

Please ignore any previously published dates as they have not been confirmed. Hopefully we will have more information soon, for instance I would expect to see the entry forms for the September Competition quite soon. We intend to run a Club Championship this year and we are seeing local competitions being advertised. We would expect 2022 to return to a normal competition schedule.

Strength and Conditioning

We have upgraded our strength and conditioning equipment with some new weights. One of our coaches has a strength and conditioning qualification so the work done during the Zoom conditioning classes can continue in the gym.

Note that the Zoom Dance classes have now finished and the Zoom Conditioning sessions will finish at the end of the holidays (August 31st) as we will be back full time in the gym.

The Choreographers are back in the gym and have a list of gymnast routines to refresh/replace, another sign that we are gradually get back to normal.

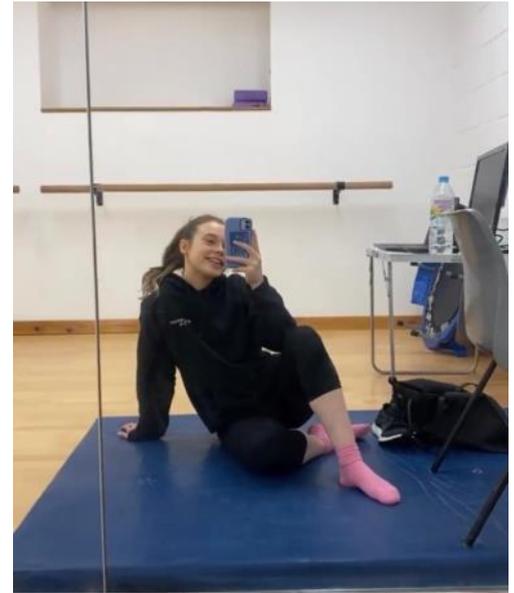


Dance on zoom – it’s a wrap!! For now??

After 54 weeks, in total 216 hours our club dance zooms are complete.

Thank you to our amazing choreography team Gina and Kay, you have entertained the girls so much, they have absolutely loved their Saturday zooms.

We have had some lovely Instagram posts from you, Halloween, Remembrance Sunday, Mother’s Day Locomotion, Grease and musicals medley and recently the



‘football’s coming home’, (well it nearly did!) dance in support of the England football team.

Gina also did 5 months of recreation dance zooms. Which the feedback from parents was great.

The gymnasts will miss you, but can’t wait to have you back in the gym. See you soon ladies.

July 19th and August 16th

Thank you for all of your understanding during the last 18 months.

From 19th July the Prime minister gave the green light for many of the pandemic rules to be lifted. His advice and the medical advisors advice is to proceed with caution.

The governing body for gymnastics in the United Kingdom has also lifted restrictions, again though, advising extreme caution.

Over the last 6 weeks there has been a huge surge in members with positive cases. We have had a minimum of one member of staff isolating, some weeks this has been as many as 4. The rules on isolating do not end until 16th August. With this in mind, to protect your children and your families, as well as our staff, it has been decided that our coaches will continue to wear their face masks, we will continue to social distance and will limit supporting to safety spotting only.

Whilst I understand frustration at being unable to watch your children, the decision is also to not allow parents in to view as yet. We will con-

tinue to be cautious until we can see how this current wave of the virus progresses. Please do not put our staff under pressure to allow you into the building, to either view, use the toilets or to get a drink. Please could all gymnasts arrive ready to train. As we have just one gymnast at a time in the toilets a child getting changed will slow the registration process down causing a bottle neck in the reception area.

I do hope that you understand the reasoning behind the very hard decisions we have had to make, it is for the safety of our staff and members. We want you to know your children and your family health are a huge priority for us.



Community

Stockport School of Gymnastics is a Community Amateur Sports Club, CASC, and now that we are emerging from 18 months of not seeing each other we are aiming to gradually put the community back into the club.

With the viewing balcony being out of action, there has not been much of an opportunity to talk to other parents and this is part of the reason we have been running the pop up café on occasional Saturdays. Sure we raise some much needed funds, but the main reason is to be a focal point to restart the conversations that stopped in March 2020.

So here are a couple of things that nearly happened recently. The first was a phone call from the NHS asking if they could use the centre as a Pop up Vaccination Centre. After some discussion we concluded that a large carpeted area with a sprung floor probably wasn't the best fit.

The second was an enquiry from a film production company asking if they could borrow some equipment for an CITV programme they were doing called *Don't Unleash The Beast*.



We are normally able to help, but in this case our mats were too big so this time it didn't happen. Show look like fun though.

Pop Up Cafe

We chose the hottest day of the year to have the second pop up café and Loise had to nip home to bring in a much needed gazebo.

The cafe went smoothly lots of happy customers all wanting a chat. It was a quiet day in the gym but we still took £98 on café.

Please look out for these events as they are advertised on Social Media, newsletters and with direct mailshots as it's always great to have some change with you for a cuppa and some cake.

Many thanks to the parents and gymnasts that helped on the day and the cake bakers. Do join in as we have only done Saturdays so far, there are 6 other days to cover!



Community

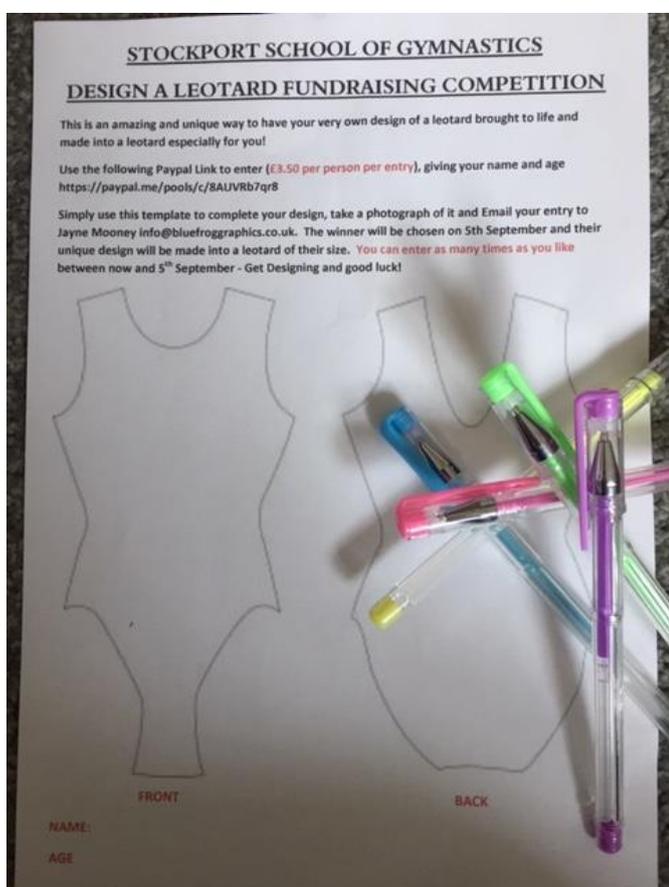
We hope to be organising some social events very soon to help our members to meet each other, we recognise the importance of helping to support our gymnasts, their families and our community during the recent difficult times of the Covid pandemic and to also help celebrate the Club's 35th birthday. Please keep a watch on our social media platforms for details.

We hope to be able to offer parties again on Sunday afternoons probably from October, but we will make a formal announcement in September once we have seen the results of the easing of the self-isolating requirements.

Your Design all made up

This is an opportunity for the winner of the 'Design a Leotard' competition to have their very own design made into a leotard for themselves.

All the details on how to enter are on the website, along with the pattern that you can download to complete your design.



Arnold Clark COMMUNITY FUND

We have been successful with our application to the Arnold Clark Community Fund. A big thanks to Louise for filling in the forms and to Arnold Clark for their £500 donation for our community.

If the company that you work for has a community fund, then please let us know as every donation helps with our community projects.

Bag to School

Having a wardrobe sort out? We've got a Fundraising Bag2School collection on 15th September so if you have any unwanted clothes/bags/bets/shoes we would be really grateful to receive them. Bags can be brought into the gym the week prior to the collection. All proceeds from these events will go towards the new equipment for the gym.

