



# STOCKPORT SCHOOL *of* GYMNASTICS

August 2022  
Newsletter



In July, work continued on the roof despite the hot weather, we had more coaching success. Our Pre-Schoolers finished off their gymnastics year in style, whilst completing their 'Going on Holiday' theme.

August brings a summer filled with Holiday Camps, running all the way through to the last day of August! 4 Piece gymnasts prepare for their upcoming competitions in September. And we have some exciting events coming up in August.

As always please be sure to keep an eye on our social media and your emails to get involved with any fundraising events that are coming up and stay up to date with any events that are coming up.

We hope you all have a lovely summer and wish good luck to those of you who receive your exam results in August.

## Contacts:

Office

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Welfare/Safeguarding

[Safeguarding@stockportgymnastics.com](mailto:Safeguarding@stockportgymnastics.com)

Website

General [www.stockportgymnastics.com/wp/](http://www.stockportgymnastics.com/wp/)

Club [www.stockportgymnastics.com/club/](http://www.stockportgymnastics.com/club/)

## Social Media:

Facebook

@stockportschoolofgymnastics

Instagram

@stockportschoolofgymnastics

Merchandise

[www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)

## Gymnastics in August

All Rec and Teen sessions run from 1<sup>st</sup> to the 31<sup>st</sup> of August. Please note we can't 'save' your space over summer; payment must be made to keep the space.

Pre-School and Ladies Fitness sessions take a break for Summer. Pre-School will return on the 1<sup>st</sup> of September and Ladies fitness will return the week commencing September 5<sup>th</sup>.

### Pre-School to Rec

In order to ease young gymnast's transition out of small Pre-School classes and into the hustle and bustle of Recreation, we run a Pre-School to Rec session. This class runs Monday-Friday from 3:30-4:15pm. The groups will be small and lead by an experienced Pre-School coach. At 4:00 pm they experience the 'big' gymnasts coming in and get to meet other coaches. During the session gymnasts will train on 2 pieces of apparatus weekly and have their first 'testing' of skills. They will receive their British Gymnastics certificate on completion of the course. Any gymnasts who have take part in our Structured Pre-School session will have received an email with the link to book on. **This is also available to those who have taken part in our open play session that move to School in September, to receive the link please contact the office.**

### Recreational

From September we will be commencing with the RISE programme with Recreational gymnasts, British Gymnastics now focus on skill ability regardless of age. We may occasionally email you to ask you to move your child into a more appropriate age or ability group. We hope that it won't change too much and that everyone can be accommodated to.

For those of you who still haven't purchased BAGA Badges, please make sure you buy them before September, we have a limited supply left so it will first come first served, unfortunately BG no longer supply the certificates so once they are gone, no more will be available.

### Collecting Gymnasts

We would like to remind all parents that when collecting your child from their session you need to get out your car and collect them from the door. The car park is busy at pick up times, coaches will not be releasing gymnasts till they can see a parent stood in front of the red doors.

### Summer Holiday Camps

Over Summer (1<sup>st</sup> August – 31<sup>st</sup> August) we have lots of Holiday Camps you can book onto. You can book your space on our website now:

<https://www.stockportgymnastics.com/wp/classes/holiday-camps/holidaycamps/>



**SUMMER HOLIDAY CAMPS!**  
**1<sup>ST</sup> AUGUST - 31<sup>ST</sup> AUGUST**

**JOIN US FOR A MONTH FULL OF FUN IN OUR HOLIDAY CAMPS OR OPEN PLAY CAMPS!**

**BOOK YOUR SPACE NOW!**

**AM AND PM CAMPS AVAILABLE**

**HOLIDAY CAMPS**

The poster features a red background with white and black text. It includes two photographs: one showing a group of children sitting on a red mat in a gym, and another showing a child performing a handstand on a red mat. The gym floor is red, and there are various pieces of equipment visible in the background.

### Parties

We run SSoG birthday parties on a Saturday evening from 5:45-7:15! With a fun filled hour in the gym, playing games and trying some gymnastics skills and apparatus, ending with 30 minutes for party food (not provided).

Unfortunately, whilst we're in the small gym we cannot run parties. However, if you would like to book a party for September onwards, please contact the office.

<https://www.stockportgymnastics.com/wp/classes/parties/>

### Club

Competition prep goes up a gear in August, as our 4-piece gymnasts prepare for competitions coming up in September. Club parents will have had an email and invoices for the competitions their children have been entered into in September.

We understand that over summer lots of you will be going on holiday, please could you email Tamlynn with holiday dates so we have an idea on numbers can prepare session plans.

Over summer we have Holiday Camps at Newby Road and training sessions at Junior Sport Stars, please see your emails to book onto those session.



## August Update

### Changes to Pre-School

On our return from COVID, we mixed the Pre-School classes up, so that both 'independent' and 'with parent' gymnasts could work together. This gave the little ones more opportunity to stay with their parents after the 'COVID' years, helping to ease anxiety. We now believe it is time to return to normal so will return in September with age 2.5-3.5, who wish to stay with parent from 10:15-11 and age 3.5-school age, independent from 11:15-12. If you have an older child who is struggling with separation, let us know and we will accommodate them with their peers. Our Wednesday session will remain mixed. We hope this gives every child the opportunity to progress with their peer group and socialise before they go to reception in 2023.

### Pre-School

Our Pre-Schoolers had a fabulous last term. Our theme was going on holiday and the gymnasts had little passports, which were stamped weekly by the 'passport controllers'.

They travelled on 3 different types of holiday; first they camped on the beam, 'toasting marshmallows' and jumping through the mud like rabbits. Getting on the train they ventured to vault to their adventure holidays, where they climbed and ab-sailed mountains, running and jumping around. We then boarded a plane to our sunny destination at bars. Using their muscles, they young gymnasts moved sea creatures from one rock pool to another, they flew frisbees into the paddling pool, helping their fine motor skills and rolled up and down sand dunes.

Good luck to those moving into school and Recreational classes in September, you've been an absolute joy to coach, but we hope to see you around in the gym.

For those of you returning to Pre-School sessions, we look forward to travelling to the Jurassic period, for our new theme of dinosaurs. This is another British Gymnastics RISE theme, which means its certificate time at the end of this one. We can't wait to share it with you. We have kindly been loaned some dinosaurs, but we are looking for some extra-large ones or big posters, if anyone can help us out, please let us know.

### Roof Update

The roof repairs are due to be finished during August, Mike braved the scaffolding at the end of July to see the excellent progress, which shows good promise to finish on time. The job continued through the heat wave albeit at a slower pace. This means that we will be able to transfer all our classes back into the main gym for the start of the new school term in September. There should be no puppy pads on the vault run or a collection of buckets on the viewing balcony.



As we aim to move back into the main gym in September, we will need lots of help to get the gym ready for the gymnasts. There will be lots of painting and a few maintenance jobs to be done in the last couple of weeks of August. Maybe you could lend a hand whilst your children are training? Please contact Louise- [louise.gerrard@nltworld.com](mailto:louise.gerrard@nltworld.com) if you can give us a hand. Any help would really be appreciated and thank you in advance to and of you that can lend a helping hand.

### More Level 1 Success

Brilliant news that another one of our young coaches has completed and passed their British Gymnastics Level 1 Certification in Women's Artistic Gymnastics Coaching. Well done to Sarah. It's a long online course, followed up with lots of volunteering time within a competitive setting with mentoring, 4 lesson plans and a log book to complete, a coaching video and an interview. It is stressful at any time, but Sarah was also completing her final A-Levels exams at the same time. She did it though, with everything completed on time and a brilliant pass.

We have a couple more coaches who have recently completed their online course, mentoring and logbooks and they're waiting for their coaching videos to be assessed and their interview. Hopefully we will know by September if they have passed, Good luck coaches.

## End of Year Competition Calendar 2022

As we near the end of the year, the competition calendar gets very busy. There are lots of competitions for our Club gymnasts on their way, but it doesn't end there, with the gradual return to normality over the past year we finally can host our usual competitions for our Recreational gymnasts. We are excited and hope you are too! Keep your eyes out for more information over the next few weeks and months.

### September

**17<sup>th</sup> & 18<sup>th</sup>**

#### **Paul Reay Team Competition**

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:

Team competition for 4 Piece gymnasts; Zinc, Copper, Bronze, Silver and Gold.

**16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>**

#### **Liverpool Open**

Held at Lifestyles Park Road, Steble St, Liverpool, L8 6QH:

Competition for 4 Piece Gymnasts; FIG, Voluntary, Zinc, Copper, Bronze, Silver and Gold and Development.

**24<sup>th</sup> & 25<sup>th</sup>**

#### **Hannah Whelan 4 Piece Invitational Competition**

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:

Competition for 4 Piece gymnasts; FIG, Voluntary, Zinc, Copper, Bronze, Silver and Gold.

### October

**15<sup>th</sup> & 16<sup>th</sup>**

#### **North West Zinc and Copper Competition**

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:

Competition for 4 Piece gymnasts; Zinc and Copper

**15<sup>th</sup> & 16<sup>th</sup>**

#### **Frank Williams Competition**

Held at Stockport School of Gymnastics, 39A Newby Road, SK7 5DA:

Competition for our Recreational gymnasts and Recreational gymnasts from local clubs.

**22<sup>nd</sup> & 23<sup>rd</sup>**

#### **North West Age Groups Voluntary 5, 4, 3 & 2, North West FIG and North West FIG Challenge Qualifier**

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:

Competition for 4 Piece gymnasts; FIG and Voluntary.

**29<sup>th</sup> and 30<sup>th</sup>**

#### **Vernon Park's 2 Piece Team Competition**

Held at Vernon Park Gymnastics Club, Unit A2, Pear Mill Industrial Estate, Stockport Road West, SK6 2BP:

Team competition for 2 Piece Gymnasts; Intermediate, Novice and Pre-Novice

### November

**12<sup>th</sup> & 13<sup>th</sup>**

#### **English Classic Challenge**

Held at New College Leicester Gymnastics Centre, Glenfield Road, Leicester, LE3 6DN:

Competition for 4 Piece gymnasts

**19<sup>th</sup> & 20<sup>th</sup>**

#### **North West Gold, Silver and Bronze Competition**

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:

Competition for 4 Piece Gymnasts; Gold, Silver and Bronze.

**26<sup>th</sup> & 27<sup>th</sup>**

#### **Voluntary Age Group Championship Level 3 & 2 and National FIG Challenge Qualifier**

Held at Surrey Sports Park :

Competition for 4 Piece gymnasts; FIG and Voluntary.

### December

**17<sup>th</sup>**

#### **SSoG Recreational Christmas Competition**

Held at Stockport School of Gymnastics, 39A Newby Road, SK7 5DA:

In house competition for our Recreational gymnasts.

**18<sup>th</sup>**

#### **SSoG Club Christmas Competition**

Held at Stockport School of Gymnastics, 39A Newby Road, SK7 5DA:

In house competition for all our Club gymnasts.

## Community and Fundraising

### Kit

Reminder to club gymnasts that the new club leotard is available to order through Jayne- [info@bluefroggraphics.co.uk](mailto:info@bluefroggraphics.co.uk) please contact to put your order in and once she has enough orders she will order from supplier. Please note those trailing for the team comp in September, won't be able to enter unless they have to new leotard.



### THINK-INKS

We have a Bag2School collection organised for the 28<sup>th</sup> of September, if you have any old or unwanted clothes please bag them up and drop them at reception from the 21<sup>st</sup> of September. The more we collect the more we raise.

### THINK-INKS

Don't forget, we collect printer ink cartridges as part of our fundraising towards the gym. So instead of throwing away your used printer inks you can drop them off at reception to be collected by Think-Inks, who recycle the ink cartridges instead of them ending up in landfill. Not only will you be helping the environment, but you will also be helping SSoG raise funds for new equipment.

Think-Inks will donate up to £5 per cartridge, you can donate any ink cartridge (not toners).

We would be really grateful if you could ask friends, family and companies if they may have used cartridges that they would like to donate.



### Summer Events

We have organised some very long-awaited events in August. All Club gymnasts should have hand an email from Tamlynn, some spaces are limited so make sure to be fast booking onto the events. If you have any questions, need further details, or would like to reserve a space at any of the events, contact Louise- [louise.gerrard@nltworld.com](mailto:louise.gerrard@nltworld.com).

## SUMMER EVENTS

### Family Picnic and Treetoptrek- Outdoor High-Ropes Adventure

**Date:** Saturday 13th August  
**Time:** 1pm-5pm  
**Venue:** Heaton Park, Manchester, M25 2SW

We have booked a group session for the gymnasts on the high ropes and zip wires from 3.45pm at Treetoptrek (situated within the park). Sessions take approx 1hr and will cost £20. Spaces are limited and are for gymnasts only, please let us know asap if you would like to reserve a place for your gymnast.

Please note: this is a "family meet up" event and all gymnasts/children will need parental supervision at all times.

### End of Summer Luau Party and Barbecue

**Date:** Saturday 3rd September  
**Time:** 5.30-7.45pm  
**Venue:** 7 Springs Activity Centre, Disley, SK12 2AZ

The coaches will be hosting a Hawaiian themed evening of outdoor fun with games, prizes and activities including a barbecue for all our club gymnasts at 7 Springs Activity Centre. This event will be part of our fundraising activities. Tickets cost £12 and include all food, drinks and activities. We hope all gymnasts will be able to join us.

**FURTHER DETAILS AND TO RESERVE YOUR PLACE AT EITHER EVENT PLEASE CONTACT**  
[louise.gerrard@nltworld.com](mailto:louise.gerrard@nltworld.com)

### Easyfundraising

Please remember you can easily help towards our fundraising efforts every time you shop online through Easyfundraising. It makes no difference to the price you pay, but every time you purchase, we receive a donation.

Go to <https://www.easyfundraising.org.uk/>, search for Stockport School of Gymnastics and sign up and start raising money for the gym. Any money raised will go towards new equipment for the gym.

You can also gain a £5 bonus donation by inviting a friend to start donating!

