



# STOCKPORT SCHOOL *of* GYMNASTICS

November 2022  
Newsletter



## Frank Williams Competition:

We welcomed Evolve and Junior Sports Stars to the Frank Williams this year. It was a fun filled day with lot of medals, awards and smiles.



Huge congratulations to Ellen Ijima, scoring 41.90 in her regional qualifying competition, means she will now travel to Surrey to a National qualifying event to, hopefully, gain the qualification score for the British Championship, Junior level in 2023. The whole of SSoG wishes her lots of luck with this.



## Contacts:

Office

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

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](https://www.facebook.com/stockportschoolofgymnastics)

Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

Merchandise

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

## Gymnastics in November

All sessions this month run from 1<sup>st</sup> to the 30<sup>th</sup> of November.

### Pre-School

In November our Pre-Schoolers will be 'Going to the Park' as their theme for the sessions. Our little ones will learn all about minibeasts and creatures they might find at the park.

### Recreational

We are overwhelmed from the response to the Christmas competition this year, with all 200 spaces being filled in less than 2 weeks. During November all gymnasts will learn the routines set for the Christmas Competition for many, these will be skills they have been working on during their weekly sessions.

### Club

November brings us 2 competitions for our club gymnasts with the 4 piece competition season coming to an end:

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

#### English Classic Challenge

**Bronze-** Clarice Smith, Ighosa Osagie-Okundolor & Rosy Larking.

**Silver:** Thea McAllister, Nyla Smith & Orla Frodsham

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

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

**Bronze:** Rosy Larking, Nyla Smith, Thea McAllister, Lola Mannion & Orla Frodsham

**Gold:** Heather Davenport

We would like to wish all gymnasts competing good luck.

### British Gymnastics Membership

Please make sure you have renewed your British Gymnastics Memberships. You will have received an email with the link to the renewal process toward the end of September. If you cannot find the link please email the office and they will send it again. Without obtaining a BG Membership gymnasts may not be able to attend sessions.

**British  
Gymnastics**  
More than a sport

### Christmas Closed Down

Please note all our sessions will run up to the 23<sup>rd</sup> of December. We will then have our Christmas break from the 24<sup>th</sup> of December - 3<sup>rd</sup> of January for Rec, Club and Teen gymnasts. With Ladies fitness and Pre-School returning on the 9<sup>th</sup> January. Keep an eye on our social media and emails for our festive fundraising on the run up to Christmas and holiday camps in the New Year.

### Pre-School Sessions

We now run Pre-School on Mondays, Wednesdays, Thursdays and Fridays, these sessions are suitable for children 2.5+ years to 4 years old. We have a couple of spaces in our classes if you know anybody who may be interested please let them know about our sessions. If you would like to find more information or book your space be sure to follow the link below:

[www.stockportgymnastics.com/wp/classes/pre-school-classes/](http://www.stockportgymnastics.com/wp/classes/pre-school-classes/)

### Adult Sessions

Our adult sessions are back up and running, it has been a long wait for some of you who have been eager to get back into the gym. If you would like to attend the adult session make sure you book your space by following the link below:

[www.stockportgymnastics.com/wp/gymnastics-for-adults-3/](http://www.stockportgymnastics.com/wp/gymnastics-for-adults-3/)

### Ladies Fitness

Alongside adults we also run a Ladies Fitness session on a Tuesday 9:30-10:30. If you would like to book please follow the link:

[www.stockportgymnastics.com/wp/classes/adult-classes/](http://www.stockportgymnastics.com/wp/classes/adult-classes/)

### 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). You can have your birthday party with us at SSoG

If you are interested and would like to book a party, please contact the office or follow the link below  
<https://www.stockportgymnastics.com/wp/classes/parties/>



# October Competition

## Pre-School

Our Pre-School finished October by receiving their BG Rise certificates for the Dinosaur theme, they also had a Halloween fun session to celebrate.

## Competitions

### Vernon Park 2 Piece Team Competition:

The 2 Piece gymnasts had an amazing competition at Vernon Park. This was Vernon's first competition and their team did a fabulous job. They ran a 2 piece team comp, which is, we think, a first in the NW, definitely a first for us. Our girls did fantastic and thanks to our judges Amanda and Heather.

### Pre-Novice:

Age 8-9:

1<sup>st</sup> and 3<sup>rd</sup> place



Age 10-11:  
1<sup>st</sup> place

Age 12-13:  
2<sup>nd</sup> place



### Novice:

Age 10-11:  
2<sup>nd</sup> place



### Intermediate:

Age 13+:  
3<sup>rd</sup> place  
(pictured on first page)

## North West Classic Challenge Zinc & Copper:

We had a weekend of great performances from our 4 piece gymnasts.



Bella - GM - 3<sup>rd</sup> on Vault

Maddy - GM - 1<sup>st</sup> on Floor & 2<sup>nd</sup> on Vault

NW - 2<sup>nd</sup> on Floor & 3<sup>rd</sup> on Vault

Emily W - GM - 3<sup>rd</sup> on Floor



Fleur - GM - 1<sup>st</sup> on Beam & 3<sup>rd</sup> on Floor  
NW - 2<sup>nd</sup> on Beam

Paige - GM - 2<sup>nd</sup> on Floor and 3<sup>rd</sup> Overall

Elyce - GM - 3<sup>rd</sup> on Beam

Emily M - GM - 3<sup>rd</sup> on Vault



Ighosa - GM - 2<sup>nd</sup> on Beam, 3<sup>rd</sup> on Bars, Vault and Overall

Well done to all the gymnasts who competed this month, all gymnasts put out brilliant performances and came away with some incredible results.



## End of Year Competition Calendar 2022

### November

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

#### English Classic Challenge

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

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:

### December

17<sup>th</sup>

#### SSoG Recreational Christmas Competition

Held at Stockport School of Gymnastics, SK7 5DA: In house competition for recreational gymnasts.

18<sup>th</sup>

#### SSoG Club Christmas Competition

Held at Stockport School of Gymnastics, SK7 5DA: In house competition for all of our Club gymnasts.

**Competitions at SSoG have always ran smoothly due to the volunteer of parents who help with jobs before and on the day, however in recent years the amount who volunteer have become less and less. Please keep an eye out for emails and notices asking for help and if you can spare an hour or two please don't hesitate to help out.**

### Glitter Tattoos

Thank you to everyone who got a glitter tattoo from the gym, thanks to your donations we managed to raise £35 for the gym. All the money raised will go towards new equipment for the gym.

### 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.

## Community and Fundraising

### New Kit

We are sure you all know by now that we have a new logo, we have also decided to refresh our kit. We now have the full kit available to order, which is available for all gymnasts at SSoG. If you would like to order any of the kit follow the link below <http://www.bluefroggraphics.co.uk/ssog-new-items/>



We look forward to seeing all our gymnasts in the new kit! If you would like the items as a Christmas gift please add a note when you order your item and we will pass it over once it arrives at the gym.

### Pre-Loved Leotards

Do you have any pre-loved leotards or kit you would like to sell? As part of our fundraising activities, we run a pre-loved sale rail. We sell your items for you and take a small commission (20%), which all goes towards our fundraising. We are also happy to take any donations of any kit that you no longer require. If you would like to sell an item: please place in a bag and include your name, phone number, the amount you would like to sell your item for and hand to a member of staff and we will do the rest.

Many Thanks, SSoG Fundraising Team.

### Easyfundraising

With Christmas on its way, don't forget 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 [www.easyfundraising.org.uk/](http://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.