



STOCKPORT SCHOOL *of* GYMNASTICS

October 2022
Newsletter



September brought us the start of the 4 Piece competition calendar. We had an end of summer party and a Bag2School collection.

There's lots to look forward to in October. During October the competition season continues with competitions for gymnasts across SSoG. The Frank Williams will be making a return. With Halloween on its way we have glitter tattoos available. We also have holiday Camps over Half-Term to look forward to.

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.



Contacts:

Office

office@stockportgymnastics.com

Welfare/Safeguarding

safeguarding@stockportgymnastics.com

Website

General www.stockportgymnastics.com/wp/

Club 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

Gymnastics in October

All Rec and Teen sessions run from 1st to the 31st of October, but they do take a break on the 15th and 16th. and Pre-School and Ladies Fitness will run from 1st to the 21st of October and will return the week beginning the 31st.

Pre-School

In October our Pre-Schoolers will be finishing off in the Jurassic period, to end their dinosaur theme and will return back to 2022 just in time for Halloween, they will start their Halloween theme and continue with it after their break at half-term.

Recreational

In October SSoG's Frank Williams competition returns it will be a very exciting day for all the gymnasts that have entered. It would be great if you would like to come and support your friends and fellow gymnasts. **Please note there will be no Rec sessions running on the 15th and 16th of October**

Club

October brings us 3 competitions for our club gymnasts with both 4 and 2 piece gymnasts having competitions:

North West Zinc and Copper Competition:

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

Vernon Park's 2 Piece Team Competition

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

Holiday Camps

Over October Half-Term (24th October - 28th October) we have Holiday Camps you can book onto. You can book your space on our website now:

**HALF-TERM
HOLIDAY CAMPS!** **24TH - 28TH
OCTOBER**

MONDAY - AM - REC (5+)
PM - REC (5+)

TUESDAY - AM - REC (5+)
PM - REC (5+)

WEDNESDAY - AM - REC (5+)
PM - REC (5+)

THURSDAY - AM - OPEN PLAY (0-6)
PM - REC (5+)

FRIDAY - AM - OPEN PLAY (0-6)
PM - REC (5+)

AM CAMPS - 9-12
PM CAMPS - 12:30-3:30

BOOK NOW!

HOLIDAY CAMPS

Adult Sessions

You may have seen on our social media that we have restarted our adult sessions on a Friday night, 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 be sure to follow the link below:

www.stockportgymnastics.com/wp/gymnastics-for-adults-3/

Ladies Fitness

Alongside adults we also run 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/

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/>

September Update

Pre-School

During September our Pre-Schoolers have travelled back in time to the Jurassic Period they have had lots of fun being all the different dinosaurs and learning how each one moved and what they ate. We've been jumping like a velociraptor, stomping like a stegosaurus, flying like a pterodactyl and roaring like a T-Rex.

More Level 1 Success

We have some more 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 Liv Heapy! This makes 4 new Level 1's in 2022 and 1 more on the course!

Competitions

September was a busy month for our 4 piece gymnasts, despite the cancellation of the North West Team Competition, many of them still had the chance to compete.

Liverpool Open:

We had 5 gymnasts entered in the Liverpool open, all of whom put out brilliant performances.



Clarice- Beam Queen Award

Ellen- 3rd on Vault, 2nd on Beam & Overall & 1st on Floor



Matilda- 4th on Vault, 1st on Beam, Floor & Overall

Francine- 6th Overall, 3rd on Beam & 1st on Vault.

Hannah Whelan Invitational 4 Piece:

This time we had lots of entries, meaning lots of our gymnasts took the floor and lots came away with medals or awards!



Heather- 1st on Bars, Beam, Floor, Vault & Overall

Ellen- 3rd on Vault & Overall, 2nd on Beam & Floor

Fleur- Special Award

Clarice- 3rd Overall, 2nd on Vault & Special Award

Paige- Special Award



Emily W- 2nd on Beam

Ighosa- 3rd Overall, 1st on Vault and Beam

Pictured on front page:

Lola- 1st on Floor

Thea- 2nd on Floor

Orla- 3rd on Vault & Overall

Rosy- 3rd on Beam

Elyce- 3rd on Bars & Floor

Molly- 2nd on Vault & Special Award

Well done to all the gymnasts who competed over the two weekends, all gymnasts put out great performances, with some in very big categories.

End of Year Competition Calendar 2022

October brings us 4 competitions for gymnasts all across SSoG.

October

15th & 16th

North West Zinc and Copper Competition

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:
Competition for 4 Piece; Zinc and Copper.

15th

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.

22nd & 23rd

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; FIG and Voluntary.

29th and 30th

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;
Intermediate, Novice and Pre-Novice

Frank Williams

Some of our recreational gymnasts have entered the annual Frank Williams Competition hosted here at Stockport School of Gymnastics, which we haven't been able to run since 2019. We are so excited it's back and have welcomed clubs who helped us whilst the roof was being repaired in the main gym and hosted our competitive gymnasts in preparation for competitions. We look forward to hosting Evolve and Junior Sports Stars on the 15th of October.

This years Frank Williams will have many gymnasts who have never competed before and we would like to wish all our gymnasts a massive good luck! We would also really appreciate anyone who may be able to lend some help with the running of the competition, please contact the office- office@stockportgymnastics.com if you can help.

November

5th & 6th

Silk's Halloween Competition

Location TBC:
Competition for 2 Piece and Development.

12th & 13th

English Classic Challenge

Held at New College Leicester Gymnastics Centre, Glenfield Road, Leicester, LE3 6DN:
Competition for 4 Piece.

19th & 20th

North West Gold, Silver and Bronze Competition

Held at Robin Park Sports Centre, Loire Drive, Wigan, WN5 0UL:
Competition for 4 Piece; Gold, Silver and Bronze.

26th & 27th

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

Held at Surrey Sports Park:
Competition for 4 Piece: FIG and Voluntary.

December

17th

SSoG Recreational Christmas Competition

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

18th

SSoG Club Christmas Competition

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

Community and Fundraising

Halloween

Over October Half-Term gymnasts will have the chance to get glitter tattoos, that will be available before or after their session. Please make sure you allow time for the tattoo to be done.



We would also love to see you all dressed up ready for Halloween, if you would like to come in your costume please make sure you still have the correct gymnastics clothing underneath. We can't wait to see what spooky gymnasts we have coming to our sessions.

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.

Please place any donations in the box as picture below, that is in reception.



Ukrainian Appeal

Are you hosting a Ukrainian family? Would they like to get involved in a new sport? Gymnastics could be the sport for them and we are happy to help, we can offer discounted classes to anybody who may be interested.

If you would like some more information please contact the office-

office@stockportgymnastics.com.

Bag2School

Thank you to everyone who donated towards our collection for Bag2School at the end of September with your help we raised £120 for the gym.



Keep your eyes out on our social media for collections in the future for an easy way to help with fundraising for the gym.

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 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!

