

Staying strong, together!



What's in this issue?

How SSOG works & Where do I fit in?- Information on Stockport School of Gymnastics.

We asked, you answered - Results from our zoom survey

Fundraising and competitions. What's on? – upcoming plans for events to raise funds for the club

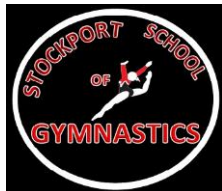
Did you know? – a few things you may or may not know.

Session timetable – The current timetable for all our bookable sessions.

How to get the best from zoom classes – information on what British Gymnastics recommend.

Contacts – our contact details





How SSoG works...

Who owns the SSoG Business?

No-one; we are a member's club, which means that all decisions are made by the Board, voted in by you each year at the AGM.

Who is legally responsible?

We are a Community Amateur Sports Club and a Community Interest Company with 3 Directors registered at Companies House. The Directors are Mike Healy, Karen Dooley and Steve Cleaver. They are responsible for the Health and Safety and the operation of the business. All are parents of ex-gymnasts.

Who sets the aims?

The plan for the business is decided by the Board, who meet monthly. The Board is Mike Healy, Phil Richardson, Karen Dooley, Mike Dooley, Aidan Mooney and Gareth Martin

Who runs the Business?

The day-to-day operations are run by Beverley Conroy and Laura Stockton with the coaching programmed by Tamlynn Carlson and Tracey Davenport.



...Where do I fit in?

Where do I fit in?

As a member the club is as much yours as the current Directors and Board, who are all volunteers and are connected to the club as their daughters did gymnastics.

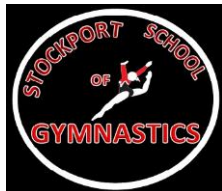
Your part is to contribute to the club in any way you can; as a volunteer and by attending the AGM.

Why are we telling you this now?

We only have one Board member with a daughter training at the club and we do need to refresh the board with current active members. There are some important decisions coming up in the next couple of years, such as the new 10-year lease and the replacement of the roof that will need to be considered. We also have the opportunity again to expand into the unit next door which we hope will happen this time.

Do not leave this for others to take on and do not assume that the existing Board will be around forever. Sure, it can be hard work, but there can be a real sense of achievement when you look at how far the gym has come.

There will be more on the running of the club in future newsletters. If you want to chat to Mike, then give him a ring on 07982 845748 or send an email to mike@stockportgymnastics.com



February Newsletter 2021

We asked, you answered.

You asked for – more tricks/skills

We answered – first clinic starts Friday 5th 6 – 6:45pm Handstand and handstand lift clinic.

This is booked up but we will be doing other clinics, so keep an eye out.

You asked for – More Family cardio sessions and a time review.

We answered – From 29th January Family cardio sessions –

Friday 8-8:45pm Competition gymnasts only

Thursday 7-7:45pm

Saturday 11-11:45am.

You asked for – Dress up sessions & challenges

We answered – Starting from the 1st February:

Dress up session for Preschool and Rec - the first week of the month

Beat the coach challenge – the last week.

You asked for – more fundraising events

We answered – Pancake day zoom party details still to be confirmed.

Have your say

We had a great response to our survey regarding zoom sessions. Thank you to all of you who took the time to answer a few questions so that we can review and improve our service.

We have taken all your feedback on board and will be looking at implementing some items suggested going forwards with some more new things in March.

Fundraising & events - What's on?



Ladies fitness are off again....to the Tokyo Opening Ceremony

After working hard to get to the North pole, the Ladies fitness members are off again, this time they are trying to get to the Tokyo Opening ceremony.

They are adding up their steps during the class and through the week.

If you would like to donate money for this activity to help spur them on, then follow the link

<https://paypal.me/pools/c/8uzhXquqne>.

FOOTY COMPETITION

The latest Last Man (or Lady) Standing football predictor competition was concluded in December.

We had 30 entries and thanks to everyone who took part your support is much appreciated. One winner this time - Ed Doran won it for the second time. A very kind gesture from Ed who donated winnings back to the club – so a total of £150.00 raised for the club

We will be running another competition shortly.



Design a T-shirt competition

Design a T-shirt competition for Children's Mental Health Awareness week.

The theme is Express yourself. £2 per entry payable via the link

<https://paypal.me/pools/c/8wAhajXXA3>

And then email your entry to info@bluefroggraphics.co.uk making sure you include the entrants name and age.

The draw will be done on Monday 15th February.

Get drawing and get creative!



Pancake day party!

It's Pancake day on Tuesday 16th February our fundraising team want to organise a Pancake zoom party FOR FREE at 3:30pm.

We will release further details in the next few days via email.

Did you know?

We have a customer portal? There is an app for you to access and edit your details on the customer portal called the Thinksmart portal app, you can also logon online too. You need to register using the invite email that was sent to you.

We have Instagram, Facebook page, a Facebook Members only group and a Facebook Fundraising team page.

We need your permission to use photos or videos of your child. You can edit this on your customer portal under gymnast details.

We and British Gymnastics want you to be safe during the at home sessions so we cannot teach all skills but we can do preparations so we are ready for when we can go back to the gym.



Clapping for Sir Captain Tom.

February timetables



Stockport School of Gymnastics Online classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool 9:30-10am	Ladies fitness 9:15-10am		Preschool 9:30-10am		Recreation 10- 10:45am
Recreation 4-4:45pm & 5-5:45pm	Dance with Gina 5-5:45pm	Recreation 4-4:45pm & 5-5:45pm	Fun & Fitness 7-7:45pm		Fun & Fitness 11- 11:45am

Preschool & Recreational classes

Online classes scheduled for February

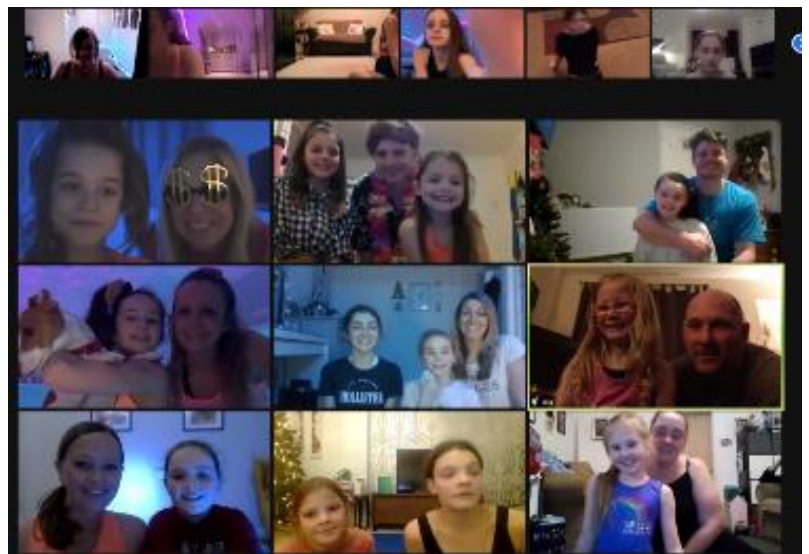


Theme for the dress up themed sessions from Wednesday 3rd February is Disney.

From Wednesday

Club additional sessions

Online club sessions scheduled for February are
Cardio sessions on Fridays 8-8:45pm



How to enjoy Zoom sessions.



Getting ready for your gymnastics at home sessions

1 Before your session



- Dress suitably for the activity. Wear the same clothes expected in your usual gymnastics sessions.
- As in regular gymnastics sessions, make sure all long hair is tied up and all jewellery is removed.
- Have a water bottle or suitable drink ready at the start of the session.
- Make sure there is enough clear space for the activity to take place. Depending on the activity you may also need to check the ceiling height and floor surface too.
- Clear away any precious breakable objects and remove items which may be identifiable from view, such as family photographs or birthday cards.
- Plan ahead! Read through any instructions given by the coach and be ready 5 minutes before the session starts. Make sure that the camera or device is in a suitable position.

2 During the session



- Only use props and equipment that has been recommended by a coach. There should be no need to perform skills on any furniture.
- It is a good idea to remove any distractions from your space, such as pets, to allow for full concentration.
- Only complete the activities as instructed by a coach. All aspects of the session will have been planned to ensure delivery is safe.
- A parent/carer or responsible adult should be present in a supervisory capacity during all online activities whether live or pre-recorded.

3 And remember...



The most important thing is to have fun and be safe!

Working together for a safe return to gymnastics

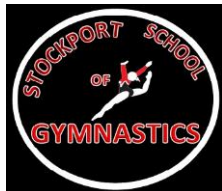
British Gymnastics

ENGLISH GYMNASTICS

GYMNASTICS NORTHERN IRELAND

Scottish Gymnastics

Welsh Gymnastics Gymnasteg Cymru



Contacts



Contacts

Office - office@stockportgymnastics.com

Welfare officer - Beverley@stockportgymnastics.com

Covid officer – Laura@stockportgymnastics.com

Useful links

www.stockportgymnastics.com/wp

Facebook – www.facebook.com/stockportschoolofgymnastics

Facebook members group - <https://www.facebook.com/groups/ssogmembers>

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

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