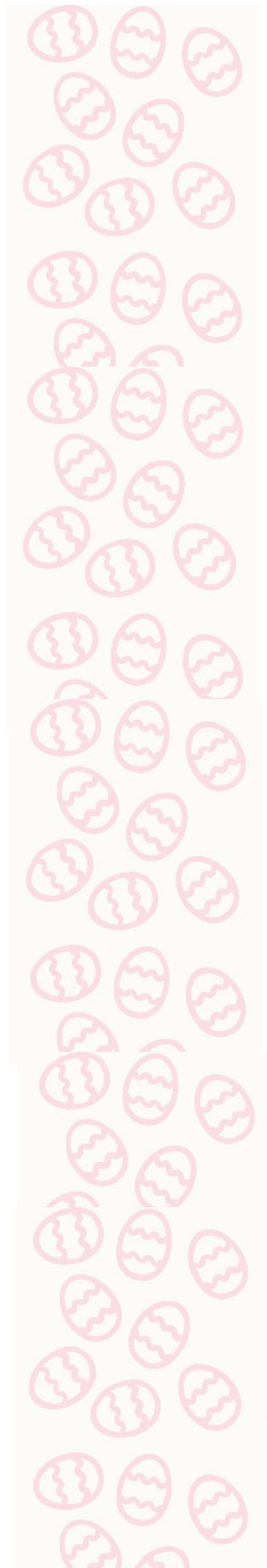


The countdown is on!



What's in this issue?

Less than 2 weeks – back to gym information

Who is SSOG – Meet some of the faces behind the team.

SSOG Social – Online Chocolate party, take 2!

SSOG challenges – launching a new Instagram challenge

Fundraising and competitions. What's on? –Upcoming plans for events to raise funds for the club. Easy fundraising – what is it?

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

Are you ready for gymnastics? – attire and merchandise information

Calendar – NW Competition dates for 2021, other dates for your diary.

Contacts – our contact details

Less than 2 weeks...

With less than 2 weeks left before we welcome you back through our doors, we have been super busy making sure the gym is ready for us to start our face to face classes on Monday 12th April.

As we did at the end of the last lockdown, the carpets are having a deep clean on the 7th April. The pits have been covered up, but the foam still breaks up and dusts and needs to be cleaned up. With Social Distancing it only allows one person at a time so has taken some time, with each piece of foam being dusted. This is now complete and ready for training. We are waiting for BG to tell us when we will be able to uncover the pits and use them as normal.

All our coaches have attended training to familiarise themselves with the class running procedures. New programmes have been written for the sessions to get us all back into the swing of it.

Sessions are booking up quickly with both old and new members, so if we haven't met you yet, welcome to the ssog gym family! We can't wait to see you all in person!



Don't forget

Fees need to be paid up before you train - Please make sure that you have cleared any outstanding payments, if there are any issues with this please drop us an email and let us know.

British Gymnastics Membership – You need to be a member of BG to attend sessions with us, please make sure you have registered and payment is up to date, the membership year starts on the 1st October. To renew or register please [click here](#).

Who is SSOG? – Introducing half of the management team



Tamlynn Carlson is our Club Head Coach.



Qualifications - FIG Women's Artistic Level 2, BG Women's Artistic Level 4. Received South African colours due to being part of the South African National Squad.

Tamlynn has over 10 years coaching, experience of being a national squad gymnast in 2006 and 2007 competing at various international competitions including Rosebowl and African Championships. Coaching gymnasts on the South African National team.

Tamlynn has attended training camps with coaches all over the world including Paul Hall GB, Ilse Pelsler RSA and Kelly Hill USA.

Tamlynn came over to the UK and started with SSOG in 2018.



Tracey Davenport is our Recreational and Preschool coordinator.



Qualifications – Women's Artistic Level 3, Men's Level 3, Preschool level 2

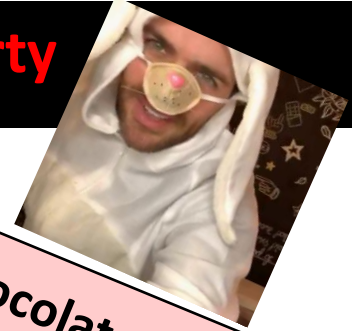
Tracey started as a gymnast at Stockport Olympic Gymnastics Club coached by Alan Burns. North West squad member from 1979-81. Started coaching Women's Artistic Gymnastics from the age of 15 in 1983. Club Coach at 18 years old and Senior club coach qualification at 23 years old with us at SSOG.

Tracey became a Men's club coach in '94 coaching with a boys club up to national level. She worked as a Gymnastics development Officer for Manchester city council for 2 years in the 90s.

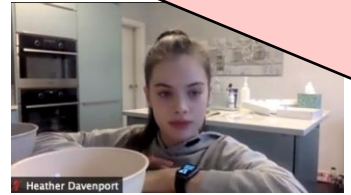
Tracey came back to SSOG in 2012 and did her Preschool qualification a few years afterwards.

SSOG Social – Online Chocolate party

SSOG Online Chocolate party –
Easter edition



Thank you to Oli for running this for us and a huge thank you to Jayne, once again for organising it. Some smashing efforts and fun had by all, it was a quieter party than our previous one but you all still helped us to raise £40.



Well done to Lola for winning the Easter egg design competition.



SSOG Challenges

SSOG Easter challenge

We have done some challenges previously on Instagram and Facebook and we are launching another one for the Easter weekend. You can be in with a chance of winning an easter egg just for taking part.

How do you take part?

- Watch our coach Gina doing the shoe challenge on our story and feed.
- Film yourself trying the challenge.
- Share it on your stories, feed or both use the hashtag #ssogchallenge.
- Follow our Instagram account and like the challenge post.

We will be announcing the winner of the Easter egg on Tuesday evening. Please make sure you are able to collect it from the gym when we are back from the 12th April.



Fundraising & events - What's on?



Bag 2 School

Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing. We ask you to bring in bags of your unwanted good quality items to be recycled. All the bags will be weighed and SSOG will be paid for the total weight collected.

We are collecting good quality items for RE-USE: clothing, paired shoes, handbags, belts & accessories. (No uniforms, workwear, pillows, duvets or pieces of fabric please) The more we weigh the more we pay! If you could keep this in mind when sorting through your unwanted/needed things, it could really help raise us some funds.

We will be collecting these from Friday 30th April – Thursday 6th May. It would be great if you could hold onto your unwanted items until then and help raise us some funds.

SSOG sleepover party

17th April 5:30pm.

Book on our Sleepover and get a sleepover kit. £12 per person.

The kit includes a personalised pillow case, boy and girl editions, a hot chocolate stirrer making kit and sweet treats.

There will be games and activities to do on the night..

More details to follow.



March 2021 Total

£94.29

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an amazon company

you can
BOX

Which?



Are you using Easyfundraising to raise money for the club? Just by doing your usual shopping online you can raise donations.

Easyfundraising competition – open until the 4th April.

This month you can WIN £500 for Stockport School Of Gymnastics by entering the #easyfundraising Easter Giveaway!

For a FREE entry, all you have to do is visit the competition page and click any of the listed retailers. This would make a BIG difference to us during this difficult time, so please take a moment to get involved!

Just 2 clicks to enter us to win £500!

https://www.easyfundraising.org.uk/giveaway/easter?utm_campaign=raise-more&utm_medium=facebook&utm_content=rm-eastgiv21-f1&fbclid=IwAR1oI2RKTWXtR5IsE7zvA1EN0szMXTeFK7hDK7RQpMPbgxv8ZinLdXjpbBg

Easyfundraising - Lets get some new top supporters!

Are you supporting us when you shop online?

Join now and use the links on EF to visit the retailers, we then get a donation. There are ways to raise money without spending too.

Our supporters have raised £54.19 in March. Just from shopping online.

Our Top supporter board:

All our top 5 supporters have been supporting over many years of support.

Let's see if we can get a new member on to the top 5. There is currently £42 to beat.

Use this referral [link](#) to join and earn an additional £5 when you reach £5



April sessions



Our little stars have started learning about space during zoom classes.

From April 12th we will be back in the gymnastics facility to continue our journey to infinity and beyond. We are so excited to see everyone and to transfer our Boulder rolls onto the gym floor, to fly rocket shapes off the trampet and to walk like astronauts on the beam.

It's been fun on zoom, and our littlest gymnasts have been so focused, well done everybody who has taken part.

Specialist clinics on a Thursday at 5.00pm – pre-requisites to assist the learning of skills once back in the gymnastics facility. These very popular clinics will give gymnasts the opportunity to learn some of the strength, flexibility, and conditioning to give them the head start they will need when they are back in the gym. The time has changed from 4th March in order for our younger gymnasts to have this opportunity as well as those age 8+. Please book early as they have been extremely popular.

1st April – cartwheel and handstand clinic – FULL

10th April – handstand and cartwheel

Are you ready for gymnastics?

ARE YOU READY FOR GYMNASTICS ?



You can order SSOG merchandise – [click here](#) to visit our Merchandise page, select the relevant class and it will take you to our suppliers Blue frog Graphiics page where you can place an order for your kit. There are leotards, kit bags, shorts, hoodies and more. Check out the page and get your order in.



Calendar - Dates for your diary

April onwards

- 1st April – cartwheel and handstand clinic
- 10th April – handstand and cartwheel
- 12th April – proposed date for gym return
- 30th April -6th May – Bags 2 school collection

May

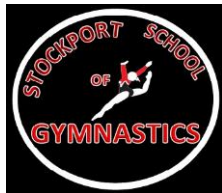
AGM date tbc

COMPETITIONS

Calendar 2021

Date	Competition	Venue	Closing Dates
18 th /19 th Sept	National grades 5-1/Compulsory 5-3	Robin Park Sports Centre	20 th Aug
25 th /26 th Sept	NW FIG/Challenge Qualifiers/Bill McLoughlin Team Trial	Robin Park Sports Centre	27 th Aug
16 th /17 th Oct	NW Regional Level 6	Robin Park Sports Centre	18 th Sept
23 th /24 th Oct	NW Regional Level 5	Robin Park Sports Centre	25 th Sept
6 th /7 th Nov	North West Floor & Vault	Robin Park Sports Centre	9 th Oct
5 th -7 th Nov	Challenge (FIG & Classic)/Bill McLoughlin Teams	Surrey Sports Park	27 th Sept TBC
20 th /21 st Nov	NW Regional Level 4, 3, 2	Robin Park Sports Centre	22 nd Oct

The North West have published the 2021 Competition Handbook and there is potentially a busy autumn for Club gymnasts with events for all ages and abilities. The dates are fixed however, whether or not the competitions run, whether spectators are allowed or not and the details of the protocols that BG require will entirely depend on the position the country is in with the pandemic. We look forward optimistically that we can proceed to return to competitive gymnastics. It is something to train for.



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

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