

## Life is better upside down!



**What's in this issue?**

**We are back into the swing of things** – back to gym information

**Did you know...** how the club works?

**Who is SSOG** – Meet some more faces behind the team.

**SSOG Social** – Sleepover party coming this month.

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

**SSOG challenges** – well done to Louise for winning the Instagram challenge for April.

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

**Are you ready for gymnastics?** – attire and merchandise information

**Calendar** – Dates for your diary.

**Contacts** – our contact details





We have been so happy to see all our members back in the gym.

A massive welcome back to both old and new members. We had a huge 500 of our gymnasts grace our doors the first week back. We have all loved being back in the gym with great enthusiasm from all.

Just some notes to remember:

**Contacts** - Please can we ask you to make sure we have the correct contact details for you, if you change your email or phone number please make sure to edit it on the Thinksmart app so that we can still send you invoices or contact you for anything else.

**Polite reminder** - Please can we remind parents that if your child is in Reception class or above, due to covid restrictions and safety, that you do not come into the building as children of school age are capable to use the toilet, wash their hands and get their shoes on at the end of the session. This is to reduce the amount of contact we have between people on touch points in the building and keep our users and staff as safe as possible.

**Don't forget** to make sure you have registered or renewed your membership with British Gymnastics so that your child is insured to take part in our sessions. Follow the link if you haven't done this - <https://www.british-gymnastics.org/renewal-options>



## Let's get greener

Many councils are starting to join in the Public Health England advice to motorists to improve air quality and we pass this request on to parents picking up their children, sitting in our car park with their engines idling.

Just 1 minute of sitting with your car engine running and the vehicle stationary produces the equivalent of 150 balloons of harmful pollutants into the air.

Keeping the engine running while parked contributes to an increase of air pollutant levels. This happens in our gym car park.

- Switch off when the car is likely to be stopped for more than 1 minute
- Within the UK air pollution is linked to up to 36,000 deaths each year
- Older people and children are most sensitive to air pollutants.
- 1 minute of idling produces twice as many emissions as a moving vehicle
- 1 minute of idling produces 150 balloons of harmful pollutants
- Excessive idling is a waste of fuel and money
- People inside cars are exposed to high levels of air pollution, with children especially at risk

### Did you know...

...That SSOG is a CIC – Community Interest Company?

### What does this mean?

A CIC is a special form of non-charitable limited company. It exists primarily to benefit the community or with a view to pursuing a social purpose, rather than to make profit for shareholders.

### Why is this important?

We rely heavily on our parents and volunteers to help by sitting on the board, fundraising, events and even some help with maintaining the centre.

## SSOG Social – Sleepover party on 15<sup>th</sup> May



Our next SSOG social event is an online Sleepover party on 15<sup>th</sup> May 5:30-7:30pm.

There are still places available. £12 for a place and a kit, which includes a personalised pillowcase, a hot chocolate stirrer kit to make on the night, sweets, and lots of games.

To book via the link <http://paypal.me/pools/c/8ymDwfaXJS>



## Fundraising & events - What's on?



### Bag 2 School

We will be collecting these **up until Thursday 6<sup>th</sup> May**. It would be great if you could hold onto your unwanted items until then and help raise us some funds. Please put them in tied up bin bags and bring them to the gym when you attend your session.

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.

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 Need Your Help



### How can you help us?

Do you have a trade that you would be willing to offer to SSOG?

Do you have time to volunteer to help run an event?

Do you have ideas for fundraising?

If you would like to know how you can help, please email [Laura@stockportgymnastics.com](mailto:Laura@stockportgymnastics.com)

## May sessions



### Preschool sessions

We are loving seeing our Preschoolers back in the gym and seeing you all doing gymnastics again. We have a few new Preschoolers too. You have all been working so well getting more confident on the beams, floor & vault and the bar circuit as we fly off into space.

We continue to fly into space in May with Tracey, Laura and Kieran.

### New Toddler sessions

After 2 weeks of our Toddler guided session, we can safely say that you guys are tiring Laura out with all your energy and enthusiasm.

More sessions will be added to the timetable in May, so keep an eye out if you missed a spot in this block.



### Holiday camps

Will be running from Tuesday 1<sup>st</sup> June – Friday 11<sup>th</sup> June.

There will be sessions for Recreational and club sessions.

Booking will go up in on the website by the end day.

## Are you ready for gymnastics?

Brand new boys T-shirt



### Merchandise

We have a great new sports training/motivational T-shirt available to purchase, you may see some of our Volunteer Coaches already wearing them. There is a girls and boys version of the t-shirt available.

We also have a new sports cropped top which can be worn underneath a leotard whilst training (not for competition wear) available to purchase from our uniform provider Blue Frog Graphics.

**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 Graphics page where you can place an order for your kit.**

Girls T-shirt



30" Zone shorts £5.00 Ref: kyo03

### Pre-Loved items

We have a number of preloved items which will be advertised in our Facebook members group and on our Instagram page. To purchase please contact Jayne at Blue Frog Graphics [info@bluefroggraphics.co.uk](mailto:info@bluefroggraphics.co.uk). Or if you have anything that you would like to sell then let Jayne know.



Age 6 Club Tracksuit Trousers £7.00 Ref: CM01



DECATHALON 28" £8.00 REF: SSO004



Ref: SSOGC03 30" Decathlon purple leotard, part mesh sleeves £15.00



Quatro New 26" £20.00 Ref: CM03



Milano 26" £15.00 Ref: NW01



GK CLA (28") £15.00 Ref: CM02



## Calendar - Dates for your diary

### May onwards

6<sup>th</sup> May – Bags 2 school items need to be at the gym ready for collection

15<sup>th</sup> May – Zoom Sleepover Party

17<sup>th</sup> May – AGM, a link will be sent to all so they can attend the online meeting.

### June onwards

1<sup>st</sup> -11<sup>th</sup> June – No preschool sessions

1<sup>st</sup> -11<sup>th</sup> June - Holiday camps

20<sup>th</sup> June –last day of current Term.

### COMPETITIONS

#### Calendar 2021

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

Welfare officer - [Beverley@stockportgymnastics.com](mailto:Beverley@stockportgymnastics.com)

Covid officer – [Laura@stockportgymnastics.com](mailto:Laura@stockportgymnastics.com)

### Useful links

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

Facebook – [www.facebook.com/stockportschoolofgymnastics](https://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](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)