

Bring on the summer!

What's in this issue?

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

Did you know...? – A little information that you may not know.

NEW Payment process – we are changing the way payments are made.

Who is SSOG – Meet the other faces behind the management team.

SSOG Social – Sleepover party pictures.

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

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

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

Contacts – our contact details





June Newsletter 2021

We are back into the swing of things and the gym is looking busier with additional groups in our Rec and Teens classes and some of our Preschool classes. It's great to see so many more of you joining in and enjoying your gymnastics classes. Although the date for social distancing ceasing is set, we have not set a date for ceasing this in the gym, we look forward to it though as it will be one step closer to things going back to normal.

Places available - Sessions are filling up quickly but we still have limited places available. Please let your friends know and help us fill up the classes ready for when we can open even more spaces. We cannot wait to see lots more new and old faces returning to the gym.

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, if they struggle with their shoes, maybe they could come with some that are easy for them to put on.

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. Thank you for your understanding.

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>



June Newsletter 2021

Thank you to those who attended and contributed to our Annual General Meeting on 17th May and welcome to the new member of the board Louise.

Collection of fees

To break up the payments for our customers, we have decided to change to monthly fees paid by all by direct debit. You should have all received an email regarding our new payment system – Go cardless. This will have included a link to register on the system.

June

Invoiced for June
remainder and July

July

Invoiced for
August

August

Invoiced for
September

1st - Invoice is sent

5th - Bank is informed of invoice amount

12th - You are told the money will be taken in 3 days

15th - Money is taken from your account

19th - SSoG receive the money and send a receipt

We have been running with smaller groups than usual because of the pandemic?

We have limited the groups to only 6 children per group in all the sessions except the Preschool sessions. This is so we can ensure that the children are socially distanced as much as is possible throughout their attendance. The Preschool sessions are only running with one group instead of 2, we have just been able to increase this on a Friday and hope to be able to do this on other days too.

Did you know...?

We are a not-for-profit company.

All money raised is put back into the company.

We get much needed help and funds raised by the parent fundraising team from events.

We have a goal that we want to raise funds for that will help the club.

Who is SSOG? – the other half of the management team

**Beverley Conroy is our Administration Manager
and Welfare officer.**



As our welfare officer, Bev has attended British Gymnastics' Time to listen course, safeguarding course and is DBS checked.

Bev has been with us now for 2 years and has been a great asset to the team, if you have contacted the office for something, you have most likely have spoken to Bev.

Bev started out studying to be a PE teacher but situations changed and she became a nurse. She did this for many years and then decided on a career change and started working in an office. Her daughter started gymnastics with us many years ago and when a job was advertised for an admin assistant, Bev decided to come and join the team. She was soon promoted to Admin Manager.



Laura Stockton is in Business Development.

Qualifications – Women's Artistic Level 2, Preschool level 2, Disability awareness module and BSL level 2.

Laura started as a recreational gymnast and her coach encouraged her to take up coaching at the age of 14 in the year 2000. At 16 years old she joined Tracey at another club and helped to develop the gymnastics club over her 12 years there. Laura has worked at various gymnastics clubs in South Manchester and in Bradford, including working at a disability gymnastics club for 12 years where she was encouraged to learn BSL and worked with children with various additional needs. She has coached in nurseries, schools and leisure centres over the years too doing both gymnastics and multi sports. Laura started with SSOG in 2007 as a weekend coach and became full time at SSOG in 2015 working both in the gym and the office and now is focussing on Business Development.

Fundraising & events – funding goal

Our last fundraising target was the carpet for the floor and the next target would be replacing the sprung floor, but we want to wait until the roof is sorted. The next thing we would like to raise funds for is a replacement for the air track and an additional air track as they can be fitted together and used as one long track or as two separate ones. All the gymnasts will benefit from this and we are not far away from being able to order the replacement!

Our total target is £1220.

The first target is a replacement airtrack which is £595 and we are well on our way to achieving this.

The secondary goal is an additional Air track and Velcro strip to attach the 2 together.

Overall target £1220

First target £595.00

CURRENT TOTAL £485.11

£485.11



SSOG Social – Sleepover party fun



Our SSOG zoom sleepover took place on 15th May.

We raised a fantastic

£116.00



Pop up café

The fundraising team have organised a pop up café. This was done on Saturday 29th May. It was very successful, thank you to all our lovely organisers and helpers. A big thank you Swizzels who donated sweets for us to sell.

Another pop up café will be arranged will be arranged soon.

Fundraising & events - What's on?



Bag 2 School collection

Thank you to all who donated their unwanted items.

You helped us to raise a fabulous

£120.00 from 400kg of items.

We have another date booked for September so please keep this in mind when sorting through any unwanted good quality Men's, ladies, children's clothes, paired shoes, handbags, belts & accessories. They do not take uniforms, workwear, pillows duvets or pieces of fabric.

The more it weighs, the more they pay.

June Easyfundraising 2021 Total

£39.07

Photographers we need you.

Do we have any photographers that would be willing to help us out?

For further information send us an email to laura@stockportgymnastics.com

We Need Your Help



June sessions

This month focus is on VAULT

Club gymnasts have settled into training well. Confidence is up and skills being learnt or consolidated on every piece. From the tiny group learning their super stretch jumps through to handspring flat backs, handsprings over vault and lots of preparation work on future skills the 5-10 year olds are working hard.

With the added bonus of limited pit use the older girls have been getting to grips with somersault vaults. All the preparation drills and zoom conditioning has really helped and we have seen more turned vaults than ever.



Well done gymnasts who have turned tsukahara's into the pit : Annie, Evie, Gabby, Molly D, Emily, Katie L, Millie, Orla, Lola, Bella, Becky. Turning piked Yurchenko's : Ellen and Heather

Whilst our zoom sessions were amazing, its definitely different back on apparatus. The gymnasts are beautifully conditioned for these skills, but to get the confidence back takes time and encouragement. What we have seen is a fabulous team spirit which has grown because of on line training and social events together. Gymnasts worked with different coaches and we mixed groups up for conditioning and dance, everyone knows each other now and you will hear gymnasts from every group encouraging others. It is lovely to see and hear and shows that no matter what happens we are resilient and can benefit from any situation.

Next month we will look at beam and see if we have any links back on that high beam.



Holiday camps – 1st -11th June.

Our holiday camps are running every week day through half term for recreational and club gymnasts 5 years upwards. There are still a limited number of places available to book. The holiday camps are for both members and non-members of Stockport School of Gymnastics.



Calendar - Dates for your diary

June onwards

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

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