

## Bring on the summer!

### What's in this issue?

**SSOG need to know information** – general information

**New payment process LIVE** – we have changed to monthly direct debits for all classes.

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

**Session information**– The current timetable for all our bookable sessions and information about spaces and moving sessions.

**New Tie dye items?** – new attire and merchandise information

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

**Contacts** – our contact details



**Places available** – There are places available in the following sessions for July:

Toddler sessions

Preschool sessions

Youths

Please let your friends and family, school and nursery know too.

Check the website for available classes

**Covid safety** - 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, even with easing of rules we are keeping up with this good practice, for now. Please also remember to

**IMPORTANT** - Your child MUST be a member with British Gymnastics to attend our structured\* sessions. Please make sure if you are in a structured session with us that 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 have not done this – [click here](#)

*\*Toddler guided sessions do not need to do this.*

The logo for British Gymnastics, with 'British' in blue and 'Gymnastics' in red.

**Virus zapper** – We have taken delivery of the UV filter which can be moved around the gym purifying the air. It will be put in the dance studio to start with as that is a room with no ventilation. According to the instructions “the unit is designed to expose contaminants to ultraviolet light in the C spectrum, along with an electrostatic precipitator, in order to aid the deactivation of microorganisms such as bacteria and viruses present in an indoor air environment. Simple to use with low maintenance and running costs, this Mobile unit can be easily moved around to different locations/rooms where required.”

## Fundraising & events – funding goal

Very close to raising the funds for the first of our new airtracks.



Additional Air track and Velcro strip to attach the 2.

£595.00 + £30.00  
Total £625.00



**Funds raised £589.11**

Replacement Air track.

£595.00



## Fundraising & events - What's on?

Help us be in the chance of winning £500 from Easyfundraising by [clicking here](#) and shopping with one of the retailers via the link – ends 18<sup>th</sup> July.



## POP UP CAFE

SATURDAY 17TH JULY

**HOT/COLD DRINKS  
SWEETS/CAKES  
LEOTARD AND KIT SALE  
FUNDRAISING  
COMPETITIONS**

Join us from 8:30 for hot/cold drinks, sweets/cakes, leotards/kit sale. There is also a chance to win £50 on our Guess the Celebrity Fundraising Competition and competition to design a leotard.



### Footy competition



The latest Last Man (or Lady) standing football competition concluded with the end of Thr Premiership season in late May.

This was the 17<sup>th</sup> competition we have run & there were 30 entries.

Sincere thank you to everyone ewho took part, your support is much appreciated. If your name was Gareth, you were in the money, with Collier & Martin sharing the winnings. Both donated winnings back to the club – so a total of £150.00 raised for the club. A kind gesture which is much appreciated.

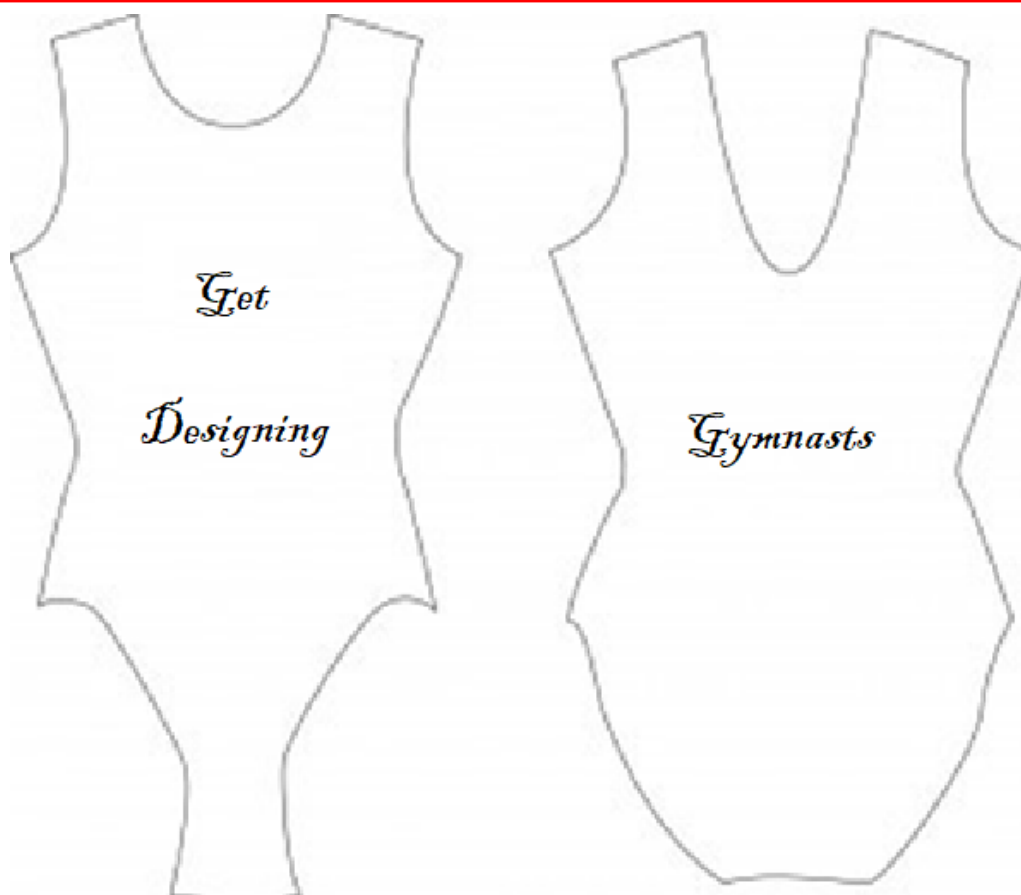
## Fundraising - Competition

### Design A Leotard

This is an amazing and unique way to have your very own design of a leotard brought to life and made into a leotard especially for you! Monies raised will go towards the SSOG Fundraising target for a new air track for the gym.

Use the following Paypal Link to enter (£3.50 per person per entry), giving your name and age. [Pay here.](#)

Then simply print or download the template from the website [here](#), complete your design and take a photograph of it. Email your entry to Jayne Mooney [info@bluefroggraphics.co.uk](mailto:info@bluefroggraphics.co.uk). The winner will be chosen on 5<sup>th</sup> September and their unique design will be made into a leotard of their size. You can enter as many times as you like between now and 5<sup>th</sup> September - Get Designing and good luck!





## Merchandise



### NEW Merchandise

You can order our new Summer items by visiting the blue frog graphics SSOG new items page [here](#).

You can order SSOG merchandise – [click here](#) to visit our Merchandise page

There are leotards, kit bags, shorts, hoodies and more. Check out the page and get your order in.



## Session news



### CLUB

Focus on beam : the gymnasts have been working super hard on this piece. You can condition on zoom for hours but nothing can prepare you for being 1m20cm in the air tumbling on a plank that's 10cm wide. But tumble these girls do and we have had lots linking on beams.

Floor beam - walkover flicks - molly, Emily, Gabby, Maddy, Amelie, Clarice

Mid height beam - walkover flicks - Elyce, Thea, Lola

High beam ( 3 mats ) flick layout - Ellen

High beam ( 2 mats ) walkover flick - Nyla, flick tuck - Heather

High beam (1 mat ) walkover flicks from Orla and Bella .

On top of that, we have seen back flicks, walkovers and lots of cartwheels from the younger gymnasts and on the high beam we have had beautiful new round offs from Freya and Lola and free cartwheels from Ellen and Heather.

Well done everyone for your super positive return to gymnastics.



## Calendar - Dates for your diary

### July

17<sup>th</sup> July – pop up cafe

28<sup>th</sup> July - Preschool sessions finish

### August onwards

29<sup>th</sup> July – holiday camps start

31<sup>st</sup> August – last holiday camp

1<sup>st</sup> September – Preschool sessions start

### 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.





## 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)