



STOCKPORT SCHOOL *of* GYMNASTICS

December 2022
Newsletter



November brought us to the end of the out of house 2022 competition calendar. All our gymnasts started preparation for the Christmas competitions.

There's lots to look forward to in December. We have the return of the Recreational Christmas competition, as well as the Club Christmas competition. There are lots of fundraising activities to get involved with and we are also looking for people who can help with these.

As always please be sure to keep an eye on our social media and your emails to get involved with any fundraising events that are coming up and stay up to date with any events that are coming up.

We would like to wish all our members a very Merry Christmas, thank you for all your support this year!

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Welfare/Safeguarding

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Website

General www.stockportgymnastics.com/wp/

Club www.stockportgymnastics.com/club/

Social Media:

Facebook

@stockportschoolofgymnastics

Instagram

@stockportschoolofgymnastics

Merchandise

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



All sessions run from 1st to the 23rd of December. Rec, Club and Teens then take a 2-week Christmas break before returning on the 3rd of January. Ladies Fitness and Pre-School make a return from the 9th of January.

Pre-School

In December our Pre-Schoolers will be getting into the festive spirit, with their Christmas themed sessions, completing lots of Christmassy themed activities.

Recreational Christmas Competition

In December lots of the Rec gymnasts will take part in SSoG's Recreational Christmas competition. Gymnasts will continue to practice their routines on the lead up to the competition. We look forward to the return of the competition and hope everyone involved has a brilliant weekend. **Please note there will be no Rec sessions running on the 17th and 18th of December.**

Club

Our Club gymnasts have completed their final out of house competitions of 2022, their final competition of the year is our annual Christmas competition. This is a team competition for all gymnasts, with Overall team winner and prizes for best costume. Again, a brilliant competition to round up 2022 and a fantastic weekend for all.

Please note all club gymnasts are expected to bring in some chocolate for the chocolate tombola or a prize for the raffle please let your coach know when you've brought your item in, so we know who has brought something in. Thank you!

British Gymnastics Membership

There are still some members who haven't updated their British Gymnastics Memberships. You will have received an email with the link to the renewal process, if you cannot find the link, please email the office and they will resend it. Without obtaining a BG Membership gymnasts may not be able to attend sessions.

**British
Gymnastics**
More than a sport

Holiday Camps January

We will be running holiday camps in the first week of January from **Tuesday 3rd to Friday the 6th**. The camps are half day sessions, all 3 hours with the morning session starting at 9.00am and the afternoon session at 12.30pm. All sessions are available to book through our website <https://www.stockportgymnastics.com/wp/classes/holiday-camps/holidaycamps/>

Adult Sessions

We have our adult sessions on a Friday night. If you would like to attend, be sure to follow the link:

www.stockportgymnastics.com/wp/gymnastics-

Pre-School Session Spaces

We still have a couple of spaces left in some of our Pre-School sessions, if you would like to book a space, please follow the link below.

<https://www.stockportgymnastics.com/wp/classes/pre-school-classes/>



**PRE-SCHOOL
TIME TABLE**

MONDAY	
9:15 - OPEN PLAY	
10:15 - PRE-SCHOOL WITH PARENT	
11:15 - PRE-SCHOOL INDEPENDENT	
WEDNESDAY	
9:15 - OPEN PLAY	
10:30 - PRE-SCHOOL WITH PARENT	
11:30 - PRE-SCHOOL WITH PARENT	
THURSDAY	
9:15 - OPEN PLAY	
10:15 - PRE-SCHOOL WITH PARENT	
11:15 - PRE-SCHOOL INDEPENDENT	
FRIDAY	
9:15 - OPEN PLAY	
10:15 - PRE-SCHOOL WITH PARENT	
11:15 - PRE-SCHOOL INDEPENDENT	

Parties

We run SSoG birthday parties on a Saturday evening from 5:00pm – 6:30pm! With a fun filled hour in the gym, playing games and trying some gymnastics skills and apparatus, ending with 30 minutes for party food (not provided).

If you'd like to book a party, follow the link below

<https://www.stockportgymnastics.com/wp/classes/parties/>

November Update

Pre-School

During November our Pre-Schoolers have been 'visiting the park' looking at all the minibeasts and creatures there. They have been searching squirrels, bouncing frogs, swinging spiders, crawling caterpillars and balancing butterflies. They have had a brilliant month of sessions, working on their rolls and cartwheels.

Level 2 Success

Well done to our coach Kate, who passed her Level 2 at the start of November. This coaching course is still in person and consists of 4 training days, a logbook to complete and a final exam. We would also like to thank the gymnasts who helped Kate on her training days and her final exam.

Competitions

November brought us the last of the out of house competitions of 2022. We had 2 competitions for our older 4 Piece gymnasts this time.

NW and GM Bronze, Silver, Gold Championships:

We had 5 gymnasts entered in this competition and all the girls built on earlier competitions and had a great day, some new skills performed, and experience gained.



Bronze Age 10-11:

Rosy - GM - 3rd on Beam

Nyla - GM - 3rd on Vault

Bronze Age 12-13:

Lola - NW - 3rd on Beam

GM - 3rd Bars, Floor & Overall, 2nd Beam & Vault

Orla - NW - 2nd Beam & 5th Overall

GM - 1st Beam, 2nd Bars, Floor & Overall & 3rd Vault

Gold - Heather – NW & GM - 1st Bars, Beam, Floor, Vault & Overall

Jim Moss Bronze, Silver, Gold Championships:

This is a national competition that takes place in Leicester, which we really enjoy entering. The rules are different to the NW and gymnasts were able to enter different categories. We had 5 gymnasts entered in the competition this year and all gymnasts put out some great performances.



Bronze Age 9-10: Ighosa, Clarice & Rosy. They had a great day and some memorable performances in a huge national competition. Well done to Clarice, who came 2nd on Vault.



Silver Junior: Nyla, came away with a 3rd medal on Floor and Overall and narrowly missed out on a medal on bars.

Silver Intermediate: Orla, competed a tucked Tsukahara for the first time ever and came away with 3rd place on Vault!

Well done to all the girls who competed in November!

We look forward to the 2023 competition calendar, which starts with some of our youngest gymnasts first out of house competition, a friendly Grades competition at Evolve in January.

Volunteers

Some of you will know that SSoG competitions rely on parent help to run smoothly. If you can spare an hour or two, we have board up in reception, where you can add your name the times you can lend a hand. Any help will be greatly appreciated.

Thank you from SSoG!



Raffle and Tombola Prizes

Some of you may have seen the big present boxes in reception. These are for donations for our Christmas Raffle and Chocolate tombola. We would be really grateful to anybody who would like to donate a prize. All money raised from these events will be collected by the fundraising team, which will be put towards new equipment for the gym. Thank you for your support.

THANK YOU!

Finally, we would like to say a MASSIVE thank you for the amazing parent volunteers who came to help with moving the sprung floor ready for the new carpet installation. It was an impressive turn out which helped to make the task run smoothly. Special thanks to Mike H for supervising.



Guess the Name of the Elf

We have a Guess the Name of the Elf Competition at the gym during the run up to Christmas. The elf is in reception along with a list of elf names to choose from.

Make your guess by adding your name and contact number next to your guess. Then put your money into the red bucket and tick the paid column. There are lots of names to choose from, each guess is £1.



Easyfundraising

With Christmas on its way, please remember you can easily help towards our fundraising efforts every time you shop online through easyfundraising. It makes no difference to the price you pay, but every time you purchase, we receive a donation.

Go to www.easyfundraising.org.uk/, search for Stockport School of Gymnastics and sign up and start raising money for the gym. Any money raised will go towards new equipment for the gym.

You can also gain a £5 bonus donation by inviting a friend to start donating!



The funds for the carpet were raised by parents some time ago through various fundraising activities and events, we are very grateful for all their hard work.

Whilst parents helped with the move, the Club gymnasts enjoyed a Xmas movie night and made their team signs for the Xmas competition. Many thanks also, to the parents who supervised the explosion of glitter, glue and tinsel in the café during the activities. It was a real team effort from everyone involved. Thank you!