

# JAN-MAR 2023 NEWSLETTER

Welcome to the first newsletter of 2023! Please note the newsletter will now be issued quarterly.

To keep up to date with news and events, please visit our social media pages:

Instagram:

@stockportschoolofgymnastics

Facebook:

@stockportschoolofgymnastics

Here you will find the latest happenings in the gym, competition results, dates for your diary and much more. We will also continue to keep you updated via email on all the important stuff. If you would like to contact us, please email us:

Office:

[office@stockportgymnastics.com](mailto:office@stockportgymnastics.com)

Welfare/Safeguarding:

[safeguarding@stockportgymnastics.com](mailto:safeguarding@stockportgymnastics.com)

For more information you can also visit our website:

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

## Dates for your Diary

### April:

2<sup>nd</sup> – SSoG 4 Piece Easter Competition

**\*NO SESSIONS RUNNING\***

3<sup>rd</sup>-14<sup>th</sup> – Easter Holiday Camps, follow the link to book:

[CLICK HERE TO BOOK EASTER HOLIDAY CAMPS](#)

7<sup>th</sup> – Good Friday

**\*NO SESSIONS RUNNING\***

8<sup>th</sup> & 9<sup>th</sup> – Holy Saturday & Easter Sunday

**\*ALL SESSIONS RUNNING AS NORMAL\***

10<sup>th</sup> – Easter Monday

**\*NO SESSIONS RUNNING\***

15<sup>th</sup>/16<sup>th</sup> – Silk 2 Piece Easter Competition

22<sup>nd</sup>/23<sup>rd</sup> – National Grades

### May:

1<sup>st</sup>, 8<sup>th</sup>, 29<sup>th</sup> – Bank Holidays

**\*NO SESSIONS RUNNING\***

13<sup>th</sup>/14<sup>th</sup> – NW 2 Piece Competition

### June:

17<sup>th</sup>/18<sup>th</sup> – Hannah Whelan 2 Piece Competition

### July:

9<sup>th</sup> Frank Williams Recreational Competition

## New Recreational Award Scheme!

After much planning, we are very excited to announce that we will be launching a brand-new in-house awards scheme for our recreational gymnasts in April! The scheme is an action-packed programme that provides a dynamic approach to developing recreational gymnastic skills on all 4 pieces of apparatus. We can't wait for it to start and to see our gymnasts shine! Please keep an eye on your emails for further details!

## New Team Member

You may have seen a new face around the gym. Please help us in welcoming Summer, who has joined our Saturday coaching Team. Summer is qualified Level 1 and will also be helping with covering sessions and parties. We are so excited to welcome her to the team.

## New Sessions

### Weekend Pre-School:

We have had lots of requests for weekend Pre-School sessions. From May, we will be running Sunday morning Open Play sessions at in the front gym. These sessions will be 45 minutes of child led play, for gymnasts aged 0-4, with a qualified coach present to assist where needed on the larger pieces of equipment.



### Dance Fitness:

We also have a new Dance Fitness class at 9:30am on Tuesdays. These sessions are a fun cardio-based exercise class to music ran by a qualified choreographer, open to all ages and levels of fitness. We also run unstructured adult gymnastics sessions on Fridays from 8.30pm-10pm.

All these sessions are pay-as-go. Please see the website for further details

## Competition Results

Well done to all the girls who have competed in recent months. We have had some brilliant performances from all the gymnasts who took entered. Please see our Instagram pages for results and further details.



## Upcoming Competitions

The next competition for our 4-piece gymnasts will be the SSoG Easter competition on the 2<sup>nd</sup> April. (Please keep an out in reception for timings and details of how you can help on the day). For our 2-piece Artistic gymnasts, the Silk Easter Competition in on 15/16<sup>th</sup> April. We will send out the timings for rotations as soon as we receive them from the organisers. Good luck to everyone taking part.

## Community Events

We hosted the annual Stockport Key Steps competition at the end of January. There were lots of local schools involved, it was great to see so many children enjoying gymnastics. Thank you to all the children, teachers and coaches who took part. We hope you all had a lovely day.



## Advanced Handling Course

In February, 3 of our coaches and some of our Club gymnasts had the opportunity to attend an advance tumble handling course in Scotland with Matt Jackson, where they learnt new techniques to improve tumbling skills. Since returning, the coaches have rolled out the new techniques to the coaching team and these are now being used in the gym.

## Can you help?

We are always looking for volunteers to help with events and club competitions. Volunteering is a great way to get involved, meet other parents and help support the club. As a Community Interest Company all profits are reinvested back into the club for our members, the more volunteer help we receive the more we can put back into the club and our community. There are many ways to get involved, from fundraising, club competitions, judging and maintenance jobs, the list is endless!! We are always open to new fundraising ideas and welcome any offers of help. If you'd like to get involved or have any fundraising suggestions, we would love to hear from you. Please email: [louise@stockportgymnastics.com](mailto:louise@stockportgymnastics.com)

## Fundraising

### Bag2School:

Thank you to everyone who donated a bag for our Bags2school fundraiser. We raised a brilliant £140, a great start to our fundraising for this year. Our next collection will be in May.

### Easyfundraising:

You can 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/](http://www.easyfundraising.org.uk/), search for Stockport School of Gymnastics and sign up and start raising money for the gym.

### THINK-INKS

We also collect printer ink cartridges as part of our fundraising. Instead of throwing away your used printer inks you can drop them off at reception to be collected by Think- Inks.