

# Stockport School of Gymnastics

## August 2010 Newsletter

### The Trip to Lilleshall

July started with the 11th Frank Williams competition, now an established part of the sporting calendar in Stockport. The competition ran well, so a big thank you to all of the parents who took their turn in helping over the weekend. A big well done to all of the SSoG gymnasts that took part, especially our overall Champions, Olivia Leigh in the 11 year olds and Katherine Roberts in the 12 year olds.

The highlight of the month was the trip to Lilleshall, British Gymnastics Training Centre near Telford. 19 gymnasts and 8 coaches made the trip and the full story and pictures are on page 4. A tremendous weekend, enjoyed by coaches and gymnasts alike. The facilities are the best in the UK and it inspired our gymnasts to work hard, try new moves and take full advantage of state of the art equipment. It was more than that though as the ambience of the stately home surroundings, good food and tranquillity was ideal



**Carla doing Tsukis**

for all club members to work as a team and get to know each other.

The Planning Application is struggling on with some positive news in that the Planning Department like the idea and would like to approve it, but on the negative side, the Highways Department still have some misgivings on the sustainability for transport and that it may add to an already congested junction where Pep-

per Road joins Bramhall Moor rd. In the mean time we have held good talks with the owner of the property. MDA Creative and have agreed the legal stuff. We still do not have a date for the Area Planning Committee meeting, which is very disappointing.

Just to increase the pressure the Council has decided that it needs to raise some money to help with it's budget shortfall and has put the Dialstone Centre up for sale. Too early to say what this means for gym classes at Dialstone, but we will watch with interest.

We have been invited to a couple of displays, one in August in Torkington Park for National Playday and the other in Woodbank Park to support the Mayor's Charity Day in September. Lets hope the weather is fine, as these days are usually good fun.

If you are away for August, then have a good holiday.



### August 2010 Events

August is traditionally a quiet month with most folk taking holidays. It is possible that gym may be cancelled at short notice, if we find that there are not enough gymnasts or coaches to make it worthwhile putting out the kit. There is rec all through the summer so it is almost certain that all will be much as normal each weekend.

So provisionally the gym will be open for all sessions with on know exceptions at the time of printing.

#### 4 August

National Play day in Torkington Park. Meet at Torkington Park at 11.00 and the day finishes at 15.00. Bring lunch, drinks and suncream.



**Playday in 2008**

### The SSoG Calendar for 2010

#### 4 August

National Play day in Torkington Park. We will be putting on a display and helping any local children to have a go at gymnastics.

#### 17 September

Family Fun Day in Woodbank Park, in aid of the Mayors Charity. Much the same as the play day in Torkington Park. Not 100% sure we will be going but look out on the notice board for an update.

#### 25/26 September

NW Age Groups, Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre.

Pre-Noviceteams only for this competition.

#### 16/17 October

Greater Manchester 4 Piece Competition. Pre-Novice through to Level3/Mod. FIG  
Venue: Copley Recreation Centre

#### 30/31 October

NW Out of Age Individuals Competition

Venue: Birchwood Tennis and Recreation Centre

#### 7 Nov

The Club Championship. End of 4 piece comps for 2010 and the start of Grades training.

Venue: Target Life Dialstone.

We do hope to have a presentation evening after the Club Championship for all to attend

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# The Frank Williams 2010

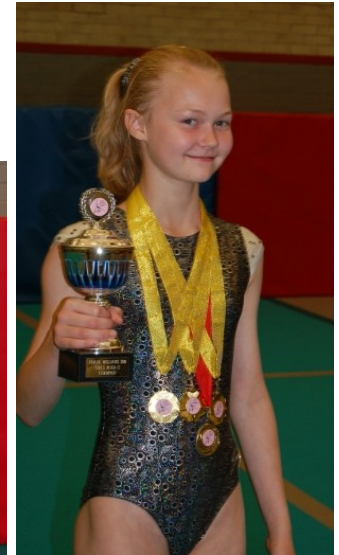
This was the 11th running of the Frank Williams and went very smoothly, very relaxed weekend and lots of smiles. There were successes for all clubs that took part and we hope to follow it up with a 'Masters' competition later in the year for better recreational gymnasts. We had teams from

CC Gymnastics, Poynton, Newall Green, Didsbury, Tameside, Avondale, Cheshire and of course, Stockport.

The full results are on the website and can be downloaded. The medallists from SSoG were :

Izzy Ratcliffe, Gold on Floor,

Olivia Bull, Bronze on Floor, Olivia Higgins, Bronze on Floor, Tia Albert, best flat back Vault, Olivia Leigh, Gold on Vault and Overall Champion, Katherine Roberts, Gold on Vault, Floor and Overall Champion, Daniel Hyland, Bronze on Floor and vault. Well done all.



**Katherine Roberts, Overall winner aged 12**



**I told you the atmosphere was relaxed. Dave was the MC all weekend.**



**Stockport gymnasts aged 12**

## Lynzi's Award

Congratulations to Lynzi Humphreys who has been awarded "Sustained and Significant Contribution to the Community of Poynton" for her untiring work with Guides, Rangers and Gymnastics. Lynzi is fully involved with SSoG as Poynton is a feeder club and she coaches the 2 piece gymnasts on a Saturday morning.

Lynzi is on maternity leave at the moment but will be returning in September, ready to start a new 2 piece group.



## Bits and Bobs

At the end of the summer we say goodbye to two of our coaches who will be going off to University. Hannah Ratcliffe, who coaches on a Sunday and has been with us as a 2 piece gymnast for some time, and Sarah Potter, who

coaches on a Saturday. We will take them out for a meal before they go so look out for pictures in the September newsletter.

The centre has purchased a load of new mats and it looks like the old ones will need to be

disposed of. Please ask Mike if you would like one of the old ones as it is likely that the centre will let us take them away. They are mostly in pretty good shape and even the rips and tears can easily be patched up.



**Daniel Hyland**



**Bev**



**Olivia Leigh Overall Winner aged 11**



# The New Gym

The consultation completed on 28th June and this was also the earliest date that we were expecting a decision. It passed by. The Planning Department target date was 19th July for a decision. It passed by. As the application was called in we will be invited to put our case forward in person to the Stepping Hill Area Committee, but the date is still unknown.

The progress is very slow and still uncertain and we are getting some mixed messages on whether we will be successful. The councillors have called the application in for discussion at

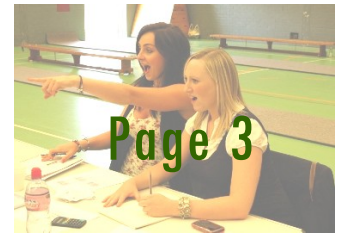
committee, which is good. The Case Officer is impressed with the arguments in the application and the number of letters of support from sporting bodies, parents and children, which is good. The Traffic advisors don't like the scheme as is not a sustainable project as it will increase the number of cars in the area as the gym is difficult to get to by train, bus, cycle and foot. That's not good

We have to altered the application to reduce the use to the general public and this will hopefully change the number of car journeys to the gym and

will help with the traffic problem.

We have had a very good meeting with MDA Creative and agreed the big things, like the money and all the little things like how we dispose of the rubbish. They are very keen for us to get going, just as keen as we are.

So on balance still very positive about the centre, have started to brush off the plans and think about layout, timings for the sessions and the colour of the curtains. Actually one of these items I'm not thinking about at all. Still excited though



## New Tables

Perhaps not the most interesting subject, but we have 6 new tables, mostly to be used for competitions and judging. Thanks to Janet Fairbrother for getting a good deal at Macro.

Also thanks to the Cleavers for letting us borrow some of their Scout's tables for the Frank Williams comp.

Never knew I could write so much about tables!

## BG Fees for 2010/11

Now all published on the BG website and as usual, a bit of an increase. Not due until October 1st so a bit of time to save up. If you are interested have a look.

## Active Kids

Thank you for the Sainsbury's Active Kids vouchers that you have all brought to the gym. We have collected 1750 and although a lot, not enough to buy gym kit, like a beam or some mats. We have ordered lots of small items like bean bags, hoops, balls and skipping ropes. Hopefully they will arrive during August.

Thanks again

## Profiles

The current profiles finish in July and we start with a few new ones in August. There have been some big increases with the last set and that is good to see. Not all however and we will be changing the groups round in August reflecting progress, or otherwise.

# Gymnast of the Month

The Gymnast of the Month for July was not selected on profiles; it was based on hard work throughout the month and making the most the facilities at Lilleshall. Georgia Mather has

put maximum effort in consistently and despite injuring her ribs at Lilleshall did a number of new moves. She also rang the bell during July for a flick on the beam. Well done!



# National Play Day

We last did the play day in 2008 and were a bit disappointed we were not invited back in 2009. Anyhow we will be taking part in 2010 on 4th August in Torkington Park. We start at 11.00 and complete at 15.00. You can see the set up we had last time below. We took the fast foam and

ski-run carpet and a few judo mats. We did a display, essentially some tumbling all through the day. The coaches also helped anyone who wanted to have a go with handstands, rolls and walkovers. There was also a lot of enjoying the sun. See you there.



# Team Trials

The trials for the teams will take place over the weekend of 31st July/1st August. As usual target scores have been set and we hope that we will have enough gymnasts to make up a pre-novice team. We need a team of 5, 4 gymnasts compete on each piece and the top 3 scores on each piece count.

We will not have enough novice gymnasts to form a team, so for the second year in a row we will not have a novice team.

The competition is on the weekend of 25/26th September, most probably on the Saturday.



# The Lilleshall Weekend 23rd-25th July

What a great weekend! 19 gymnasts and 8 coaches travelled on the Friday afternoon to the National Sports Centre at Lilleshall in 2 minibuses. We had some food, visited the gym so that the gymnast could watch a local club train, Park Wreakin, and then games on the lawn in front of the hall.



**On the grass at Dialstone ready to go**

Saturday, up with the larks for a 7.30 breakfast and into the gym. We were organised into 4 groups, each coached by 2 coaches. The coaches all got the chance to coach different gymnasts and with different coaches. It worked well.



**Coaches were put through their paces**

Lunch was at 12.30 and back to the gym for the afternoon session. We went for Dinner at 6.30 and after more bake potatoes and beans it was back into the gardens for more games. Lights out by 9.30.

More of the same in the gym on Sunday, all the way through to 4.00 and it was time for the gymnasts to coach the coaches. Not a pretty sight. We then awarded medals for the new moves, for good performance and also for coach of the week-end.



**Fantastic Pits**

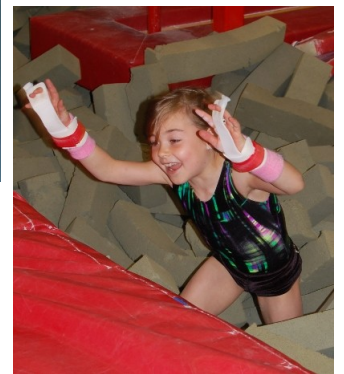
It was then back on the mini-buses and back home, tired, but happy. It was a great week-end, can't wait for next year.



**All gymnasts just outside the Gym**



**The coaches were thrown into the pits and wacked with foam**



**Becky climbing out of the pit after doing a backaway prep**



**Cartwheels in the grounds**



**Lunch**