

Stockport School of Gymnastics

June 2010 Newsletter

It's a Girl!

Congratulations to Lynzi Humphreys who is the proud mum of Jasmine Harriet, born on 30th April weighting in at 5 lb 3 oz. Mother and baby doing well. Lynzi brought Jasmine into gym during May, on a Saturday morning and she was passed round all of the older girls. Lynzi will continue on maternity leave and expect to see her back in the gym in September. Meanwhile her group will be joined up with and coached by Berit and Pete.

The Greater Manchester Open is on during June and we have a small number of gymnasts entered in the Novice competition. Overall the quality of the gymnasts entering the event is very high and include Nina Dearman, English International and



Jasmine Harriet

Rebecca Tunney, who represented GB in the Europeans this year. Make sure you take time out to support this event on the Sunday afternoon.

Other news seems less important, but read on, lots of interesting news and as usually we try not to stand still as we continue to improve our club.

The SSoG Calendar for 2010

12/13 June

NW Floor & Vault Competition, for all 2 piece gymnasts.

Venue: Birchwood Tennis and Recreation Centre

Full details not yet available, so keep scanning the notice board

19/20 June

Greater Manchester Open Competition

Venue: Copley Recreation Centre.

All competition timings for SSoG gymnasts are on the notice board and the full rotations can be downloaded from the GM Website.

26 June

Display at Brookside Primary

School in High Lane. Some details available on page 3, but look out for a letter nearer the event.

3/4 July

Frank Williams Competition. This year with a new competition and new rules.

Venue: Target Life Dialstone.

We will need lots of help over the weekend, so sign your name up on the volunteers list.

25/26 September

NW Age Groups, Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre.

Not sure we will be entering this one?

16/17 October

Greater Manchester 4 Piece Competition

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 have another competition called the Frank Williams Masters, probably in September for 'better than rec' gymnasts.



June 2010 Events

The gym will be open for all sessions during June with the following exceptions:

Saturday 26th June is the display at Brookside Primary and there will be no gym on that day. All gymnasts are to turn up as they are in the display.

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Profiles, what comes next.

Update on where we are at with the New Gym.

The school display.

Extra conditioning on Tuesday evenings.

Keep safe while shifting kit.

Lilleshall

Our national centre and the best equipped facility in the UK. This is where all national squads train. Not only are the training facilities good, the rooms and the restaurants are excellent.

We have booked a weekend at Lilleshall during July on Friday

23rd through to Sunday 25th for 20 gymnasts and 8 coaches. This is a training weekend and will be hard work for coaches and gymnasts alike. The cost will be subsidised by the club. We intend to hire a couple of minibuses for transport.

Dave is organising and all de-

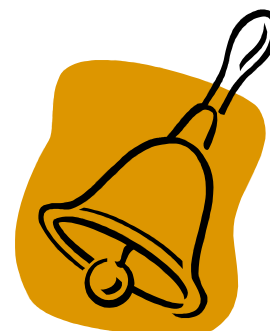
tails will be available soon when we have finalised the costs and all training programme details. You will all get a letter which will explain what the purpose of the weekend is and how we will be choosing the gymnasts.

Don't miss what should be a great experience.



Ringing the Bell

Bev has brought a lovely big bell back from her holidays and we have been ringing it like mad. There could have been a few more, but some gymnasts are very shy. I had hoped to list the bell ringers each month in the newsletter, but there have been too many. I will mention the more notable new moves, although every new move is something to cheer.



- Lydia Shipton—Upstart
- Carla Mansfield—Backaway
- Eleanor Green—Round off flick
- Victoria Houghton—Round off Flick
- Eleri Macleod—Upstart
- Chloe Astley—Round off Flick Half Twist
- Leandra Brennan—Half on, Full off

If I have missed any, I apologise and I'm sure you will remind me.

So don't forget, any new move, ask your coach and they will probably ask you to do it a few times before you show the whole gym. When you hear the bell, stop and watch. Try for a new move every month.



The GM Open Tuesdays

This competition is fast becoming the most prestigious event in the north west and is attracting some excellent senior gymnasts. The final session has attracted over 30 FIG gymnasts and all of the gymnasts in the club are encouraged to attend.

The qualifying scores to enter the Novice competition were attained by the following gymnasts, who have been entered to represent the club.

Novice aged 11

Megan Dooley

Novice 12 +

Jade Hollick, Leandra Brennan, Sam Hall, Katy Fairbrother and Georgia Hewitt

Good luck to all.

The training for the Frank Williams has started in the small gym on a Tuesday evening. 40 gymnasts all practicing their routines for the competition in July.

Dave has started to bring his gymnasts in for conditioning and some basic skills and there is only room for those 5 gymnasts during the 6 weeks of the competition practice. They seem to be getting on with it and as usually without the rest of the groups in, improve rapidly.

If there is interest the sessions can be extended, starting in July, to include all club gymnasts, who want to improve their profiles. Let me know.

Kit Shifting

It been getting noticeable that while we adults are putting the mats away at the end of each session, the gymnasts, sometimes with brothers and sisters, are not sitting quietly, getting changed and generally being well behaved.

The gym is full of dangers while heavy kit is being moved so you are reminded that gymnasts do not shift kit during the week, parents and coaches only please.

There also seems to be some running round going on in the store rooms; I would guess that it is hide and seek or similar. Please no games, just wait for mums and dads, don't get hurt.

The new mat shifting rota will be out during June and starts in July. Seems to be working better now.



Update on the New Gym

The planning application has finally been acknowledged by the Council and you can follow the progress on the council website. Don't forget the reference number is DC/044358. The date when they have to let us know is 19th July. It's a way in the future, but at least we will know.

This is where the action starts as we mobilise the letters of support. Don't do anything yet; the sub committee will get a plan together on how we are going to

get this support and then we spring into action.

This application is against policy and will be refused automatically by the planners unless we can get it 'called up'. When it is called up the merits of the case are then discussed by the planning committee, made up of local councillors. We stand a better chance of success at this level, so getting the application 'called up' is our number 1 aim.

The NW Floor and Vault Comp

The North West Floor and Vault Championship is taking place on the weekend of 12th/13th at Birchwood. The SSoG entries are as follows:

Pre-Novice

Belle Walsh, Lizzie Vearnals, Rebecca Roberts, India Roderick, Martha Yates, Hayleigh Blissett, Maisie Leonard, Chelsie Collins, Eleanor Green, Emily Barber, Suzanne Thorndyke

Novice

Eleri Macleod, Lydia Shipton, Eleanor Mills, Fern Evans, Rebekah Mooney, Lauren Burgess

Intermediate

Laura Hallworth, Phoebe Hulme

Good luck to Belle Walsh and Rebecca Roberts in their first competition representing the club.

Gymnasts of the Month



Yes, that's right, two gymnasts of the month for May, each looking after the cup for 2 weeks. Both Eleri Macleod and Lauren Burgess improved their conditioning scores and both had new moves, Lauren did a

round off flick and Eleri an upstart. Both big moves. So rather than the difficult task of trying to choose between them, they can share the trophy.

Well done girls.

Brookside

The display that we have been practicing will be on Saturday 26th June. The timings are not set yet, but will probably be during the morning, starting at 11.00 and lasting for about an hour. There will be a letter with directions to the venue out soon.

We will need parents at the gym to load the equipment on the wagon and to help set up at the school and dismantle afterwards.

The display is always good fun and despite it sometimes looking a bit dodgy in the gym, looks great on the day. Please, we need all gymnasts to sear club leotards. The new style for all those that have them. If you don't have one then ask Bev as she has some of the old style that you can borrow.

Remember, if it rains then no display as we cannot get the mats wet.

Profiles

The profiles are now complete for May, month 3. The predictable has happened. We have 3 groups, the improvers, those who have reached a plateau already and those where the numbers have started to fall. Targets will be set for gymnasts and there will be consequences for those not meeting those targets. This will be discussed with these gymnasts.

The standard will be improved across the club and gymnasts will have to get motivated to do their best.

Tracksuits

We didn't manage to get 20 gymnasts interested in buying a tracksuit, so we cannot order the current style as a batch. We will have to change the style. More later, we will consult further.



New mats

You will have noticed that we are the proud owners of 6 new crash mats from Continental Sports. They replace old mats, which will now be put to good use in less demanding duties in other Sports Trust Centres. The new mats are a bit heavier than I was expecting and a bit harder to land on, but they will soon soften up with wear. The cost? Approx £2,300, not cheap!



Safeguarding Course

18 of our coaches and volunteers gained their Safeguarding children certificates at the training course during May.

Sophie Harnett

We say goodbye to Sophie Harnett, a member of our 2 piece squad and at SSoG since 2005. Sophie was a member of the GM squad when she was younger and we wish her the best of luck as she will now concentrate on her dance.



The Greater Manchester Floor & Vault 2010

The GM Floor and Vault Championship was held on the weekend of 9th/10th May and SSoG had a lower than usual

number of gymnasts entered. We still came home with a number of medals, Lydia Shipton, bronze on Floor and Overall, India Bronze

Overall and Martha Yates 'Best Dance Moves'. Well done girls. All results are on the website.



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India, Bronze Overall



Ella and Carla were runners



Martha, best dance moves



Lydia, Bronze on Floor and Overall



Lydia, Eleri and India



Bella and Laura



Eleri



India



Hayleigh, Martha and Emily

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