



# Stockport School of Gymnastics

## April 2022 Newsletter



March has been a quiet month for all, with Club and Advanced Rec gymnasts working hard and preparing for upcoming competitions. We had a Pop-up Café and Kit sale at the start of the month and some of our gymnasts had the opportunity to watch the British Championships.

We have lots to look forward to during April, with our first SSoG Easter Competition since 2019, where our 4 piece gymnasts have chance to compete and a 2 piece later on in the month at Silk, for our 2 piece gymnasts and some of our Advanced Rec gymnasts. We have Easter Holiday Camps running on weekdays from the 4<sup>th</sup> -14<sup>th</sup> of April, be sure to book on! We have a Pizza Making Party and a Bag2School collection coming up, be sure to keep an eye on our social media and your emails to get involved with any fundraising events that are coming up.



March saw the return of the British Gymnastics Championships in Liverpool from the 25<sup>th</sup> - 27<sup>th</sup> of March. Some of our gymnasts were lucky enough to go and watch the Women's All Around Final and saw Jessica Gadirova take the title. It was an inspiring event for the gymnasts who went along and they also got to meet some gymnastic superstars, including Ellie Downie, Max Whitlock, Jessica and Jennifer Gadirova. It was an amazing day and we hope to experience more events in the future with the World Championships coming up later in the year in Liverpool again.

### Contacts:

#### Office

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

#### Welfare/Safeguarding

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

#### Website

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

Club [www.stockportgymnastics.com/club](http://www.stockportgymnastics.com/club)

### Social Media:

#### Facebook

@stockportschoolofgymnastics

#### Instagram

@stockportschoolofgymnastics

#### Merchandise

[www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)

## Gymnastics in April

All Rec and Teen sessions run from 1<sup>st</sup> of April to the 30<sup>th</sup> of April, sessions will run through Easter Holidays, with sessions only taking a break for Good Friday & Easter Monday (15<sup>th</sup> & 18<sup>th</sup> of April).

Pre-School sessions take a break of the Easter Holidays with the last session being April 1<sup>st</sup> and Sessions returning on the 20<sup>th</sup> of April.

Ladies Fitness also takes a break for the holidays and will return on the 19<sup>th</sup>.

### Pre-School and Open Play Sessions

Our Pre-Schoolers will start their theme of In the Jungle in April, starting to work towards the BG Explore RISE Awards. Our Pre-School sessions, both Independent and with Parent, are currently run on Mondays, Thursdays and Fridays, with Open Play sessions on Mondays, Wednesdays, Thursdays and Fridays.

### Club

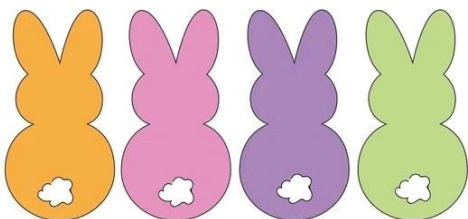
In April both 4 piece and 2 piece gymnasts will have the opportunity to compete.

#### 10<sup>th</sup> April

SSoG 4 Piece Easter Competition:

On the 10th of April we will be holding our first Easter Competition since March 2019. We will be welcoming gymnasts from some of our North West clubs; Silk, Evolve, Middleton and Bolton Gymnastics Clubs. We can't wait see all our friends from those clubs again. For most of these gymnasts it's their first 4 piece competition since 2019 and the first using the new British gymnastics Metal Levels. We hope everyone taking part has a great time.

If any parents would like to help out over the weekend please speak to one of the coaches or the parent committee or contact Jayne Mooney - [jayne.mooney@btinternet.com](mailto:jayne.mooney@btinternet.com) or Tamlynn - [tamlynn@stockportgymnastics.com](mailto:tamlynn@stockportgymnastics.com).



#### 23<sup>rd</sup>/24<sup>th</sup> April

Silk 2 Piece Competition:

2 piece and some of our advanced Rec gymnasts will then have the opportunity to compete later in April at Silk.

### Gymnastics Parties

We now run SSoG birthday parties on a Saturday evening from 5:45-7:15! With a fun filled hour in the gym, playing games and trying some gymnastics skills and apparatus, finishing it 30 minutes for party food (not provided).

If you would like to make a party booking for have any enquiries please do so on our website <https://www.stockportgymnastics.com/wp/classes/parties/> or by contacting the office.

### Easter Holiday Camps

During the Easter Holiday (4<sup>th</sup> - 14<sup>th</sup> April) we have Holiday Camps you can book onto. We have Camps available for all ages. You can book your space on our website now following the link below:

<https://www.stockportgymnastics.com/wp/easter-camps-booking-now/>

Our holiday camps are also available to non-members, so be sure to bring your friends along to join our Easter fun.

## 4<sup>TH</sup> - 8<sup>TH</sup> APRIL

**MONDAY-** AM - REC (5+) & SKILL CAMP (7+)  
PM - REC (5+) & TUMBLE CAMP (7+)

**TUESDAY-** AM - REC (5+) & TUMBLE CAMP (7+)  
PM - REC (5+) & SKILL CAMP (7+)

**WEDNESDAY-** AM - REC (5+) & SKILLS CAMP (7+)  
PM - REC (5+) & TUMBLE CAMP (7+)

**THURSDAY-** AM - OPEN PLAY (0-6)  
PM - REC (5+)

**FRIDAY-** AM - OPEN PLAY (0-6)  
PM - REC (5+)

## 11<sup>TH</sup> - 14<sup>TH</sup> APRIL

**MONDAY-** AM - REC (5+) & SKILL CAMP (7+)  
PM - REC (5+) & TUMBLE CAMP (7+)

**TUESDAY-** AM - REC (5+) & TUMBLE CAMP (7+)  
PM - REC (5+) & SKILL CAMP (7+)

**WEDNESDAY-** AM - REC (5+) & SKILLS CAMP (7+)  
PM - REC (5+) & TUMBLE CAMP (7+)

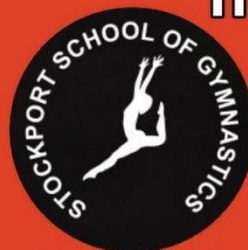
**THURSDAY-** AM - OPEN PLAY (0-6)  
PM - REC (5+)

**WE CAN'T WAIT TO SEE YOU FOR SOME EASTER FUN!**

**AM CAMPS - 9-12**

**PM CAMPS - 12:30-3:30**

**BOOK NOW!**



**HOLIDAY CAMPS**



## March Update

### Pre-School

Our Pre-Schoolers have been working through their Easter and Spring programme during March, whilst also progressing lots of new gymnastic skills.

They have been working hard on rolls down slopes, on the floor and on the beams, jumping on and off different equipment and doing their upward circles on the bars, all while exploring different things you may see or do during Spring and Easter.



### Coaching Course Success

Congratulations to Holly Wyld, one of our Rec coaches, who passed her Women's Artistic Level 1 coaching course on the 1<sup>st</sup> of March. Holly was the first coach from SSoG to complete the new online course, set up since the pandemic. With the course having a few changes, Holly submitted her final exam after filming a session and was told via zoom that she had passed. Well done Holly!

With Holly through the course and mentors having a better idea we hope to get more of our young coaches through coaching courses and want to wish Abi and Sarah Good Luck for their Level 1 course and to Kate for her Level 2 course that are coming up.

### Club

March was a quiet month for club gymnasts and coaches with the preparations for the upcoming competitions being the primary focus. Gymnasts have been working hard to neaten up skills and routines, focusing on their artistry and their shapes.

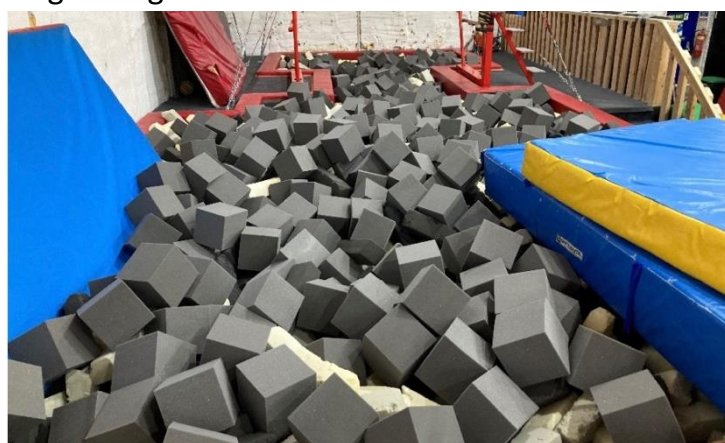
## Community

### Thanks For Your Help

The pits need to be cleaned out and topped up with new foam every so often. It's a dusty job but can be completed in half a day with enough help. So a big thank you to the ladies who stayed behind after the Ladies Fitness class one Tuesday to help with the latest pit clean.



The new foam has been added, cubes this time instead of logs, which we hope will be a bit more long lasting.



At the same time the gym had a deep clean and all the tape used to mark the one way system has been removed and the stickiness gone.

### Progress on Office Conversion

The landlord has almost completed the conversion of the offices at the front of the gym into a large open space where we can extend the gymnastics provision. The painting is almost complete and the last job is to add a door between the offices and our reception area.

Once handed over to SSoG we will add better lighting, fully carpet the 4,000 sq ft and add the finishing touches so that we can start using this area. There will be some more car parking spaces, which will be more helpful for weekday evenings. We will bring you more on this once the handover is complete early April.

## Community and Fundraising

### Pizza Making Party

The parent committee have organised a Pizza Making Party on the Saturday 2<sup>nd</sup> of April. This is a fantastic opportunity for gymnasts to be shown how to make their own pizzas, which they can decorate and eat. It will be £15 per person, which includes a sweet and a drink and there will also be a few party games.

### Good Luck

Good luck to 3 of our Parents; Louise Gerrard-Jones, Sarah Berry and Lucy Davies, who will be participating in the Christie stair climb on the 10<sup>th</sup> of April, climbing 46 flights of stairs at the Beetham tower raising money for the Christie. It's a great cause and very personal to many in the community. They have been training at Ladies Fitness every Tuesday, have had extra training sessions with Tracey on a Friday night, and last week managed to climb a tower in Manchester with 36 flights of stairs in preparation.

### THINK-INKS

Don't forget, we are now collecting printer ink cartridges as part of our fundraising towards the gym. So instead of throwing away your used printer inks you can drop them off at reception to be collected by Think-Inks, who recycle the ink cartridges instead of them ending up in landfill. Not only will you be helping the environment, but you will also be helping SSoG raise funds for new equipment.

Think-Inks will donate up to £5 per cartridge, you can donate any ink cartridge (not toners).

We would be really grateful if you could ask friends, families and companies if they may have used cartridges that they would like to donate to our cause. The more we collect the more we raise.



### Valentines Fundraising

Our 1<sup>st</sup> prize winner, Ella Gatcliffe, has now received her prize from the Valentines Raffle.



### SSoG Easter Competition

On the 10<sup>th</sup> of April we have our Easter Competition, which will need parent volunteers to help it run smoothly, there will be a form going up in the gym with a list of jobs/timings for parents to add their names to.

We will also be running a chocolate tombola in aid of Ukraine. If people would like to donate chocolate towards the cause, we would ask that you bring it before the 8<sup>th</sup> of April.

### Bag2School

We have another Bag2School collection on the 18<sup>th</sup> of May, so have a wardrobe clear out and drop your bags off at the gym from the 13<sup>th</sup> of May. The more we collect the more we raise.

### 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 <https://www.easyfundraising.org.uk/>, search for Stockport School of Gymnastics and sign up and start raising money for the gym.

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

