



# Stockport School of Gymnastics

## February 2022 Newsletter



Our Grade 6 gymnasts ready for their competition at Evolve

### Easing of Covid Restrictions

With the government further relaxing restrictions in the UK from the 27<sup>th</sup> of January we have decided it is now time to allow parent to return to view their children during the sessions.

As before the viewing arrangements will be one a month from the 31<sup>st</sup> of January. We have set up a TV in the café area so there is more space for parents to stay socially distanced, however we still advise that parents continue to wear a face covering whilst in the gym.

We will continue to hand over gymnasts to parents outside, so as your children are getting their belongings together we advise you make your way out of the building and wait near the door to collect your child, please don't stay inside the building to reduce congestion. You will receive an email to remind you when it is your week to view so keep an eye out for those.

We will continue to review the situation in February and update you with any changes that we may make. Thank you for your patience and understanding with the tough decisions that we have made.

During January, we had some of our youngest gymnasts competing in their first out of house competition, a fundraising event with Bag2School and new Covid guide lines were announced. During January we also had new equipment delivered to the gym thanks to our Parent Committee.

We are currently looking for a bigger TV to aid our bigger viewing area, so if anyone could help us out that would be great, the one we have at the moment is 32". You can contact [office@stockportgymnastics.com](mailto:office@stockportgymnastics.com).

In February we have 2 competitions for some of our older girls. With Valentine's day on its way we will be doing some themed fundraising, that we hope you will all get involved with. February also brings Half-Term when Holiday Camps will be running so be sure to book on!

#### 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 February

All Rec and Teen sessions run from 1<sup>st</sup> of February to the 28<sup>th</sup> of February. Our Pre-School sessions run from the 1<sup>st</sup> to the 11<sup>th</sup> and then return after Half-Term from the 21<sup>st</sup> to the 28<sup>th</sup>.

### Pre-School and Open Play Sessions

Our Pre-Schoolers will be learning all about transport during their sessions in January. Our Pre-School sessions, both Independent and with Parent, are currently on Mondays, Thursdays and Fridays, with Open Play sessions on Mondays, Wednesdays, Thursdays and Fridays.

### Holiday Camps

During February Half-Term (14<sup>th</sup>-18<sup>th</sup> of February) we have Holiday Camps available for all ages. You can book your space on our website now: <https://www.stockportgymnastics.com/wp/classes/holiday-camps/holidaycamps/>

These are available to non-members too, so be sure to bring your friends along!

**FEBRUARY HALF TERM 14<sup>TH</sup> - 18<sup>TH</sup> HOLIDAY CAMPS! FEBRUARY**

**MONDAY-** AM - REC (5+) & TUMBLE CAMP (7+)  
PM - REC (5+) & SKILL 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 (10-6)  
PM - REC (5+)

**FRIDAY-** AM - REC (5+)  
PM - REC (5+)

AM CAMPS - 9-12  
PM CAMPS - 12:30-3:30

**BOOK NOW!**

STOCKPORT SCHOOL OF GYMNASTICS  
HOLIDAY CAMPS

### Gymnastics Parties

From the 12<sup>th</sup> of February we will be running 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 or by contacting the office.

### Club

Our regional grade 1&2 gymnasts will have the opportunity of competing during February.

#### 5<sup>th</sup> February

The girls will be competing at Evolve's 4-1 Pre-Grade at Evolve Gymnastics Academy, South Manchester, M22 4WZ.

#### Regional Grade 2:

Molly Young, Lola Mannion, Jessica Rouen-Stout, Emily Webb, Maddy Gerard-Jones

#### Regional Grade 1:

Orla Frodsham, Bella Gnatiuk

#### 12<sup>th</sup> February

Some of the girls will then be competing in the North West Regional Grade 4-1, being held at Salford Gymnastics Club

#### Regional Grade 2:

Lola Mannion

#### Regional Grade 1:

Orla Frodsham, Bella Gnatiuk

#### Good Luck Girls!

### Recreational Sessions

All gymnasts age 9 and under will receive Stockport School of Gymnastics BG award booklet over the next two weeks. Names are on the front and inside the coaches have highlighted awards that we have records of as completed. It may be that your child has completed awards at school or other gymnastic centres. In order for your gymnast to be tested correctly, please highlight any changes needed. Please keep the booklets safe, they will be used by the coaches to test your children. We will advise parents when children should bring their booklets in for testing week.

Older gymnasts age 10+ will have a leaflet in the following weeks that will concentrate on the British Gymnastics bronze/silver/gold awards, again keep them safe, the coaches will use them to test. Training for the British Gymnastics Rise Core awards and our own apparatus awards will start during March, we will be holding mini competition days for these awards so that every child has the opportunity enjoy that experience. These will be held in our new area at the front of the gym.

# January Update

## Pre-School

Our Pre-Schoolers have been learning all about Healthy Eating in their sessions during January. They have had lots of fun incorporating breakfast, lunch and tea into the gymnastics program.



## Not Just a Gymnast!

One of our Senior gymnasts and young coaches, competed in the WTKA European Championships, a taekwondo competition, on the 30<sup>th</sup> of January. She was crowned double European Champion in Traditional KATA aged 13-17 and Team KATA team aged 13-17. Well Done Heather!



## Club

### Evolve's Pre-Grade 6&5 Competition

On January the 22<sup>nd</sup> our Grade 6 gymnasts competed at a Pre-Grade 6 competition at Evolve.

This was the first out of house competition for all of these 7 year olds. All gymnasts put forward a brilliant performance and showed great confidence and resilience as some have only been preparing for a couple of months. All of them passed the grade and all came away with a Commended or Distinction. Paige also came away with medals, getting 1<sup>st</sup> on Bars, 2<sup>nd</sup> on Beam and 3<sup>rd</sup> Overall.

Well Done Girls!



Isla Smith  
Commended



Lula Stafford  
Commended



Paige Talbot  
Distinction



Fleur Simpson  
Commended



Grace Edwards  
Commended

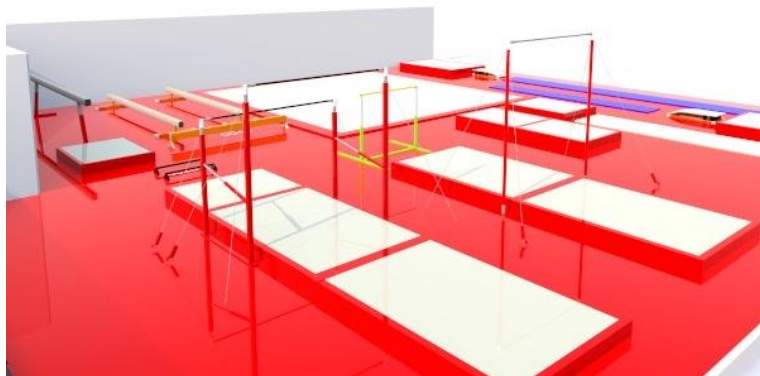
## Community and Fundraising

### Coming Soon

The preparations are going well for the addition of a further 4,000 sq. ft to the gym at Newby Rd. the work will convert the offices is nearly done and we hope that the lease will be signed by March 1<sup>st</sup>. it will take a month to the basic fit out so we should be up and running by Easter.



We will be getting some more car parking in the compound, which will help with the busy weekday evening classes. The aim is to increase the community use of the gym and add services that we have not been able to fit in such as parties, Pre-School and Toddler activities at the weekend. It will also allow club training away from the main gym to keep recreational classes spaced out.



During March there will be lots of jobs for parent to help with. Painting being an obvious one, but we do have some jobs that we will need professional help with such as heating. If this is something you would like to help with please get in contact. We will be advertising for specific jobs in the next few weeks so do get involved.



We rely heavily on parents/guardians to help maintain the gym facilities and we are looking for parents who can help with electrical, plumbing, joinery, heating, painting/decorating etc, even if you can only spare a couple of hours every so often.

If you are a qualified Electrician, Heating Engineer we would also welcome some quotations/advice

If you are able to help us, please Contact Jayne Mooney on [jayne.mooney@btinternet.com](mailto:jayne.mooney@btinternet.com) or 07930327599



Thank you in advance  
The SSOG Board



### Upcoming Fundraising

The parent committee are still looking into some activities as part of our fundraising campaign. Keep a look out on our social media; Instagram and Facebook and our website for further details.

Upcoming activities include:

Group trips to a gymnastics event, Clip & Climb trip, Pizza Making and an escape room.

Dates and further details will be provided shortly.

If you have any ideas on ways we could fundraise or know of any grant the gym may be able to apply for please don't hesitate to get involved.

### Pre-Loved Kit

Did you know we have a second hand rail, where we sell Pre-Loved Kit?

We currently have a number of leotards, hoodies and training kit (including Club kit) in varying sizes available to buy from the gym. You can ask the coaches to look at our second hand rail if you wish.

You can also sell your old leotard on to another gymnast through the gym, donating a small part of the sale to the gym.

If you are interested in buying or selling any leotards or kit, please contact Jayne for more details- [info@bluefroggraphics.co.uk](mailto:info@bluefroggraphics.co.uk).

### Valentines Fundraising

On the run up to Valentine's Day we will be holding a Valentine's raffle. There will be a lot of different prizes that you will be able to win! Make sure you keep your eyes out for more details coming soon.

**SSOG VALENTINES  
RAFFLE!**



We will also be selling sweet cones, with a mixture of themed sweets to help raise funds. They will be available to buy before and after your sessions from reception.

## New Mat

You may have seen that we received a grant from ASDA, part of which was used to buy a mat from Gymnova. It has now arrived and had a thumbs up all round, from Pre-Schoolers to our Club gymnasts.



## 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.



## Bag2School Collection

We held a Bag2School collection on Wednesday 26<sup>th</sup> January. Thanks to all your donations we managed to raise £109.60. We would like to say a massive thank you to everyone who donated and also a special thanks to Rachel Mannion for organising the collection.

# THANK YOU FOR YOUR DONATIONS!

WITH YOUR SUPPORT WE HAVE  
MANAGED TO RAISE

## £109.60

FROM OUR BAG2SCHOOL  
COLLECTION!

ALL PROCEEDS WILL GO TOWARDS NEW EQUIPMENT  
FOR THE GYM!



THANK YOU  
FROM SSoG!

## Easy Fundraising

Remember 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!

