



Stockport School of Gymnastics

March 2022 Newsletter



Entering the Gym in the Evenings

In the evenings after 5pm the front door will now be locked as it was before the pandemic. We have noticed that many children are coming to the door on their own and not being dropped at the door by their parents. This means you will have to enter the door code on the silver panel at the side of the door, you will all receive an email with the door code please keep an eye out. After entering the code pull the right door for your child to enter.

We are keeping our viewing to once every four weeks as it is currently working well with the space we have on both the balcony and in the car park. For parents to exit the gym they will have to press the green button on the left side of the door and push the left door to exit.

When it is not your turn to watch please make sure you are getting out your car and collecting your child from the door, this applies to both Club and Rec gymnasts. Coaches will not allow a gymnast out the red door unless they can see a parent stood within the grey gated area.

Lots happened during February, our Grade 1&2 gymnasts competed in the Evolve Pre-Grade Comp and some in NW & GM Grades. We ran a Valentine's raffle, winners announced below! We had a Half-Term filled with different Holiday Camps, with lots of returning faces and also some new ones and we had our first Parties back since 2020! Our new vault also arrived!

In March club gymnasts will prepare for competitions coming up, with advanced Rec gymnasts also starting to prepare for competitions. A new competition leotard has been announced for club gymnasts. Rec gymnasts will be completing BAGA badges for the last time, before we say goodbye to the old scheme. We have a Pop-up Café and Kit Sale and A Pizza Making Party coming up, so be sure to get involved with the new fundraising activities.

Contacts:

Office

office@stockportgymnastics.com

Welfare/Safeguarding

safeguarding@stockportgymnastics.com

Website

General www.stockportgymnastics.com/wp

Club www.stockportgymnastics.com/club

Social Media:

Facebook

@stockportschoolofgymnastics

Instagram

@stockportschoolofgymnastics

Merchandise

www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home

Gymnastics in March

All Rec, Pre-School and Teen sessions run from 1st of March to the 31st of March.

Pre-School and Open Play Sessions

Our Pre-Schoolers will start their theme of Spring and Easter in March. 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.

We have added new structured Pre-School With Parent session, which will be on a Wednesday at 11:30am. See our website to book on:

<https://www.stockportgymnastics.com/wp/classes/pre-school-classes/>

Recreational

We now have some more spaces available in Rec, so if gymnasts have friends or family that might want to join, please share to those who might enjoy. We offer a free trial session before signing up to monthly fees.

Goodbye to BAGA badges

This month we will be saying goodbye to the much loved BAGA award scheme. We will do our final awards during March before changing to the British Gymnastics RISE programme. The old BAGA awards have been discontinued by British Gymnastics late last year, we will miss them as our coaches, their parents and even some of their grandparents have progressed along the old scheme that was developed in 1971, it has evolved through the years from 4 awards to 8 to reflect the times.

The new award scheme takes us forward with apparatus awards as well as the floor and vault awards we are used to. So we look forward to starting the new awards.

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.

Club

Club gymnasts will be preparing for competitions that are coming up during March. In April both 4 piece and 2 piece gymnasts will have the opportunity to compete.

10th April

SSoG 4 Piece Easter Competition:

4 piece gymnasts will have the opportunity compete against other clubs in our first inter-club competition since the pandemic. SSoG competitions rely on the support of club parents to help out with the running of the competition so if any club parents are willing to get involved please contact Jayne Mooney - jayne.mooney@btinternet.com or Tamlynn - tamlynn@stockportgymnastics.com.

23rd/24th April

Silk 2 Piece Competition:

2 piece gymnasts will then have the opportunity to compete later in April at Silk, some details are still waiting to be confirmed so please look out for emails with full information.

New Club Leotard

Club gymnasts will be aware that we are getting a new competition leotard thanks to London Gymnastics. The first order went in the on 27th of February and we look forward to the delivery. Club gymnasts who haven't ordered the leotard please speak to your coach.



February Update

Pre-School

Our Pre-Schoolers have been working through their transport programme whilst progressing lots of new gymnastic skills. They have been working hard on rolls, cartwheels and handstands.

'Ex'-Gymnast

One of our Ex-Gymnasts and Coaches Becky Mooney won a university gymnastics competition in Nottingham competing for Leeds Beckett, that was organised by the University Gymnastics Cup



Club

Greater Manchester and North West Grade 4-1

On the 12th and 13th of February Lola (Grade 2), Orla (Grade 1) and Bella (Grade 1) competed in the GM and NW grades. With their aim being to finish grades they had amazing performances and did well in both the GM and NW. A huge well done to Orla who became Greater Manchester Grade 1 Champion!

Lola Mannion - Commended

GM - 3rd on Vault and Floor, 4th on Bars and 5th Overall

Bella Gnatiuk - Commended

GM - 2nd on Floor and Range, 3rd on Vault, Beam and Overall
NW - 3rd on Range and 5th on Floor



Club

Evolve's Pre-Grade 4-1 Competition

On February the 5th our Grade 2 & 1 gymnasts competed at a Pre-Grade competition at Evolve. All gymnasts put out a great performance and all came away with brilliant results. It was a good competition to gain experience and medals were gained too!



Medals:

Emily - Commended - 3rd on Vault and Overall

Lola - Distinction - 2nd on Floor and Range and 1st on Beam and Overall

Orla - Commended - 3rd on Bars and Range, 2nd on Vault and 1st on Beam, Floor and Overall.

Bella - Commended - 3rd on Vault and Floor and 1st on Range

Maddy, Jess, Molly - Commended

Well Done to all the girls who competed over the 2 weekends!

Orla Frodsham - Distinction

GM - 1st on Vault, Bars, Beam, Range and Overall, 3rd on Floor

NW - 2nd on Vault, Bars, Floor, Range and Overall, 3rd on Floor



Community and Fundraising

Getting Involved

During March there will be lots of jobs for parents to help out with. Painting being an obvious one, but we do also 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 or 07930327599



Thank you in advance
The SSOG Board



Valentines Fundraising

On the run up to Valentine's Day we held a Valentine's raffle. The winning tickets have been drawn!



1st prize goes to Ella Gatcliffe and 2nd prize goes to Audrey Madden!

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.



Audrey with second prize, who is going to share the prize with her sister.

Well done girls! Thank you to everyone who took part, buying ticket and also to those who bought sweet cones and biscuits! With your support we managed to raise £128.

New Vault

Some of you may have noticed our new vault has arrived! Gymnasts are starting to make good use of the new vault and with our 4 piece competition in April hopefully we will see lots more somersaults off it.



This has been a massive achievement for the gym and our parent committee, who run all the fundraising for the gym. Combining a grant we received of £2,000 by Allianz, which we nominated for by Nyla's mum, and money raised from recent fundraising events including; Bag2School collections, raffles, easyfundraising, our Design a Leotard Competition and Pop-up café and Kit Sales, we managed to replace our vault. We would like to say a massive thank you to everyone who has supported and also to our parent committee for organising events and applying for grants.

Lost Property

We have a build-up of lost property at the gym, over the next 2 weeks there will be a table in reception with all the lost items on. Please make sure if you have lost any clothing or think an item might be yours that you check it is there, as if items are not collected they will be donated to charity.



Pop-Up Cafe

On the 12th of March we will be holding a pop-up café and kit sale at the gym from 9:00am. You can join us for hot or cold drinks, cakes and sweets and also have a look at our kit rail, filled with leotards, t-shirts, onesies, hoodies and more!

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.

Pizza Making Party

The parent committee have organised a Pizza Making Party on the Saturday 2nd 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. We will be advertising on social media and booking forms will be available in the reception.

Easy Fundraising

During January and February we managed to raise £45.01 just by people shopping through easyfundraising. 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!

