



Stockport School of Gymnastics

May 2020 News



No Gym this month, all locked down. The activity has been at home and you have been keeping us informed with pictures and videos of what you have been doing. The newsletter is a round up of what we have been up to.

The new term was due to start on 20th April and we will advise when we can restart. Credits have been added to all accounts for missed lessons.

There are plenty of resources on the website produced by SSoG and also by British Gymnastics. They are password protected and all members have been informed.

We have also posted challenges on Instagram for all to have a go at.

The answers to emails currently will be very sluggish as all staff are furloughed. As it comes nearer to gymnastics re-starting we will be letting you know what the 'new normal' will look like and how we are keeping your gymnastics safe.

Contacts

All communications will be through the main email address below. The phone will not be answered as the office is closed.

Office

office@stockportgymnastics.com

Websites

General

www.stockportgymnastics.com/wp

Competitive

www.stockportgymnastics.com/club

Facebook

[@stockportschoolofgymnastics](https://www.facebook.com/stockportschoolofgymnastics)

Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

Merchandise

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



Rec 4 Piece Competition

Seems a long time ago, but we did have a competition at the club on the 8th March before the lockdown started.

Lovely competition organised by Georgia and Charley and attended by more than 120 gymnasts from 8 clubs. It ran on time and a big thank you to all of the coaches and parents who turned up to help out. The scores are available on the website and the photos are on the DE Photo website.

Congratulations to all overall champions, especially those from SSoG; Olivia Heapy, Lily Davison, Lily Wyatt, Madeleine Frost and Lowri Mashburn.



What's Going On?

The last sessions were on Wednesday 18th March and the office closed on 31st March. All staff have been furloughed and the day to day running is being done by volunteers, essentially the Board.

We are planning the restart, but as you can imagine, with very little firm information on what the new normal will look like after lockdown is lifted, we are having to look at many options. We think that we will be able to open up when the schools are allowed back and will have similar 'challenges' with social distancing. We don't expect things to be the same for a considerable time.

The Board has concentrated on keeping the finances sound with applying for Grants reducing all outgoing. The Government money has been vital as we have no income from classes, but still have to look after our staff.

We will be corresponding with members when there is something to tell you, but do check Instagram for Challenges and the Website for activities to keep up with your conditioning.

Our Volunteers

One of the conditions for furloughed staff is that they cannot work. So how do we keep posting challenges on Instagram and the activity videos on our YouTube Channel. We rely on volunteers, essentially our gymnasts are now running the shop!



Tamlynn and Ed would like to thank all the gymnasts who have taken part by demonstrating for our videos. Initially put together before we were furloughed and covering all aspects of the gym from recreation to adults, with conditioning, skill preparation, month long workout sheets and a dance tutorial for you to work on, the videos have taken time (especially the music choice) but look great, thank you girls and boy. If you haven't tried any of the videos yet, simply go onto our website resources page and enter your password.

The demonstrators were: Matilda, Max, Alice, Emily, Isla, Ellen, Heather, Alice E, Ruby, Becky and Gina.

Big shout out to our Instagram queen, Ruby, doing a fabulous job thinking of challenges for everyone to get stuck into. Check out the family involvement which is fantastic and the videos of our gymnasts practising at home, keep them coming in.

Thank you also to Heather, who wrote and produced the four fantastic themed pre-school programmes. They are bright and colourful with plenty of ideas to keep the under 3's entertained. Her gymnast demonstrator is just 3 years old, thanks Sienna, you are a superstar. Again, follow the link and download the worksheets.



SSoG Challenges

Ruby has been posting different challenges on Instagram each week for all to have a go at. Please stay safe while you are doing the challenges.

When you have completed your contribution, post it on Instagram, can be a photo or a video.

Have fun, keep involved.



Challenge #9

Can u put a top on whilst in handstand

#staysafe
#staystrong

PIC•COLLAGE



SSoG gymnast fact sheet

Name : FLO
Age : 5 next Tuesday
Coach : Georgia
Favourite Olympic gymnast : does not have one so she chose her big sister
Dream job : producer TV
How long have you been at SSoG : 3 years

Favourite piece of apparatus : pommel horse
Least favourite piece of apparatus : x
Skill you want to learn this year : back hand spring
Favourite skill to perform : handstand
Favourite competition you have entered/BAGA badge you have done : christmas compition
Favourite conditioning to do : straddle field
Thing I miss most about gym : friends
Favourite thing to do whilst in lockdown : play with sister
Favourite movie : Lion King
Favourite subject at school : reading
Describe your gymnastics group : sunny
Best part about being at SSoG : friends

PIC•COLLAGE



Calling all Gymnasts

Calling all gymnasts!

We are delighted to invite you to enter our Mitch and Mooch Competition and Survey, where the winner will feature (as themselves!) in the forthcoming children's book, Mitch and Mooch Try Gymnastics. The author, Jan Foster, is keen to talk to young gymnasts (or their parents!) to find out about how they felt when starting gymnastics classes. This forms part of the story as the book is aimed at supporting children with first experiences and trying new things.

What could I win?

The winner will be chosen from the anonymous entries and receive a signed copy of the book (when published later this year) and a digital cartoon of themselves to use as you wish! Your cartoon will be used in the book also as a character in the gymnastics class – now how many people can say they feature in an actual book?

What do I need to do to enter?

Click [HERE](#) or you can link from the SSoG website. Answer some very quick questions about your experiences of starting a gymnastics class, and a winner will be selected at random on the 11th of May and contacted. There is no right or wrong answers – the survey is purely to gather your feedback!

For more information about the Mitch and Mooch Try series of books, please see www.mitochondmooch.com

Supporting our Heroes

Some fantastic t-shirts from Blue Frog Graphics are currently available. These lovely designs are suitable for everyone and with money donated to the NHS (Stepping Hill Hospital) from them they are great idea for lockdown.

To order the T-Shirts click [HERE](#)



Also available are scrunchies and headbands. These lovely items are made by coach Berenice's daughter, Maddy. You may have heard Berenice and Maddy on Becky Want's radio show explaining that Maddy, at just 12 years old is making them and donating to the NHS.

Link: facebook : for the love of scrubs or Instagram : @madz_scrunchies



Lockdown Birthdays

Happy birthday to the many gymnasts and coaches who have spent their happy day in lockdown. We hope you all had a great day with your family. It will, hopefully, be a once in a lifetime experience that you will never forget.

Special mention to coach Kate, its her 18th birthday whilst in lockdown. Happy birthday Kate, think of the positives, you're not in work so can have a first (!!) alcoholic drink without having to worry about getting up the next day to coach. Have the very best time you can.

Happy Birthday too to Angel, who sent a picture on her 8th birthday.



Resources to keep active

The gym is shut, no reason not to keep active. We have started to produce a number of videos and exercise sheets for gymnasts of all ages to do at home or in the garden. They are all linked from our Resources Page (password protected) and are being added to every day. The password has been sent to all members. There are videos for competitive gymnasts, the Ladies Fitness class, Adults, Youths, Pre-School and for the Recreational Classes.

We also have access to British Gymnastics Resources and they are a weekly programme for Recreational and Pre-School Gymnastics . We have posted Weeks 1, 2 & 3 and the page will be refreshed each week. The page is password protected and is the same one as for the SSoG Resources page.

Hope you enjoy them and thanks to all coaches and gymnasts who have enthusiastically put them together. We all miss gym!

[Link to the Resources page](#)

[Link to the British Gymnastics Resources page](#)

Please note that BG have issued guidance on what their Insurance covers for gymnastics at home.

All activities based around fitness, conditioning and flexibility should be encouraged. These activities, along with British Gymnastics Resources on our webpages are covered by their insurance.

They discourage any skills-based activities that are not endorsed by them.

