



Stockport School of Gymnastics

October 2021 News



Back to Competitions. Great to see all the other clubs and coaches after 18 months of restricted training. Clarice and Rosy were the first of many SSoG gymnasts that will be competing during the 2021 competition season. Both passed their grades, by some margin so well done girls!

There is a big change coming in November as we increase the length of the classes from 45 to 55 minutes. This means that some of the start times will change and we are communicating these changes to you early to give you time to plan.

October has a half term holiday and for that week we will be running camps as usual. Sign up early for the usual range of fun, which this year is very close to Halloween, spooky.

The community side of the club is starting to show benefits with more communication occurring and the first new equipment order from the fund raising.

Always lots going on so dip in and read the news.



Contacts

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Welfare

welfare@stockportgymnastics.com

Website

General www.stockportgymnastics.com/wp

Competitive www.stockportgymnastics.com/club

Social Media

Facebook

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

Instagram

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

Merchandise

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

Gymnastics in October

All Rec and Teen sessions run through from 1st to 31st October.

Half Term is Monday 25 October to Friday 29 October and there will be no Pre-School sessions during that week, but as an alternative there will be Holiday Play sessions, bookable online.

Invoicing Dates and Payment

Invoices are sent out at the start of September for the month of October.

Money will be taken out of your account on 15th September using the direct debit that you have set up previously.

If you started with us during September please make sure that you set up your Direct Debit as soon as possible. If you didn't receive the links to the form, please let us know and we will resend it to you.

Price list

Recreational sessions are £5.50 per session

Teen sessions are £5.50 per session

Pre-School sessions are £5.00 per session

Toddler sessions are £4.00 per session

Ladies Fitness is £4.00 per session

Discounts

Stockport Leisure key discount £1 off each member per session, please ensure we have your valid Leisure Key card number and expiration.

Sibling discount

10% for additional children in Recreational, Pre-School, Youths and Toddlers

Club Squad members get Pre-School, Youths, Toddlers and Recreational fees at 45% discount for siblings.

If you think we have made a mistake on your invoice, then please let us know and we will investigate and if necessary, correct the invoice.

Covid-19

We are doing all we can to keep our gymnasts and staff safe. Please do not send your child to the gym if they have symptoms or they have been told by school they have to self-isolate or if you have booked a test and it falls the day after their ses-

sion. We appreciate all your support.

A full list of our COVID precautions and the Risk Assessment are on the website.

Security of your Place in Classes

Your place is secure month by month until you decide to leave when paying using the Direct Debit system. If you cancel the Direct Debit, then we will assume that you have left and your place will be allocated to somebody on the waiting list.

Viewing Classes

We are now allowed for parents to come in the gym and view sessions. This started on 1st September.

However, we don't want the balcony packed for each session as we still want you to feel safe in the gym. We also have an area of the balcony that we cannot use due to the leaking roof. We have put out 16 chairs, spaced out, for parents to view the sessions and we will ensure that no more than 16 view in any session.

Parents will be expected to wear masks in the building unless they have a medical exemption.

Parents must not change gymnasts in the building. They must come changed ready to train and go home without changing.

Parents can use the toilets. Please use the disabled toilets to keep separated from the gymnasts.

Parents are to pick the gymnasts up from outside the building as the gymnasts will exit from the rear of the gym and walk down the side of the gym. They will not re-enter the building.

Viewing will be once a month.

We will send emails out with a reminder before the sessions where viewing is on for your group.

Please respect the rules and safety of our members and don't come when it not your week.



Changes to Class Times for Rec and Teens in November

For the last 12 months or so the Recreational and Teen Classes have been shortened to 45 minutes to allow 15 minutes between the staggered classes. We saw this as a temporary measure and now that we have some confidence that the staggered start times are effective with keeping gymnasts separated, we will be increasing the Recreational and Teens Classes to 55 minutes retaining a 5 minute break between classes.

The format will remain the same with a 15 minute warm up and exercises, but the time on the apparatus will be increased to 2 sessions, each 20 minutes long. We will continue with the line up in reception and the one way system where gymnasts exit from the rear of the building. Parents can continue to view classes on a monthly basis.

To make the rotations work the start times of some of the sessions will change, but they will not go earlier, potentially 5 or 10 minutes later, depending on the session they are in.

The cost per session will be increased by £1.00 to £6.50 and will be reflected in the November invoices (issued on or about 1st October).

The new start and finish times will be on the invoices for November (sent out at the start of October).

These changes do not start until 1st November



Day time classes

All of the classes are run to suit our customers and we do find that the popular sessions one year can be difficult to fill the next. So when a class doesn't fill we try a different time. As an example, we are unable to fill the Pre-School sessions early afternoon, so we have stopped running them and added more morning sessions instead.

Where there are new classes added we put them on the website and social media so keep a lookout if you want a classes at a different time or day.

Current additions are a Pre-School Class on a Thursday at 9.15 and a Toddler Session at 9.15 on a Wednesday.

I do hope you can join us.



BG Membership

**A QUICK REMINDER THAT BG MEMBERSHIPS
NEED TO BE UPDATED THIS WEEK
AS THEY EXPIRED AT THE END OF SEPTEMBER**

**ALL GYMNASTS
MUST HOLD A VALID MEMBERSHIP
IN ORDER TO PARTICIPATE**

**British
Gymnastics**
More than a sport

October Half Term Camps



OCTOBER HOLIDAY CAMPS!
25TH - 29TH OCTOBER

JOIN US FOR HALLOWEEN THEMED GAMES IN OUR SKILL AND TUMBLE BASED CAMPS, GYMNASTICS CAMPS OR OPEN PLAY CAMPS!

SPACES AVAILABLE NOW! AM AND PM CAMPS

STOCKPORT SCHOOL OF GYMNASTICS
HOLIDAY CAMPS

Our half term holiday camps run between Monday 25th October and Friday 29th October. The camps are half day sessions, all 3 hours with the morning session starting at 9.00am and the afternoon session at 12.30pm.

There will be 3 groups of 8 gymnasts to keep numbers low. Our precautions are listed on our COVID 19 documents on the website.

On Thursday and Friday morning we will be running Open Play sessions for gymnasts up to 6 years old. These sessions are unstructured and give parents and children the opportunity to use most of the equipment within the gym. These sessions are extremely popular and great fun. The sessions run for 3 hours and you can turn up at any time before 11.00.

We have specialist camps organised that add skills to the fun activities. These include Tumble Camp, which develops tumbling skills such as round offs, flicks and somersaults and Skills Camp, which develops skills such as cartwheels, walkovers and handsprings.

You don't need to be a member of SSoG to attend our camps and you don't need British Gymnastics insurance as we provide this as part of the session fee.

All classes are booked online and will fill fast so make sure you book early.

Advanced Gymnastics

The Advanced Classes at SSoG are by invite only and are for children who have mastered the basics of gymnastics and feel confident in performing rolls, jumps, cartwheels and handstands. In this class, gymnasts will learn more advanced skills on all 4 gymnastics apparatus, such as tumbling on the floor.

Use will be made of the British Gymnastics RISE Excel programme to help gymnasts increase their confidence, remain active and form strong friendships along the way. Skills are developed naturally rather than through a focus on awards. This means gymnasts stay motivated by achieving regularly but at their own pace.

RISE Gymnastics Excel is made for experienced and ambitious recreational gymnasts. Building on the foundations learned already, gymnasts taking part in the Excel phase will be ready for progressions such as displays, inhouse competitions and potential to be mentored to become a young coach.

Starting in October the Advanced Gymnastics will be on a Tuesday from 6.00 to 7.30 for ages 7 to 9 and from 7.30 to 9.00 for age 10+. The cost is £7.50 per session, payable monthly by direct debit.



Facilities Expansion

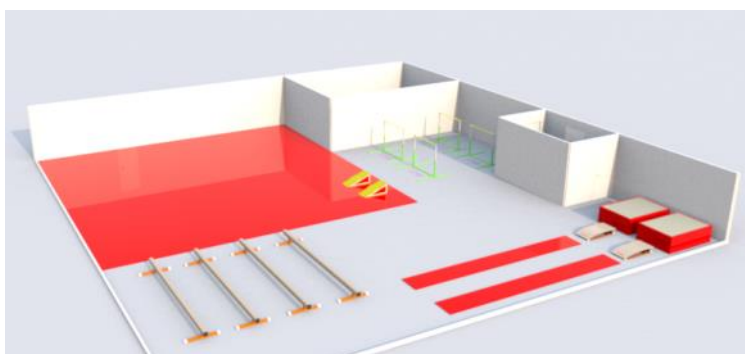
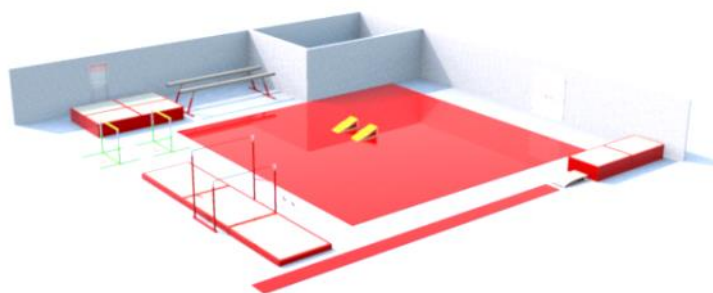
The keen eyed among you may have noticed that there have been a procession of skips outside the office at the front of the gym. The landlord is removing all of the internal office walls and suspended ceilings to create a large high ceilinged room of approximately 4000 sq ft. We have agreed to take on this new area and will open it up to our building to share toilets and offices.

We are looking at various layouts in the new gym and will decide once the area has been handed over and we can see where all the roof supports are. From the drawings you can see how big it is as the red square is a full sized floor. The ceiling is high enough to accommodate bars.

We have been here before a couple of years ago, but we are very confident that this much more appropriate expansion will go ahead.

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 and Pre-School and Toddler activities at the weekend.

The landlord is on with the conversion, we are modifying the already granted planning permission and looking at how we will use the space.



Rise Gymnastics

If you look at the BG website you will have noticed that from September they are offering a new gymnastics scheme to clubs called RISE. The details of the activities covered and the changes to the BG Proficiency Scheme are gradually emerging and it looks good, so far.

The old scheme had no structure, but did have a comprehensive collection of proficiency badges that gymnasts could earn.

The new scheme is much more



with class planning of activities that lead up to the badge work. All activities are supported by crib sheets for the coaches and videos so that they can see exactly what the activity should look like.

There is also a parent hub that will allow progress to be monitored.

We are looking at how we can implement this at SSoG and hope that we will be up and running by November.

Competition Calendar

17 Oct

NW FIG/Classic Challenge, Bill McLoughlin Team Qualifiers to be held at Manchester Academy of Gymnastics

SSoG entry, Heather Davenport Silver Challenge

23/24 Oct

NW Regional Levels 6 and 5 to be held at Cheshire Gymnastics

SSoG entries

Level 5

Gabby Widdall, Molly Doody, Katie Lee, Emily Mills, Maddy Gerrard-Jones, Molly Young and Emily Webb.

Level 6

Darcy French

6/7 Nov

North West Floor & Vault possibly at Liverpool.

20/21 Nov

NW Regional Levels 4, 3, 2 to be held at Salford Gymnastics Club

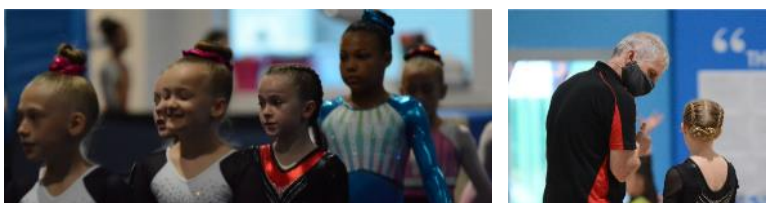
5th December

Club Championships at Newby Rd.

NW Compulsory 5 and National 5

Great to be back in competition again and to catch up with how other gyms have been faring through the last 18 months. The first event on Saturday 18th Sept was the North West National 5 and Rosy Larking represented SSoG in a select field of 12 gymnasts. Rosy had a great competition across the 5 pieces and passed the the Grade with marks to spare.

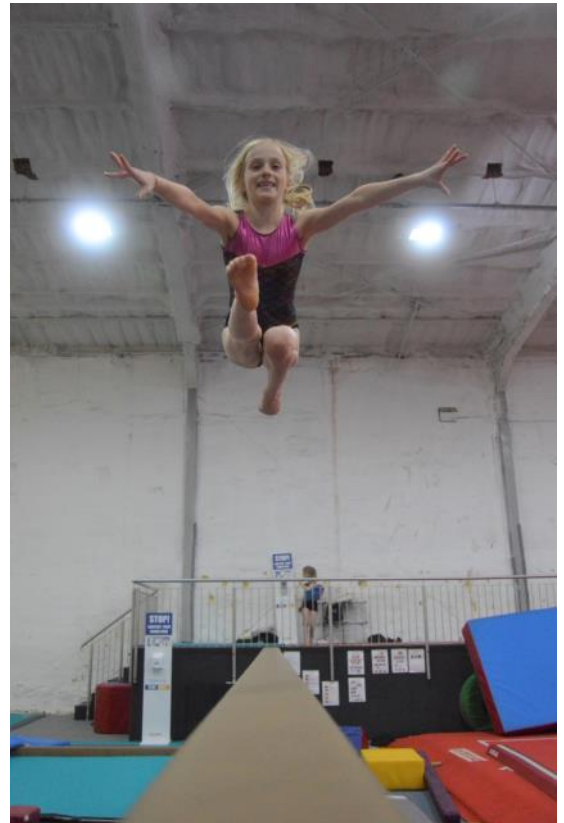
On the Sunday Clarice Smith was entered in Compulsory 5, a NW introductory competition a year before the NDP Elite Grade, Compulsory 4, which is a National Competition. Great performance from Clarice passing the Grade easily, strong on all 5 pieces and coping well with the formalness in her first Regional Competition. There are some pictures below, sorry, not the best venue for getting a clear shot on all apparatus.



Club Photos September

Training this month has focussed on competitions, whether it was trialling to get a high enough score to be entered, or once entered perfecting the

routines to be ready for the day. A big thank you to the judges for leading the trials and giving tips to improve the gymnast scores.



Coach's night out

We were celebrating the success of our 8 young coaches who passed their A Levels in August with the grades they needed to go to University. 24 of the coaching team enjoyed a meal out to wish Gabby, Becky, Cara, Gina, Ed, Laura, Liv and Eve the very best with their studies.

A presentation book with photos of her gymnastics career with SSoG (13 years) was given to Becky Mooney.

You will be seeing the new coaches, who have been undergoing training and mentoring over the last 6 months in the classes from now on.



Our New Coaches

As with many businesses COVID has had an impact on staff, we thought we might have a gap in our workforce. We were fortunate to retain a huge squad of excellent 18-19 year old coaches, some of them deferred university for a year and stayed helping our new young coaches learn from their experiences. University has now called for them, and fortunately for us, we had a group of young people trained and ready to coach.

We welcome Ollie who started with us as a recreational gymnast at the Offerton Centre, he volunteered for his Duke of Edinburgh award and stayed with us, helping out during lockdowns on zoom. You will see him on Tuesday and Saturdays as well as Friday cover.

Elyce, Emily, Millie, Alice, Molly and Heather are all competitive gymnasts who have been with us from the age of six. They have also used their volunteering time towards their Duke of Edinburgh award. All the young people are trained and are now ready to pass on their years of experience as gymnasts to your children. They are, between them, in every day. As viewing has now started, you might even be lucky enough to see them demonstrate some of their fabulous gymnastics skills.

As our gymnasts reach 14 they are able to start their volunteer time. So, joining our volunteer team are Katie, Annabel and Gabby. Again, all three very experienced competitive gymnasts. You don't need to be a competitive gymnast though. If your child is

14 and interested in volunteering, please speak to Suzanne or Tracey and we will talk to them about available mentor times.

Parents, if you are interested, there's plenty for you to get involved with too. Coaching, judging, fundraising or any ideas you may have to help the club would be really appreciated.

Community

Upcoming Events

Ten Pin Bowling

We are going 10 pin bowling on Tuesday 26th October at 10am at Parr's Wood. Two games for £7.25. Something to think about for the half term holiday. The booking forms are on the website and please book early as we have limited places. This event is open to all gymnasts who train at SSoG.

SSoG 35th Birthday Event

The club was founded in 1986 by Brenda Smith and Frank Williams and trained at the Dialstone Centre in Offerton. So 2021 is our 35th birthday. Any excuse to party so we have a social event for all of our members to help celebrate the club's birthday and to enable our gymnasts/parents to meet after what has been a very difficult time following the Covid pandemic. Look out for the announcements.

The next activity is aimed at the younger gymnasts as we don't do an awful lot for them at the moment – this will be a Halloween themed Teddy Raffle & pumpkin bucket.

Paint a pot

We have organised a Paint a Pot session for you to make a unique Christmas gift. It will be late afternoon on November 13th at 5.30 pm . Full details to be advised. Look out for the flyer with details on the location and how to pay.

Your Design all made up

The design a leotard competition will now be extended until 31st October to allow those that have been away over the summer holidays to take part. Some printed sheets are available to pick up at the gym or the template can be downloaded off the website. Get creative and Good luck.

The next Target

We had raised £925.59 at the end of August. The new trampette is paid for so we need a new target. New Target is for a vault of £3,626.40. Our current vault doesn't meet the FIG competition specifications so time to get our equipment up to date.



Easy Fundraising



The easyfundraising system is really easy. You register with them and every time you make a purchase they send us a donation. All of the site you would normally use are on the system and it makes no difference to the price you pay for the goods.

We have 51 supporters and we have raised £610.88 so far for virtually no effort.

Go to <https://www.easyfundraising.org.uk/> and put in Stockport School of Gymnastics and sign up and start earning money for the gym.

Like the name suggests, it's EASY

Community

Pop-up Café-September

Was nice to see you all at the cafe on Saturday. We did quite well taking £104, not bad for cake and coffees! There will be some extra money from the sale of leotards and shorts. Thank you too to the parents who gave extra towards the fund too and to Suzanne who unlocked the gym early to allow the parents to set up

Thank you to all who helped on the day and did the baking the night before. We hope that the cafe really does provide the opportunity to build on the community side of SSoG and inform parents on what's happening and future events.

That could well be the last pop-up outdoors this year as it was quite a bit chillier than the last one, but do look out for future events during October and November.



Target 1 achieved

We set the first target as an air track, but there was a late change in plan from the coaches so £770 has been spent on a small trampette that replaces a springboard. Bouncy! Thanks parents.



Arriving in November

Bag to School

A big thanks to everyone who donated bags to the Bag to School collection last month. Another £126 was raised towards new equipment.

We will be doing this again next year so get collecting and saving.

