



Stockport School of Gymnastics

September 2021 News



We hope you all had a good summer holiday and are back with us for September Classes. There are lots of changes as we relax our COVID precautions, cautiously, so make sure you read carefully what we have done. The main change is that we are now allowing restricted viewing of classes, starting with one session per month.

Our other news is a massive success story with 8 of our young coaches having passed their A Levels with the right grades to move on to University. We will be having a night out and hopefully see them back in the gym during their holidays.

The move to Leeds Beckett also sees the retirement of a SSoG legend, Becky Mooney. Becky has been our most consistently successful gymnast over the last 13 years and now an excellent coach. If any young gymnast needed a role model then the success enjoyed by Becky and her dedication to the sport from Gymnast to Coach are an example to us all.



Contacts

Office

office@stockportgymnastics.com

Welfare

welfare@stockportgymnastics.com

Website

General www.stockportgymnastics.com/wp

Competitive www.stockportgymnastics.com/club

Social Media

Facebook

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

Instagram

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

Merchandise

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

Gymnastics in September

Recreational Classes

No change to current classes with the exception that we will increase the sizes of some of the groups from 6 back up to the British Gymnastics maximum of 8 gymnasts.

Teen Classes

Ditto for Teens, the same format as currently but we will be running with 2 rather than 3 sessions.

Toddlers

The sessions are going to change to Monday and Friday mornings still need to be booked online so we know who is coming but they will be single sessions rather than the current block booking.

The sessions will revert to open play meaning that the children can roam round the gym, with their parents of course, trying out the equipment and playing with their friends.

It's also a chance for parents to catch up with their friends, maybe make new ones?

Ladies Fitness

The classes are currently having a break during August. We will be restarting in September and our current attendees have requested the sessions are in the gym. The first session will be on Tuesday 7th Sept starting at 9.15 for 45 minutes. The sessions will be bookable on line on a weekly basis.

Pre-School Classes

We will be reverting to our normal offering with classes for the younger gymnast with their parent and the older gymnast without their parent

Pre-School Classes with Parents is for 2 and a half year olds that are run by our coaches with parents in close attendance. These are structured classes for younger children and a step up from the Parent and Toddler classes.

Pre-School Classes (Independent) is for 3 and a half year old until they go to school that are run by our coaches with parents watching from the viewing balcony. These are structured classes for children not yet in full time education.

We will be inviting our current Pre-School gymnasts in for the class most suited to their age and then we will put the classes online available for general booking.

We are now allowing parents to come in the gym and view Pre-School sessions. This is great news for the Independent Pre-School gymnasts.

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. There are only 6 independent gymnasts so there will be significantly less than 16 viewing at any one time.

- 1) Parents will be expected to wear masks in the building unless they have a medical exemption.
- 2) Parents must not change gymnasts in the building. They must come changed ready to train and go home without changing.
- 3) Parents can use the toilets. Please use the disabled toilets to keep separated from the gymnasts.
- 4) The baby change in the disabled toilet can be used.



Gymnastics in September

Viewing Classes

We are now allowing parents to come in the gym and view sessions. This is great news, especially for those with younger children in the sessions.

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.

- 1) Parents will be expected to wear masks in the building unless they have a medical exemption.
- 2) Parents must not change gymnasts in the building. They must come changed ready to train and go home without changing.
- 3) Parents can use the toilets. Please use the disabled toilets to keep separated from the gymnasts.
- 4) 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.

For weekday sessions, week 1 in the month will be classes starting at 4.00 and 5.00, week 2 in the month will be classes starting at 4.15 and 5.15 and week 3 will be classes starting at 4.30 and 5.30.

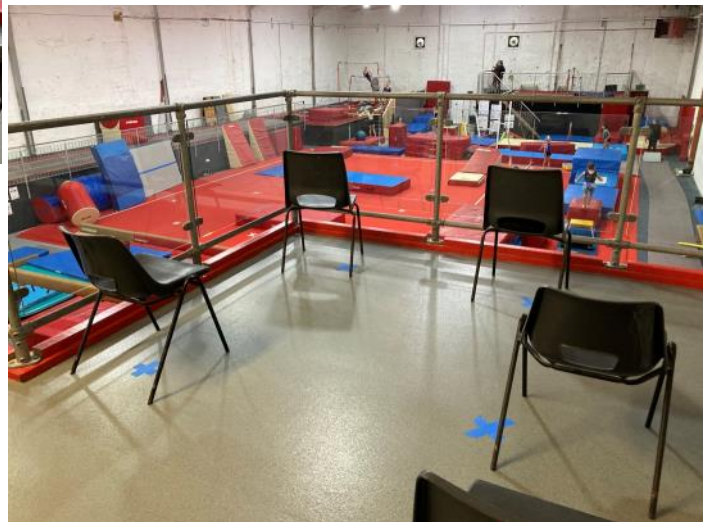
For Saturday classes, week 1 in the month will be classes starting at on the hour, 9.00, 10.00 and so on, week 2 in the month will be classes starting at

quarter past the hour, 9.15 10.15 and so on and week 3 will be classes starting at half past the hour, 9.30 10.30 and so on.

For Sunday classes, week 1 in the month will be classes starting at on the hour, 10.00, 11.00 and so on, week 2 in the month will be classes starting at quarter past the hour, 10.15 11.15 and so on, week 3 will be classes starting at half past the hour, 9.30 10.30 and so on and week 4 in the month will be classes starting at quarter to the hours, 9.45, 10.45 and so on.

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.



Club viewing

Club viewing will be with the same rules as the Recreational sessions but as the numbers are smaller they can view every session. The timings each weekday will be from 7.30 onwards and on Sundays from 1.30 for the first session and from 4.30 for the second session.

Parents must leave the gym before the session has finished and pick up their gymnasts in the car park not in the building.

Please make sure that there are no more than 16 parents viewing at the same time and if this proves difficult we will look at whether we need to reduce the number of days when parents can view

Club

Focus on Bars

for girls gymnastics this is the most different piece of apparatus, it's the only one they swing on, using their hands and arms more than their feet. The girls have to have extremely strong hands, arms and fingers and be able to replicate monkeys swinging in the trees.

The bars are fibreglass coated with wood, the bottom bar is around 5ft off the ground the top bar 8ft. Gymnasts release the bottom bar and swing to the top travelling a distance of 6ft.

It's been tricky to get the skills back on bars after lockdowns with the gymnasts height gain. They are getting there now and old skills have been consistently performed with new skills.

Well done to new upstarts from Matilda and Ighosa. On the shiny bar we have seen so much progression from all the girls, special mentions to Paige on getting over her fear of giants and Elyce and Orla for 2 close bar elements.

Back away dismounts on chalky from Azra and Rosy, twisting back away from Maddy and Millie. Some great new chalky bar giants unassisted from Nyla, Elyce and Thea.

Travelling between the bars Molly and Lola have achieved Mo Shoots and Orla has achieved both Giants and Mo shoots. Finally Ellen achieved her backward giant half turn and Heather achieved both backward and forward giants with turns with a double back dismount.

Well done to all the girls on working so hard to regain old skills and learn new ones.

Picking up in the Car Park

We have noticed that when gymnasts are being taken out of their classes by the coach and released to their parents at the edge of the car park, some parents are staying in the car and expecting the gymnast to make their way to the car.

The car park is still full of moving cars and hence dangerous, so please can you get out of your car and come and collect your child. Take the opportunity to talk with the coach on their progress.



North West Competitions

We have dates!

The North West have issued the 2021 Handbook with the competition calendar for the autumn. The dates have now been changed from the handbook and are in the table below. As Robin Park Sports Centre in Wigan is being used for COVID vaccinations the competitions are being held at various gym clubs around the region.

18/19 Sept

National grades 5-1, Compulsory grades 5 to 3 to be held at Manchester Academy of Gymnastics

17 Oct

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

23/24 Oct

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

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

We have 2 gymnasts entered in the September competition.

The 4 piece gymnasts will be aiming to take part in one of the competitions late in October or November and the 2 piece gymnasts in the competition early in November.

COVID Precautions

The precautions we are taking have been changed for September and the updated documentation is all on the website and can be downloaded.

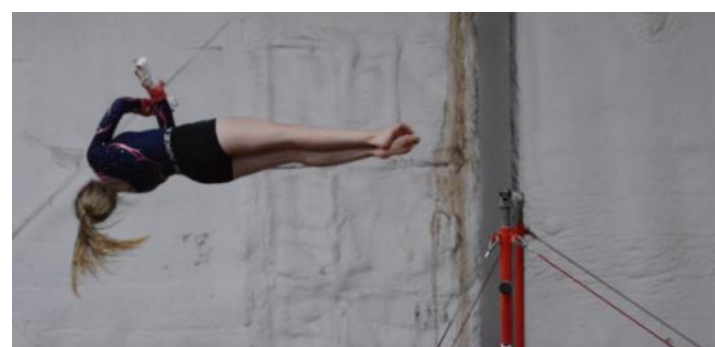
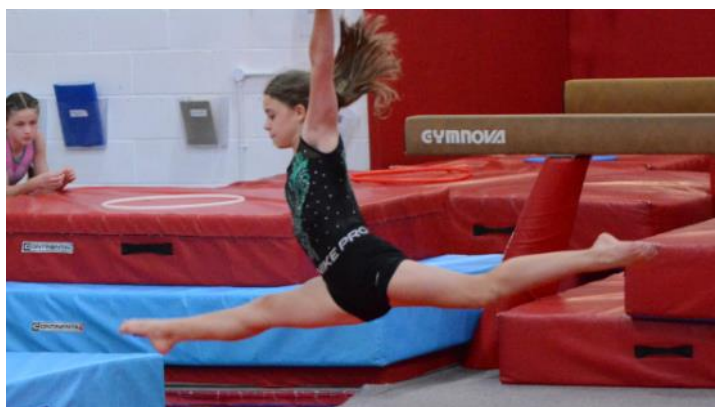
COVID Risk Assessment

All the formal mitigations we have in place to reduce risk.

Information for Recreational Classes

Information for Pre-School Classes

If you need any further information then please contact the club.



Becky Mooney

Back in 2008 my daughter was covering an evening class at Poynton Leisure Centre for a friend and said that I should come down the following week to have a look at one of the gymnasts. I spoke with the coaches at the leisure centre, went down to the class to trial the gymnast and immediately invited her to a 6 week trial at SSoG. This was our first meeting with Becky and the 6 week trial became a 1 week trial and entry to the club.

By December in the same year Becky was able to compete 5 pieces in the Club Competition winning Range and Conditioning.



In the following year, 2009, Becky won her first County Competition, the Greater Manchester Floor and Vault. In 2010 it was her first Regional title winning the North West Floor and Vault Championship.



In 2011 Becky started on the elite pathway competing in both Compulsory 4 (pass) and Voluntary 4.

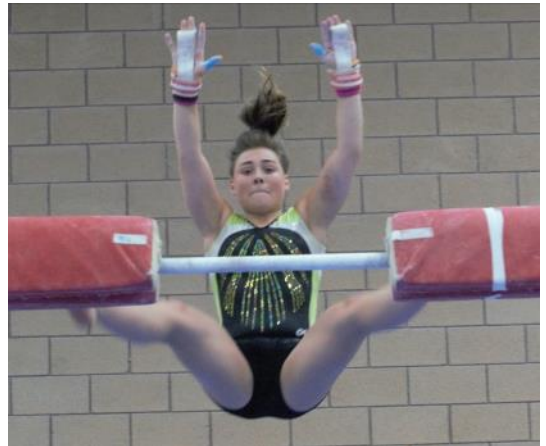


For the next couple of years there were successes in all County and Regional competitions and her name written many times on the Frank Williams Club Championship. The moves kept coming too; seen below Tsukis when we trained at Lilleshall for the weekend in 2013.



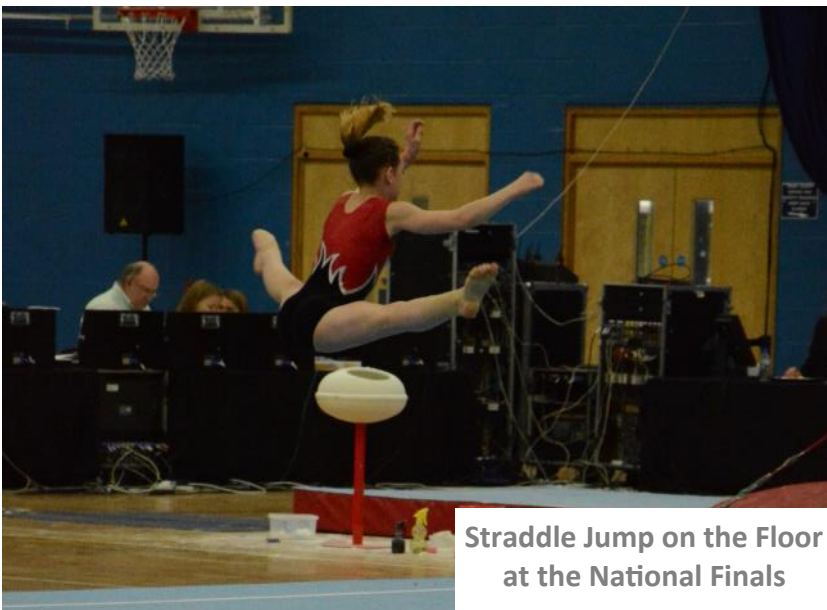
Becky Mooney

Back Tuck on the beam at the National Finals



Jaeger preps at Lilleshall—2018

We move to 2015 and Becky qualified for the National Finals in Stoke for National Grade 1. This was a fantastic achievement and Becky had a great day with top 10 finishes on various apparatus.



Straddle Jump on the Floor at the National Finals



Floor double backs at Wigan— 2019

At this time the trophy cabinet began to bulge with championship wins at Regional, County and Club level in addition to multiple awards of SSoG Gymnast of the Year.



Tsuki vault at the National Finals



Club Champion – 2019

Becky Mooney

Becky competed in the English Gold Competition in 2017 in Leicester, another highlight in her career.

Becky is off to Leeds Beckett and we wish her the very best.



Stockport Town Hall Display – 2012



Ballet for gym – 2012



Rock Climbing – 2010



30th Party – 2016



FW Display – 2010

Community

Upcoming Events

Pop up Café

The date for the next Pop-up Cafe is Saturday 25th September 2021. There will be a selection of hot/cold drinks and cakes/sweets as well as SSOG kit/pre-loved leotards available so please come along and help support us. We will still be outside, so fingers crossed for a sunny day.

Ten Pin Bowling

We are planning a Ten Pin Bowling Trip in October, date to be advised.

Christmas Gifts

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.

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. Details for this and the other mentioned events will be posted shortly.

Events, which will be open to all gymnasts, will be posted on the SSOG Social Media nearer the time so come and have fun, join in the activities and meet some of our other gymnasts/parents

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 will be available to pick up at the gym or the template can be downloaded off the website. Get creative and Good luck.

Upcoming Events

We are a Community Amateur Sports Club, CASC, and now that we are emerging from 18 months of not seeing each other we are aiming to gradually put the community back into the club.

We have currently raised an amazing total of £925.59 thank you to all those who have joined in our activities/zooms and given donations going towards much needed equipment for the gym.

If you are able to offer your help (even if it's to just for an hour on the cafe or to help organise some of the events planned or to suggest events that you have been to that were fun) please contact Jayne Mooney on 07930 327 599.

Bag to School

Having a wardrobe sort out ? We've got a Fundraising Bag2school collection on 15th September so if you have any unwanted clothes/bags/bets/shoes we would be really grateful to receive them.

Bags can be brought into the gym the week prior to the collection and placed upstairs in the Café area (as it is currently not being used). All proceeds from these events will go towards the new equipment for the gym.

BAG2SCHOOL 

WE'VE GOT A BAG2SCHOOL FUNDRAISING COLLECTION ON THE 15TH OF SEPTEMBER

ARE YOU HAVING A WARDROBE CLEAR OUT AND HAVE ITEMS YOU COULD DONATE?

Bag 2 School 

PLEASE PUT YOUR DONATIONS INTO BIN BAGS AND DROP YOUR BAGS OFF AT RECEPTION BEFORE THE 15TH OF SEPTEMBER

WE'RE COLLECTING:
CLOTHING [NO WORK WEAR OR UNIFORMS], PAIRED SHOES [TIED TOGETHER], BAGS, HATS, SCARVES, TIES, JEWELLERY, SOCKS, BELTS, HOUSEHOLD LINEN, HOUSEHOLD CURTAINS, HOUSEHOLD TOWELS, HOUSEHOLD BEDDING & SOFT TOYS

THANK YOU FROM SSOG!