

LONDON GYMNASTICS

Providing the perfect balance of fun, passion and precision



Election of Technical Committee Chairman

Technical Assembly	Rhythmic Gymnastics
Date:	Sunday 02 July 2017
Venue:	Harlington Sports Centre
Nominations for Chair Deadline:	10 June 2017

Completed Nominations & CVs must be returned to:

Regional Administrator regionalsecretary@london-gymnastics.co.uk

or post to: **Regional Administrator,
London Gymnastics,
3a Macroom Road,
Maida Vale,
London,
W9 3HY**

Election and Appointment Process.

The Chairman of each TC is elected at the technical assembly for that particular discipline, by a majority vote of the voting members present. The TC Chairman shall serve for a period of 3 years, but may stand again. When submitting the nomination for chairmanship, a full CV must accompany the application. The CV will be distributed to the voting members and should address the criteria for the office of Chairman.

TC Chairman (Mandatory)

The Technical Committee Chairman, in conjunction with the TC will be responsible for all matters relating to the implementation of British Gymnastics and London Gymnastics Policies and will:

- Be responsible for the implementation and administration of technical matters, specified in the British Gymnastics Technical Regulations and Competition Regulations of the Year Book.
- Ensure that the overall direction and focus of the discipline is consistent with the objectives and strategies set out in the British Gymnastics Strategic Plan and those priorities of London Gymnastics.
- Be the discipline's Technical Representative for London Gymnastics. • Provide a TC Report for the London Gymnastics AGM
- Chair all scheduled and relevant meetings and check Agendas and Minutes for all meetings, or nominate an appropriate representative.
- Attend London Gymnastics events or nominate an appropriate representative to cover the duties of the Chairman
- Be responsible for the planning, coordination and delivery of the discipline's Competition Programme.
- Represent the views of the discipline (and its members) at the JTC meetings and produce reports as required (appointing a representative of the TC if unable to attend)
- Be available to be consulted by or liaise with the discipline community throughout the year.
- Organise and deliver the disciplines technical assemblies: disseminate information: present changes to the disciplines programme.
- Encourage a mentoring system amongst the TC and Sub-Committee Members to ensure succession planning.

Desired Criteria for Chairman

Knowledge and understanding of the discipline

- Respected within the discipline community
- Good organisation, administration, planning and IT skills
- Event experience
- Interpersonal skills and communication skills
- Team player
- Judging and or Coaching Qualification (may be lapsed)

NOMINATION FORM

The person named below is nominated for the position of chairman of:

Acrobatic Gymnastics	Disability Gymnastics	Gymnastics for All	Men's Artistic
Rhythmic Gymnastics	Trampoline	Tumbling	Women's Artistic

- Please indicate which Technical Committee the nomination is for.

Name	Petra Dupalova		
Address	253 Amhurst Road	Telephone	0746 4698144
		E-mail	Petadupi@gmail.com
Post Code	N16 7UN	BG Membership No	2612714
		Club	LAGAD
		If applicable	
		London Club Affiliation No	
		If applicable	89295

I agree to my name being put forward for the position indicated above.

Signature	consent via email	Date	23.6.2017
-----------	-------------------	------	-----------

Nominated by		Seconded by	
Name	Rocio Sanchez Fernandez	Name	Eleonora Baio
Address		Address	
Post Code		Post Code	
Telephone	07455911181	Telephone	07510032485
BG Membership No	2144933	BG Membership No	2394747
Club	LAGAD	Club	
If applicable		If applicable	Rhythmic Excellence
London Club Affiliation No.		London Club Affiliation No	235
If applicable		If applicable	
Signature	Consent via email	Signature	
Position in club	Head Coach	Position in club	Head Coach
If applicable		If applicable	
Date	23.6.2017	Date	23.6.2017

CURRICULUM VITE

Discipline	Rhythmic Gymnastics
Name:	Petra Dupalova

Outline your previous experience and involvement in Gymnastics.

After my 16-year career as an active gymnast I decided to stay and be involved in the gymnastics world as a coach and judge. I derive my 10-year coaching experience from working with coaches who have developed and successfully prepared gymnasts for national and international competitions, including the Olympic Games as well as from the years-long training courses that besides ballet and gymnastics focus included nutrition, physiology, sports psychology, and theory of sports training.

Before starting to coach and judge with LAGAD in 2015, I worked in clubs based in the Czech Republic and Austria. The greatest achievements of the coaching team I was working with in both countries were the selection of gymnasts to national teams in individuals and groups. Based on these excellent results, I have been regularly invited to deliver and lead sessions for development squads in Linz and Vienna in Austria. Currently, I am coaching LAGAD gymnasts who are of L1 to L4 levels and I also help with preparing training plans, which develop and advance girls' skills and abilities.

Describe how your personality, experience and skill-set support your nomination as Technical Committee Chairman

In terms of my personality, I would highlight my interpersonal skills and strong communicative ability, along with a lot of enthusiasm and ideas. I have developed in to an organised, hardworking person who is capable of managing multiple tasks to high quality standards as I successfully combine coaching and interpreting work. It is essential for me to secure gymnasts' well being and to provide evaluation and assessment, which is crucial for successful progress.

I have developed good administrative and IT skills through starting my own company, GingerGym – Rhythmic Gymnastics for Adults. I have been responsible for setting up the website, payment platform, reservation system, graphic design and for co-ordinating with venues. Moreover, I have planned and actively managed PR on social media which along with word-of-mouth recommendations resulting in newcomers who became regular participants. Speaking of my organisation skills, I have co-organised competitions on national and international levels, and training camps (including location research and rates negotiation). Smooth running of the events resulted in repeated participation of the clubs and gymnasts.

I enjoy working on my own initiative as well as in a team thanks to my sports background. As a L2 coach and nationally qualified judge, I am a part of LAGAD team. I believe that our team work creates a pleasant environment where everyone feels welcome and can enjoy themselves.

What does success look like at the end of your three year term in office? Outline how you would drive this discipline forward?

In three years time I see London Gymnastics as a role model that would inspire and motivate other regions. I want to create and secure a supportive environment for coaches, judges and gymnasts. London Gymnastics should get more organised and structured community in terms of nurturing the development of potential gymnasts and encouraging promising coaches as well as to increase the number of qualified and experienced judges. To deliver these visions, I want to:

- Run courses and workshops with internationally recognised coaches for obtaining and/or enhancing the coach qualification directly in London.
- Run courses for obtaining and/or enhancing judge qualification directly in London.
- Organise workshops and/or training camps for clubs and gymnasts to improve flexibility, build up condition and strength in accordance with BQT requirements and enhance apparatuses' handling.
- Select a group of potential gymnasts across the London clubs that could be developed into junior national team with the aim to make a break through at international competitions.
- Secure a venue for organising control competitions that would build up gymnasts' confidence and result in better competition outcomes on both national and international level.