

## Election of Technical Committee Chairman

### 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 **Angela Gratze**

Club Harlequins      London Club Affiliation No 006  
If applicable      If applicable

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

Signature Angela K Gratze      Date 30 April 2018

#### Nominated by

Name Bernice Negri

BG Membership No 009149  
Club  
If applicable

London Club Affiliation No.  
If applicable

Signature Bernice Negri

Position in club WTC Chairman & Life  
If applicable Vice President of  
London Gymnastics

Date 18<sup>th</sup> May 2018

#### Seconded by

Name Michelle Nevills -

BG Membership No  
Club Harlequin Gymnastics Club  
If applicable

London Club Affiliation No 006  
If applicable

Signature Michelle Nevills

Position in club  
If applicable

Date 18<sup>th</sup> May 2018

## CURRICULUM VITE

<b>Discipline</b>	Women's Artistic and General Gymnastics
<b>Name:</b>	Angela Gratze

### **Outline your previous experience and involvement in Gymnastics.**

I currently coach 4 nights a week. One of those evenings I coach general gymnastics, the remaining 3, I coach a small development group. I am currently undertaking my level 3 WAG qualification.

I volunteer at a local school once a week to help them improve their elite gymnastics team and we are hoping to run a second session of open opportunities to allow more young people to introduce the experience and, hopefully, enjoyment of gymnastics. Additionally I volunteer 2 evenings a week at South Essex Gymnastics Club for their teenager freestyle classes.

I frequently judge the GFA Floor and Vault competition at Redbridge, Heathrow for WAG and the for Essex Schools gymnastics competitions.

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

My initial love of gymnastics started when I trained and competed in gymnastics as a young girl over 30 years ago. I then rediscovered my passion for gymnastics when I allowed my children to join a club when we were living in the Middle East.

On our return to the UK in 2012 I set about finding a club for them. This was not as easy as I would have anticipated; long, long waiting lists. Finally my old training club "Gyrus Olympic Gymnastics Club" offered to let them have a trial. We were thrilled when both were accepted. Despite this being requiring 1.5 hours of travel time 3 nights a week, they became as passionate as I had. Due to the distances I found myself remaining at the Club for practices and consequently I was invited to try out coaching. It was at that point I realised my passion had never left me. My first time coaching, despite me being (understandably) nervous, all the excitement and joy I had felt doing gymnastics was tangible. Very quickly I realised the pleasure I got from coaching young people in gymnastics was actually a bigger thrill than performing myself.

I quickly completed qualifications at Level 1 & 2 in General gymnastics and then Level 2 Women's Artistic Gymnastics. I currently also hold Level 1 Pre-school, and have attended the fundamentals course. I have passed my Club Judge course for Cycle 14. I have completed Safeguarding and First Aider certifications and recognise the absolute need of taking both mental and physical welfare of the children in the gym. I am DBS cleared.

My previous positions in the general workplace have included being a compliance auditor in the private banking and investment environment. In the middle East I worked for the British Embassy School as General Secretary and Procurement Officer. I spent my last year working for the British Embassy as a Senior Commercial Officer for the Trade and Investment Team.

All of these, very demanding, positions have brought challenges, and carried a steep learning curve. I believe strongly that sometimes it is necessary to commit above and beyond, especially during the learning period, in order to get the job done. I have proven skills of identifying where it is possible to streamline processes, resulting in more efficient work practices, whilst maintaining integrity. As you will therefore appreciate, the various roles I have been privileged to hold have given me the required aptitude to be comfortable liaising with a wide ranging variety of individuals; from school children, parents, Board Members to members of the British and international royal families.

I am self-motivated and determined and will always try to find suitable solutions to any problems that I encounter. I very much enjoy stakeholder engagement, which you will realise has been imperative in all my professional and personal life. It is vital to keep all stakeholders engaged in a process, whether they're parents, colleagues, peers or more senior members of a team whilst managing their expectations.

## **Personal Statement:**

My family will tell you that my love for gymnastics is on a par with my love and devotion to them. I cannot argue with that!

Whilst unlikely, it is always possible to come across the next Claudia Fragapane, but I recognise that is not, merely desirable, for me, it is essential for any gymnasts I come into contact with to be allowed to love gymnastics, I want them to come to the gym and have fun, to develop their skills, to achieve their potential and flourish, inside and outside of the gym. My ethos is that I am preparing them, through gymnastics for life. Many of the skills we need to navigate life can be addressed in the gym. Learning to be kind and supportive of your peers, to work hard to achieve your goals, determination in the face of adversity. Overcoming fears, whether that be a skill or an environment.

I want them to have self-belief, high self-esteem, the confidence to go forward and believe that they can achieve anything they want to. To have made lifelong friends and be ready to live their life. Probably what any parent would want for their child, and I always work with the parent and the coaching team to support all my gymnasts with the same commitment and dedication; helping them understand and trust the support network around them.

Having a child with ADHD and ASD has given me a level of patience that I wasn't aware that I had. It has taught me that all children are not the same and that coaching, like parenting, requires the ability to understand the complexities of different participants and to adapt my approach to bring out the best in each. Building a strong, trusting relationship with gymnast and parent can help provide a bridge when difficult issues come up and help maintain a healthy mental and physical state.

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

I would like the level of coaching experience to be raised in all clubs by offering biannual coaching sessions held by Alun Leach. Better qualified coaches will allow gymnasts to develop better. I would like to engage with clubs and coaches to understand what they would find most beneficial.

I also feel that an increased number of courses to allow coaches to progress, additionally an increase in numbers of tutors and assessors would help with coaching development.

I would like to see more low-level 4 piece competitions. Competition can be a huge incentive for children to continue to train and improve their skills irrespective of the ability level. This could be achieved by increasing the number of smaller invitational events, with support from the region in respect organisation.

Finally, I would like to see more access to gymnastics for gymnasts with disabilities.