**Aspire to Lead**

**26th January 2014-** £30 per delegate

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| **Please complete & return this form by Friday 10th January 2014 to:**  Clare McGinnis, Stonyhurst College, Hurst Green, Lancashire, BB7 9PZ  07805 813025 clare.mcginnis@british-gymnastics.org | |
| |  | | --- | | **The Conference is being held at:**  City of Preston Gymnastics Club,  Campbell Street,  Preston,  PR1 5LX | |  | | **Sunday 26th January 2014** Registration: 9.00 – 9.30am  Workshop 1 9.30 – 10.00am  Workshop 2 10.00 – 12.30pm  Lunch 12.30 – 1.00pm  Workshop 3 1.00 – 4.00pm  Cheer Display & Q+A 4.00 – 4.30pm  Depart: 4.30pm |
| * BG members only aged 11 – 16 and parental consent must be obtained * The sessions are practical workshops so please come dressed appropriately. | |

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| Workshop Session | Description |
| Workshop 1 -  **Team Work and Interpersonal Skills** | A series of activities to encourage young leaders to work in teams and see how they interact with one another.  Tutor: Becci Hughes |
| Workshop 2 –  **An Introduction to GymFit & Gym Challenge** | GymFit: A programme focussed on the 12+ age group which aims to improve general fitness and physical condition via a series of strength and conditioning exercises which are split into upper body, lower body, core and cardiovascular activities. These activities are categorised into beginners, intermediate and advanced work cards. This practical session will provide ideas on how to deliver GymFit sessions in various formats.  Gym Challenge: A programme focussed on the 11+ age group in the form of a mass participant team competition, which is multidisciplinary and open to all. Each challenge is categorised into difficulty levels, 1-3. The practical session will introduce you to a series of the challenges. You will cover how to organise and deliver the event including how to score each challenge. Tutor: Gemma Barton |
| Workshop 3  **Intro to Volunteering Course** | Intro to Volunteering. This module is one of four that makes up the Gymnastics Leaders’ intro to courses. British Gymnastics have worked with members of the Gymnastics Leadership Academy to design this programme which aims to introduce Young Leaders like you to the exciting volunteering roles within our sport. The content is designed to be informative, thought provoking and enable you, on completion, to have a better understanding of gymnastic volunteering and the opportunities it offers.  If you complete all four modules, all the assessments and the associated volunteering activities, you are eligible to be certificated for the 1st4sport Level 2 Award in Leadership through Gymnastics.  Tutor: Becci Hughes |



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| Name: | DOB (must be 11 on 26th January): | |
| Name: (as you would like it to appear on your accreditation) | | |
| BG Membership number: |  | |
| Address: | | |
| Parent/ Guardian’s number: | Parent/ Guardian’s email: | |
| My Leadership Academy: | | |
| Emergency Contact Information: Primary (required) | | |
| Name: | Relationship: | |
| Tel number: | Email: | |
| Emergency Contact Information: Secondary |  | |
| Name: | Relationship: | |
| Tel number: | Email: | |
| **Payment enclosed: £30.00 Cheque payable to British Gymnastics** | | |
| **Important information required** | | |
| Please state if you have any medical conditions or if you are currently taking any medication. Please also list any allergies you have to medication.(Please give details below): | | |
| Please provide details of your doctor:  Doctors name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| Do you have any special dietary requirements or allergies? Yes / No *(hot food will be provided)*  If yes, please specify: | | |
| *Do you consider yourself to have a disability? Yes / No*  *If Yes what is the nature of this disability and do you require support in any of the workshops Yes/ No* | | |
| *To be completed by Parent/ Guardian*  My child is in good health and I consider him/her capable of taking part in Aspire to Lead. I have completed the medical details and understand that every effort will be made to obtain personal consent but that in an emergency, prompt action may be required. Therefore any necessary treatment which a medical practitioner deems necessary can be administered.  I understand photographs / film footage will be taken during Aspire to Lead. These images/ footage will be used by British Gymnastics and their partner organisations, for promotional purposes, including inclusion on the BG website, in newsletters / publications, or for use in other appropriate promotional media. These images will be securely stored and will not in any way be altered for inappropriate use. | | |
| Name: (parent /guardian) | | |
| Signed: | | Date: |