



Club Conference Workshop Details

Key Note Speech	Description
<p>“Creating Champions”</p> <p><i>Carol-Angela Orchard</i></p>	<p>As a previous Canadian National Team Coach, Carol-Angela has produced numerous World Championship and Olympic competitors. Carol-Angela will give you an insight into what goes into coaching at this high level, her passion for gymnastics and how she believes a club’s recreational gymnastics sessions are important for creating champions.</p>

Workshop Session 1	Description
<p>The Cost of Claims & Managing your Risk</p> <p><i>Andy Goulbourne, Perkins Slade</i></p>	<p>We live in a compensation culture, claims are increasing every year and the cost to a club, both personal and financial, can be very high. Risk management is often seen as complicated, costly and an increased burden on already overworked club managers but simple, common sense practices can help to prevent injuries and keep the solicitors away. This workshop will provide straight-forward effective guidance to help prevent injuries and defend your club if the solicitor’s letter falls on the doormat. A must of managers of any sized club.</p>
<p>Making Your Club Stand Out: How to Attract and Keep Gymnasts</p> <p><i>Simon Evans & Sarah Parker</i></p>	<p>Following on from last year’s popular Retention and Customer Satisfaction workshop, BG’s Customer Services Manager and HE/FE Lead address the early drop-off age in gymnastics. Do you understand what your participants want from their sessions, and do you offer them great customer service to keep them in the club for longer? Do you know how you can link with colleges and universities to grow your club membership of teenagers and adults?</p>
<p>Funding to Grow Your Club</p> <p><i>Ben Jones</i></p>	<p>There are a range of exciting funding streams available to clubs to help to grow sport and get more people involved. This workshop includes information about the grants that are available and guidance for applications. What sorts of projects will Sport England fund, what are the common mistakes made when applying for funding and how can you make your club’s applications stronger?</p>

Workshop Session 2	Description
<p>More People Means More Income: Maximising Time and Space</p> <p><i>TBC</i></p>	<p>Are you maximising time, space and coaches in the gym? Could you get more people participating and therefore generate more income? Why not rethink your timetable, utilise Proficiency Award coaches or accommodate more recreational gymnasts alongside the elite? This workshop considers daytime usage, holiday programmes and satellite venues to get even more people involved.</p>
<p>Connecting with Members: Making the Most of GymNet</p> <p><i>Simon Evans</i></p>	<p>British Gymnastics’ GymNet portal has been redesigned to provide clubs with a range of helpful tools that couldn’t be easier to use. Learn how to make the most of GymNet, our gymnastics specific database, with functions including class creator, club messaging, coach vacancy board and downloadable resources.</p>
<p>Developing a Business Plan</p> <p><i>Club Leaders</i></p>	<p>It is important that clubs have a Development Plan so they know what they are trying to achieve and can ensure they are heading in the right direction. This workshop covers what a Business Plan is, why your club should have one, and advice on what to include. Club Leaders, experts in business for sports clubs, provide a simple framework to develop your own; it’s much easier than you think!</p>



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Workshop Session 3	Description
Pre-school Trampoline: Session Ideas for the Younger Age Group <i>TBC</i>	Need ideas to make your trampolining sessions exciting and suitable for even the youngest of gymnasts? Whether you are thinking about introducing pre-school trampolining sessions or just want to make your recreational sessions more fun, this workshop will cover skills, activities, games and considerations for teaching the younger age group.
The Secret To Beam: How to Stay on Under Pressure and Eliminate Fear <i>Carol-Angela Orchard</i>	Carol-Angela is considered to be an expert on the beam, and in particular the psychology of beam. Learn from the best, and pick up the secret to your gymnasts staying on the beam, from recreational level to elite. Find out what you can do to build confidence in your gymnasts and eliminate fear, so they perform assertively and most importantly enjoy the beam every time.
Rhythmic Gymnastics: An Introduction <i>Holly Adams</i>	Would you like to learn a little more about a new discipline? Perhaps you have thought about introducing Rhythmic Gymnastics at your club or within your existing sessions. This workshop will introduce the Rhythmic apparatus, skills and techniques, and should give you a taste of this beautiful discipline.
Men's Artistic Gymnastics: An Introduction <i>Will Banthorpe</i>	Whether the Men's Artistic apparatus are completely new to you, or you are an experienced coach who just wants to pick up some new tips and tricks, you are bound to be able to learn something from one of the region's best Men's coaches in this workshop. The session will introduce you to basic skills and supporting techniques on the parallel bars, rings and pommel horse.

Workshop Session 4	Description
Disability Trampoline: An Introduction <i>Tricia Sharpe</i>	This practical workshop will give you session ideas for teaching gymnasts with disabilities, and will suggest some basic adaptations to make activities suitable for all. Ask Recoil Twisters' Senior Coach Tricia about her experience of specific disabilities and what specialist equipment she uses within disability sessions.
Making Fitness and Conditioning Fun: GymFit <i>Katy Perry</i>	British Gymnastics has developed a number of Gymnastics for All programmes to keep gymnasts engaged as well as attracting more people aged 11yrs+ to gymnastics. Come and find out about our GymFit programme, and give it a go yourself. Learn how to make the most of the free resources, including strength and conditioning work cards, session plans and user guides.
Competition for All: GymChallenge <i>Sarah Parker</i>	One of our Gymnastics for All initiatives, this fun and challenging multi-disciplinary competition structure is suitable for everyone, regardless of ability. Find out about the GymChallenge programme, how it can be incorporated within your club and test your fitness trying out the challenges at the same time! You are bound to leave this workshop with plenty of ideas for a family fun day or end of term event.



Club Conference Workshop Details

Workshop Session 5	Description
<p>Trampolining: The Twist is the Easy Bit!</p> <p><i>Jack Kelly</i></p>	<p>IPC Jack Kelly will outline the technical principles behind efficient twisting, from basic jumps to multiple twisting, multiple somersaults. With a practical approach and demonstrations from East Region Squad trampolinists, Jack will introduce a range of progressions to help gymnasts of all levels to develop. This workshop is suitable for Level 3 coaches and above.</p>
<p>Vault: Tsuchahara Preps</p> <p><i>Will Banthorpe</i></p>	<p>From floor progressions to the full tsuchahara, Will Banthorpe will work through the skills needed to perform this vault well. Emphasis will be on providing a variety of exercises and drills for gymnasts to perform to keep them motivated and enthused whilst learning this difficult skill. This workshop is suitable for Level 3 coaches and above.</p>
<p>FreeG: An Introduction</p> <p><i>Dave Massam</i></p>	<p>FreeG or Freestyle Gymnastics is a relatively new Gymnastics for All activity that is becoming more and more popular with participants and clubs alike. One of the country's best Freestyle Gymnastics coaches, Dave Massam, will introduce you to FreeG, the skills taught and how to structure a session. Suitable for coaches of all levels.</p>
<p>Choreography and Artistry</p> <p><i>Carol-Angela Orchard</i></p>	<p>Are you struggling with choreographing routines for festivals and displays or finding that your gymnasts lack artistry in their routines? Using her wealth of experience, Carol-Angela will provide guidance on the small things that make a big difference to presentation and artistry. Suitable for coaches of all levels.</p>

Workshop Session 6	Description
<p>Trampolining: Fresh and Exciting Ideas for Conditioning</p> <p><i>Jack Kelly</i></p>	<p>Jack sees conditioning as an integral part of technical training, but understands the time constraints of a trampolining programme and the need to vary activities each session. This workshop will introduce conditioning methodology used with numerous World Class trampolinists, whilst also suggesting a variety of conditioning exercises you can use to keep any level of gymnast engaged, hopefully retaining them in the sport for longer. Suitable for coaches of all levels.</p>
<p>Tumbling: Forwards Tumbling</p> <p><i>Will Banthorpe</i></p>	<p>Learn what preparations and supporting techniques Pipers Vale's Head Men's Coach would use when teaching gymnasts a range of forward tumbling skills. Which skills need to be perfected before moving on to somersaults and twists, and are there any tips and tricks for those tricky blind landings? This workshop is suitable for Level 2 coaches and above.</p>
<p>Preventing Injury from Recreational to Elite</p> <p><i>Suzanne Ambrose</i></p>	<p>Unfortunately, certain injuries are common in gymnastics and are badly managed by coaches, preventing gymnasts from enjoying the sport for as long as they would like to. As a qualified physiotherapist and Level 5 Gymnastics Coach, Suzanne will focus on the things you can do during a session to prevent common injuries. She will suggest exercises you can include in warm ups, cool downs and side stations as well as safe progressions to reduce impact on apparatus.</p>
<p>Bars: Tips and Tricks for Close Bar Elements</p> <p><i>Sara-Jane Inglis</i></p>	<p>Sara-Jane Inglis, Head Coach at The Norfolk Academy of Gymnastics will suggest progressions and side stations to develop the main close bar elements used in Women's Artistic Gymnastics, including short clear, toe on and off, stalder and endo. She will give tips on supporting, choosing the right skill and avoiding common mistakes. This workshop is suitable for Level 3 coaches and above.</p>



Club Conference Booking Form

Conference Venue:
Sportspark
University of East Anglia
Norwich
Norfolk
NR4 7TJ

Sunday 26th January 2014
Arrive: 8.30am-8.45am
Welcome Speech: 8:45am-9:30am
Workshop 1 to Workshop 2: 9.30am-12.00pm
Lunch: 12.00pm-1.00pm
Workshop 3 to Workshop 4: 1.00pm-3.30pm
Break: 3.30-3.45pm
Workshop 5 to Workshop 6: 3.45pm-6.15pm
Depart: 6.15pm-6.30pm

Please complete & return this form with payment (Cheques payable to 'British Gymnastics') by Fri 13th Dec 2013 to:

✉ Erin Jolly, East Region Club Conference, British Gymnastics, Ford Hall, LNSC, Newport, Shropshire, TF10 9NB

✉ erin.jolly@british-gymnastics.org

☎ 07581 351748

Individual Day Ticket	<input type="checkbox"/>	£40.00
Group Offer 5 places for the price of 4 *All 5 places must be booked at the same time	<input type="checkbox"/>	*£160.00 (£40.00 saving!)
Leadership Academy Member Offer A subsidised price for young leaders **Individual must have been a registered Leadership Academy member before 31 st July 2013	<input type="checkbox"/>	**£25.00

Tickets include workshops, resources, refreshments throughout the day and café vouchers to purchase lunch

From the programme below please select, in order of preference, a 1st, 2nd and 3rd choice for each session.

Please Note: In unforeseen circumstances it may be necessary to substitute a workshop/tutor.

Workshop Session 1: 9.30am-10.45am				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
The Cost of Claims and Managing your Risk	Andy Goulbourne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making Your Club Stand Out: How to Attract and Keep Gymnasts	Simon Evans & Sarah Parker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Funding to Grow Your Club	Ben Jones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workshop Session 2: 10.45am-12.00pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
More People Means More Income: Maximising Time and Space	TBC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connecting with Members: Making the Most of GymNet	Simon Evans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developing a Business Plan	Club Leaders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Club Conference Booking Form

Workshop Session 3: 1.00pm-2.15pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Pre-school Trampoline: Session Ideas for the Younger Age Group	TBC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Secret to Beam: How to Stay on Under Pressure and Eliminate Fear	Carol-Angela Orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhythmic Gymnastics: An Introduction	Holly Adams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Men's Artistic Gymnastics: An Introduction	Will Banthorpe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workshop Session 4: 2.15pm-3.30pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Disability Trampoline: An Introduction	Tricia Sharpe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making Fitness and Conditioning Fun: GymFit	Katy Perry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competition for All: GymChallenge	Sarah Parker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workshop Session 5: 3.45pm-5.00pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Trampoline: The Twist is the Easy Bit (L3+)	Jack Kelly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vault: Tsuchahara Preps (L3+)	Will Banthorpe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FreeG: An Introduction	Dave Massam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choreography and Artistry	Carol-Angela Orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workshop Session 6: 5.00pm-6.15pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Trampoline: Fresh and Exciting Ideas for Conditioning	Jack Kelly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tumbling: Forwards Tumbling	Will Banthorpe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preventing Injury from Recreational to Elite	Suzanne Ambrose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bars: Tips and Tricks for Close Bar Elements	Sara-Jane Inglis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Club Conference Booking Form

DELEGATE INFORMATION

Forename: **Surname:**

Address:

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Postcode: **Email Address:**

D.O.B.: **Home Tel No:** **Mobile:**.....

BG Region: **Club:**

BG Membership No: (min. Bronze member) **BG Membership Level:** Gold / Silver / Bronze

Current Coaching Qualifications held (if applicable):

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Emergency contact details for use in case of an emergency whilst you are at the event:

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Specific conditions that need special adaptation to assist you at the event:

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I consider that I am physically fit and healthy and consider myself capable of taking part in the event.
I confirm I have sought medical advice if appropriate.

Candidate's signature: **Date:**

Please complete and return this form with payment (cheques payable to British Gymnastics) by **13th December 2013** to:

✉ Erin Jolly, East Region Club Conference, British Gymnastics,
Ford Hall, LNSC, Newport, Shropshire, TF10 9NB
✉ erin.jolly@british-gymnastics.org
☎ 07581 351748