

# Gymnastics for All

## Day 2014: East Region

Sunday 7<sup>th</sup> September 2014

Huntingdon Gymnastics Club, Mayfield Road, Huntingdon, PE29 1UL

**Only  
£15!**

12.30	Arrival	
12.50	Welcome	
13.00-14.30	<p><b>Option 1a: GymFit</b></p> <p>GymFit is one of BG's GfA programmes, a fun and social way for teenagers and adults to get fit through gymnastics. Everything you need to run a GymFit session is available for free on GymNet. This practical workshop will give you exciting ideas for running sessions whether you have already run GymFit classes or want to start something new.</p>	<p><b>Option 1b: Festivals</b></p> <p>Display Gymnastics can be a great way to keep teenagers involved, giving them something to work towards. This workshop will provide a practical introduction to local festivals and GymFusion, with tips and tricks for choreographing group routines. The session will be practical, and suitable for everyone whether you have attended a festival or not.</p>
	<p><b>Option 2a: Bounce!</b></p> <p>Part of GymFit, British Gymnastics is soon to launch Bounce; a fun fitness workout on the trampoline. Use Bounce to get even more people participating within your club, or to make your teen sessions really engaging. Find out what will be included, how to structure a session and how your club can get involved.</p>	<p><b>Option 2b: TeamGym</b></p> <p>You don't necessarily need a TeamGym qualification to get involved in this exciting discipline. This practical workshop will explain how to make up a team and introduce BG's 2 new GfA competition levels, teaching the basic rules for floor, tumble and trampet. Find out how your club can get started in TeamGym!</p>
16.00-16.30	Break	
16.30-18.00	<p><b>GymChallenge</b></p> <p>Take part in BG's new gymnastics competition with a twist. Suitable for all levels of fitness, compete with your team to score points in a number of challenges, based on a range of gymnastics disciplines. The GymChallenge work cards are available on GymNet for free; find out how you can incorporate them into your club as a family fun day or end of term event.</p>	
18.00-18.15	Closing Speech & Depart	

# GfA Day 2014

## Booking Form



Please complete & return this form with payment, by Friday 8<sup>th</sup> August 2014 to:

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

### Personal details:

Full Name:	Club:
Address:	Email Address:
	Contact Number:
Postcode:	Date of Birth:
BG Number:	Membership Level: Bronze / Silver/ Gold
Please circle: No qualifications / Core Proficiency Coach / Level 1 Coach / Level 2 Coach / Level 3+ Coach	

### For each session below, please tick your first choice workshop.

Please Note: In unforeseen circumstances it may be necessary to substitute a workshop. Depending on level of demand, coaches may be moved onto an alternative workshop. All sessions are practical and will be held in the gym.

Workshop 1:	GymFit <input type="checkbox"/>	Festival Gymnastics <input type="checkbox"/>
Workshop 2:	Bounce <input type="checkbox"/>	TeamGym <input type="checkbox"/>
Workshop 3:	GymChallenge	If you do <i>not</i> wish to take part in the GymChallenge competition and would like a non-active/ scoring role, please tick here: <input type="checkbox"/>

### Emergency contact details:

Name:	Phone Number:
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If under 18, please give the name of an adult who will responsible for you on the day:

### Any additional / dietary needs:

Additional needs:	Dietary Requirements:
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I confirm that I am physically fit and healthy, and consider myself capable of taking part in this event. I confirm I have sought medical advice if appropriate.

Signature:	Date:
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