



Aspire to Lead

Supporting the development of members of MY Leadership Academies

12th October 2014

St Benedict's School, 54 Eaton Rise, Ealing, London, W5 2ES

Aspire to Lead is a regional leadership day aimed at supporting the development of those Young Leaders who are following the MY Leadership Academy programme. These opportunities are to encourage Leaders to improve their leadership skills, motivate them to become better Leaders and gain new knowledge and skills through workshops; some of which are only available at Aspire to Lead days.

The price to attend a leadership day is £35, (If you have completed the MY Learning section of the MY Leadership Academy programme, please contact your local CDC to confirm this with the organisers to grant a £5 discount). This is a fantastic price for the Leaders to be involved in a number of great sessions.

Aspire to Lead Timetable- 12th October 2014

Arrival		9:00 – 9:30
Opening Address Hear from Alex Uttely, professional gymnast on BBC's Tumble and part of Spellbound, winners of Britain's Got Talent 2010. Alex will give an insight into his journey and experiences of being a gymnast a coach and running his own club.		9:30 – 10:00
Ice Breaker		10:00 – 10:20
Break		10:20 – 10:30
Workshop 1		10:30 – 12:00
Option 1	Option 2	
Part 1 - Intro to Events	Part 1 - Intro to Judging	
Lunch		12:00 – 12:30
Workshop 1 continued		12:30 – 14:00
Part 2 – Intro to Events	Part 2 – Intro to Events	
Break		14:00 – 14:15
Workshop 2 GymFit		14:15 – 15:15
Break		15:15 – 15:30
Workshop 3		15:30 – 16:30
Option 1	Option 2	
Festival Gymnastics	Adaptability in Gymnastics	
Feedback Session		16:30 – 17:00



Workshop Descriptions

Workshop Title	Workshop Description	
Workshop 1	British Gymnastics has worked with members of MY Leadership Academies and the wider gymnastic community to design Intro to courses which aim to introduce Young Leaders like you to the exciting volunteering roles within our sport. On completion of all four of the Intro to modules, the assessment criteria and the associated volunteering activities, the attendee is eligible to be certificated for the <i>1st4sport Level 2 Award in Leadership through Gymnastics</i> .	
	Option 1	Option 2
	Intro to Events	Intro to Judging
	This workshop will give you an awareness of what it takes to run a successful event. The workshop will focus on how communication and team skills are important to running events, as well as identifying key roles and challenges that may need to be overcome during the planning and delivery of an event.	This workshop aims to give you an understanding of the role and qualities of a successful judge. This workshop will give you an insight into how to differentiate between basic skills, and understand common errors. The last part of the workshop will let you try out your new judging skills in applying deductions to single skills, sequences and routines.
Workshop 2 GymFit	GymFit is a programme which forms part of British Gymnastics' Gymnastics for All offer. GymFit aims to retain participants by providing a new fitness activity which aims to improve general fitness and physical condition. This workshop will be a practical based, meaning you will have the opportunity to have a go at the programme whilst learning about the different ways to structure GymFit sessions.	
Workshop 3	Option 1	Option 2
	Festival Gymnastics	Adaptability in Gymnastics
	Want to find out more about how you and your club can get involved with festival gymnastics? This theory based workshop will give you an introduction to planning and structuring a festival routine from picking music to outfits to the content of the routine.	This session will be a theory & practical based workshop around the importance of being adaptable. The workshop will require to you to adapt to changing circumstances and find solutions to challenges. By the end of the workshop you should be confident in anticipating what challenges you may encounter in the gymnastics environment and how to adapt to them.

For more information regarding Aspire to Lead, please contact Helen Underwood
helen.underwood@british-gymnastics.org – 07584515030.



Application Form: Aspire to Lead – London

Name:	D.O.B (Must be 11 on 12/10/2014)
Name: (As you would like it to appear on any accreditation)	
BG Membership Number:	
MY Leadership Academy:	
Address:	
Parent/Guardian's Number:	Parent/Guardian's Email:
<p>Workshop 1 Please indicate which Intro to... course you would prefer to attend*</p> <p>Intro to Events <input type="checkbox"/></p> <p>Intro to Judging <input type="checkbox"/></p> <p>Workshop 3 Please indicate which workshop you would like to attend *</p> <p>Festival Gymnastics <input type="checkbox"/></p> <p>Adaptability in Gymnastics <input type="checkbox"/></p> <p>* These workshops will be given on a first come first serve basis if you are unsuccessful in your first choice you will be contacted and will be put in your second choice.</p>	
Emergency Contact Information: Primary (required)	
Name:	Relationship:
Tel Number:	Email:
Emergency Contact Information: Secondary	
Name:	Relationship:
Tel Number:	Email:
Important Information	
Please state if you have any medical conditions or if you are currently taking any medication. Please also list any allergies you have medication for. (Please give details below):	
Do you have any dietary requirements or allergies? Yes / No If Yes, please specify:	



<p>Do you consider yourself to have a disability? Yes / No If Yes what is the nature of this disability:</p>	
<p>Do you require any additional support in any of the classroom based or physical sessions? Yes / No If Yes please outline what support you require:</p>	
<p>Have you attended any previous Aspire to Lead Leadership Days? Yes / No</p>	
<p>Payment Enclosed (Cheque payable to British Gymnastics):</p> <p>£35.00* <input type="checkbox"/></p> <p>£30.00* <input type="checkbox"/></p> <p><i>(If you have completed the MY Learning section of the MY Leadership Academy programme, please contact your local CDC to confirm this with the organisers to grant your £5 discount.)</i></p> <p>*Includes lunch</p>	
<p>To be completed by Parent/ Guardian if young person is under 18yrs</p> <p>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.</p> <p>I understand that my child may be asked to complete questionnaires to provide feedback, which will be used to improve future Aspire to Lead courses. Participation in completing questionnaires is voluntary. My child has the right to withdraw their participation at any time. I understand my child must remain at the venue with the tutor/ event organiser for the entire duration of the event and be collected from the venue unless signed consent has been received. This can be agreed at registration.</p>	
<p>Name: (parent/ guardian)</p>	
<p>Signed:</p>	<p>Date:</p>

Please print, complete & send this form by **29th September 2014** with payment to:
London Aspire to Lead, British Gymnastics, Ford Hall,
Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB

Please note: Places on Aspire to Lead are given on a first come, first served basis. Be sure to book early to secure your place on this fantastic development opportunity.





To get to know you better and so we can support you to learn as much as possible during Aspire to Lead, please complete the questions below:

Name:

1. What three words would you use to best describe yourself?

1.	2.	3.
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2. What three words would your coach use to best describe you?

1.	2.	3.
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3. Statements that best suit you, please tick below:

	Most like me	A bit like me	Not like me
I like to take the lead			
I am keen to offer input			
I am self-motivated			
I enjoy meeting people			
I like to be organised			
I consider other people's feelings			
I like being given responsibility			
I like to advise and train others			
I am reliable			
I am easily distracted			
I am shy			
I work well in a team			
I appreciate constructive feedback			

4. Why do you want to attend Aspire to Lead?

5. Please tick if you have heard of, or know of anything about the programmes listed below:

	Know a lot	Know a little	No knowledge
Event Officiating			
Award Scheme Coaching			
MY Leadership Academy			
Proficiency Award Schemes			
MY Club			
GymFit			
GymChallenge			
Intro to... Courses			
I'm In			
Make a Difference			
FreeG			