



Captains Training Day

Supporting the development of Captains of MY Leadership Academies.

12th October 2014

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

Captains Training Day is a regional leadership day aimed at supporting the development of Leadership Academy Captains. The aim of the training day is to encourage Captains to improve their leadership skills, motivate them to become more confident Captains and also gain new knowledge and skills through workshops and discussion groups.

The price to attend the Captains Training day is only £5 and this will provide captains with the opportunity to be involved in a number of great workshops.

Captains Training Day 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 Aims and Objectives of the MY Leadership Academy programme.	10:30 – 11:30
Break	11:30 – 11:45
Workshop 2 Discussion Group – How to keep young leaders engaged	11:45 – 12:45
Lunch	12:45 – 13:45
Workshop 3 Social media – raising your leaders profile	13:45 – 14:45
Break	14:45 – 15:00
Workshop 4 MY Project. What makes a successful project?	15:00 – 16:00
Break	16:00 – 16:15
Discussion Group & Q & A session	16:15 – 17:00



Workshop Descriptions

Workshop Title	Workshop Description
<p>Workshop 1 Aims and Objectives of the MY Leadership Academy programme.</p>	<p>What are the key aims and objectives of the MY Leadership programme? This workshop will explain in detail the 5 topic areas of the programme (MY Learning, MY Project, MY Future, MY Volunteering & MY Development). The workshop will also cover the criteria and opportunities which leaders can access throughout the programme.</p>
<p>Workshop 2 Discussion Group – How to keep your leaders engaged.</p>	<p>This workshop will give you the opportunity to discuss challenges you may have faced in keeping your young leaders engaged. The main objective of the workshop is to collectively find solutions and ideas of ways to keep leaders engaged. On completion of this workshop you will leave feeling confident about retaining Leaders within your Academy and ultimately within the club.</p>
<p>Workshop 3 MY Project – What makes a successful project?</p>	<p>This workshop will focus on the MY Project section of the Leadership Academy programme. The workshop will address the key elements of a project and how a successful project will engage leaders, and have positive and tangible outcomes. During the workshop you will be shown case studies of successful projects and will be given the opportunity to share best practise. By the end of the workshop you will be able to confidently assist your leaders in organising and delivering projects.</p>
<p>Workshop 4 Social media – Raising your leaders profile.</p>	<p>The first part of this workshop will discuss the various types of social media and how to promote the importance of online safety to your leaders. The second part of the workshop will focus on how you can use various social media channels to promote and benefit your Academy and club.</p>

For more information regarding Captains Training, please contact:
Helen Underwood helen.underwood@british-gymnastics.org – 07584515030.



Application Form Captains Training day – London

Name:		D.O.B :	
BG Membership Number:			
MY Leadership Academy:			
Address:			
Contact number:		Contact email address:	
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:			
Do you consider yourself to have a disability? Yes / No If Yes what is the nature of this disability:			
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:			
Payment Enclosed: £5.00*(Cheque payable to British Gymnastics) *Includes lunch.			





To be completed by Parent/ Guardian if Captain is under 18yrs

My child is in good health and I consider him/ her capable of taking part in Captains Training Captains training. 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 Captains Training Day. 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.

I understand that my child may be asked to complete questionnaires to provide feedback, which will be used to improve future Captains training day 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.

Name:

Name of parent/guardian if Captain is under 18:

Signed by parent/guardian if Captain is under 18:

Date:

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

Please note: Places on Captains Training 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 Captains Training, 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. 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			

3. What would you like to gain from the training day?

4. 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			