

British Gymnastics: Club Development and Gymnastics for All day

Sunday 1st March 2015

Harrow School of Gymnastics

186 Christchurch Avenue, Harrow, Middlesex, HA3 5BD

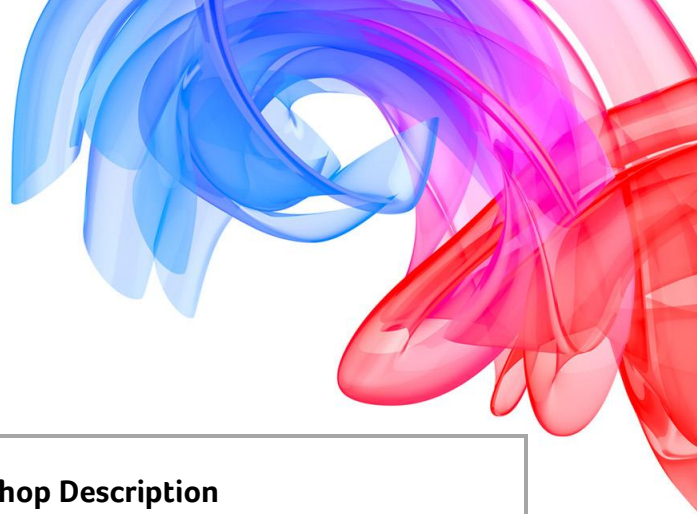
This day will be made up of two sessions; the morning session will focus on Club Development and the afternoon session will look at Gymnastics for All (GFA).

Club Development – This part of the day will focus on club managers, leaders, committee members and admin volunteers within a club (not only coaches) who are responsible for making decisions and day to day management. In particular, the days will focus on clubs who wish to develop and grow, or improve the service they currently offer. The day will aim will be to equip clubs with the business skills, management skills and development ideas to make the running of their clubs more effective and efficient as well as supporting them to get more people participating

Gymnastics for all (GFA) – This part of the day will aim to increase awareness of GFA activities by giving clubs and coaches first-hand experience of the programmes. Coaches will gain an insight into the benefits GFA programme can bring to both their participants and business models. By attending the day coaches will leave feeling confident about introducing and sustaining GFA activities within their club programmes.

Club Development & GFA day Timetable

	Activity	Time	Pre- Requisites
Club Development	Arrival & Registration (Tea & Coffee)	09:00 - 09:15	None
	Club Leaders – Employment Status & PAYE	09:15 – 11:15	None
	Break	10:15 – 11:30	None
	Managing waiting lists and understanding your clubs capacity.	11:30– 12:30	None
	Lunch	12:30 – 13:00	None
Gymnastics for All	Adult Gymnastics	13:00 – 14:30	Minimum of L1
	Break	14:30 – 14:45	None
	FreeG	14:45 – 16:15	Minimum of L1
	Feedback & Depart	16:15– 16:30	None

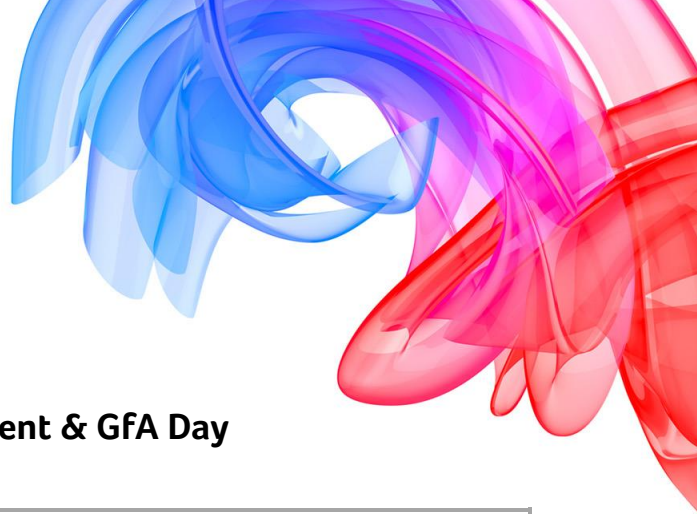


Workshop descriptions

Workshop Title	Workshop Description
Club Development	
Workshop 1 Managing Waiting Lists	Are you struggling for Space, Time or workforce? This session will introduce some ideas as to how to increase your clubs capacity to allow you to grow, reduce the length of waiting lists and increase participation in gymnastics
Workshop 2 PAYE and Employment Status	<p>Tax can be taxing but knowing your obligations is vital to avoid any nasty surprises. This seminar will help you understand more about the main PAYE and Employment status issues affecting sports clubs and put you on track to take the pain out of PAYE.</p> <ul style="list-style-type: none"> • Know your team - Volunteer, Worker or Employee Benefits & Risks of each? • Employment Status - Tests, Guides & Examples • Juggling expenses - Employees, Clubs, Individuals. • Staying out in front - Recent developments (RTI & AE) <p>Suitable for those who want to understand their Club's responsibilities towards the people that work for them.</p>
Gymnastics for All	
Workshop 3 Adult Gymnastics	Have you seen an increase in interest from Adults to take part in gymnastics, but not sure about how to go about setting up session? This workshop will look at how to engage with adults and hints and tips for adapting sessions to suit their needs. You will also learn about the opportunities that are available for adult participants.
Workshop 4 FreeG	FreeG or Freestyle Gymnastics is a new and exciting discipline within gymnastics and is becoming more and more popular, especially with teenage gymnasts. One of the country's best Freestyle Gymnastics coaches, , will give you an insight into FreeG, the skills taught, structuring sessions, and how to successfully incorporate it within your club.

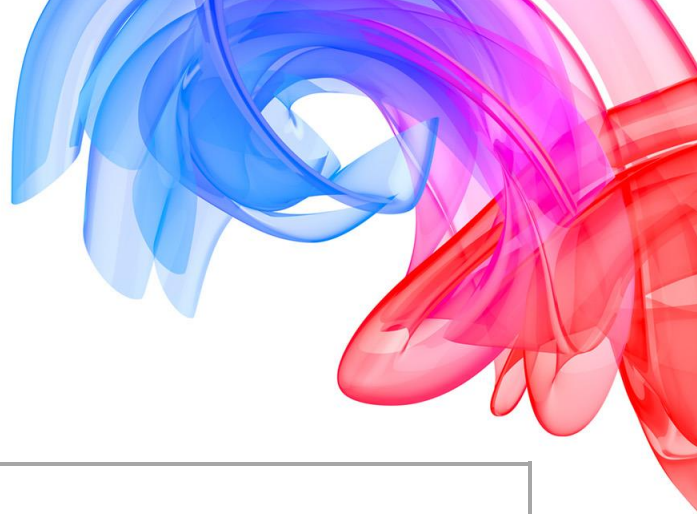
For more information regarding the day please contact:

Helen Underwood: Helen.underwood@british-gymnastics.org – 07584515030



Application Form – London Club Development & GfA Day

Name:		D.O.B:	
BG Membership Number:			
Club Name			
Address for any event correspondence:			
Tel number:		Email:	
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:			



Please tick relevant option:

£10 Club Development - morning session	
£10 GfA – afternoon session	
£20 Club Development & GfA – full day (including lunch)	

(Cheques are payable to British Gymnastics)

Please print, complete, sign & send both parts of the application by 02/02/15 with payment to:
Brenda Thomason, Club Development Days, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB

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

agree that the applicant is in good health and is capable of taking part in this Club Development Day. Applicant has completed the medical details and understands 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 this Club Development 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.

Name:
(applicant or parent/guardian if under 18)

Signed :

Date:

Please print, complete, sign & send both parts of the application by 02./02/15 with payment to:
Brenda Thomason, Club Development Days, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB

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

For more information regarding the day please contact:

Helen Underwood: Helen.underwood@british-gymnastics.org – 07584515030

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