



Club Development Day Workshop

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 important she believes a club’s recreational gymnastics sessions to be for creating champions.</p>

Workshop Session 1	Description
<p>Developing a Business Plan</p> <p><i>Club Leaders</i></p>	<p>It is important that clubs have a Business Plan so they know what they are trying to achieve, and to make sure they are heading towards that goal. This workshop covers what a Business Plan is; why you should have one and what should and shouldn’t be included. Club Leaders, experts in business for sports clubs, provide a simple framework to develop your own; it’s much easier than you think!</p>
<p>Activity and Project Funding</p> <p><i>Leicestershire & Rutland Sport</i></p>	<p>The East Midlands has a range of exciting funding streams available to clubs to help to grow sport and get more people involved. This workshop includes information about how to determine if your club is ‘Fit for Funding’, Project Planning and Key Aspects to Writing a Strong Funding Application. It will give examples of some local funding streams and the application and support process for these.</p>
<p>Getting the most out of your gymnast – fulfilling potential</p> <p><i>Carol-Angela Orchard</i></p>	<p>It is not ‘what’ your gymnast does, but ‘HOW’ which leads to success. Coaching philosophy is the most influential factor on the performance of each gymnast. In this session we discuss how coaches can make a positive impact for a confident, well-rounded, successful performer.</p>

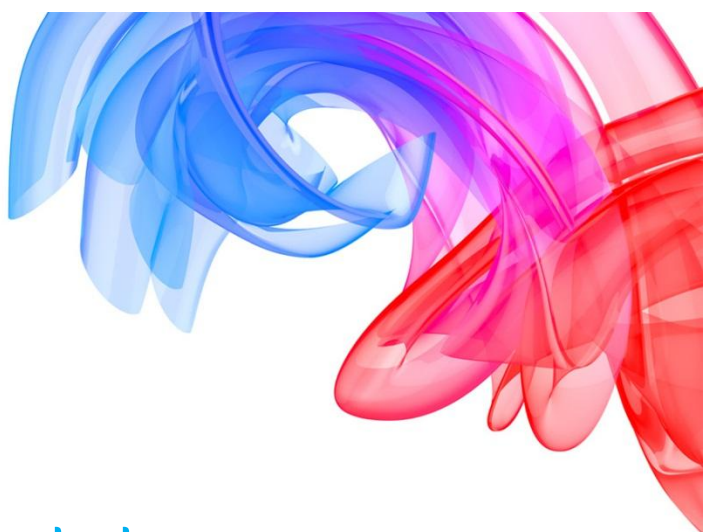
Workshop Session 2	Description
<p>Developing a Marketing Strategy</p> <p><i>Club Leaders</i></p>	<p>It is vital that sports clubs market themselves appropriately to ensure they have the resources they need to be sustainable and successful in the long term. Including: What a marketing strategy should include, internal and external factors to consider, knowing your club’s objectives, how to develop a marketing strategy, communicating what your club has to offer, know your audience, considering different marketing routes, budgeting for a marketing strategy and making sure you follow your marketing strategy.</p>
<p>Customer Services / How to make your club grow</p> <p><i>Simon Evans</i></p>	<p>Retention & Customer Satisfaction - You may have a waiting list at your club, but this does not mean that it isn’t important to retain your current members. Gymnasts and their parents are your club’s main customers, so providing a great customer service will keep them within the club for longer. This workshop will provide delegates with practical and simple approaches that your club could adopt that will help to retain members.</p>
<p>Building your Volunteers</p> <p><i>Katy Perry</i></p>	<p>Are you finding you are spending too much time running your club and not coaching? Would you like to attract more volunteers to help support the operational running of the club? This workshop provides ideas and support to recruit retain and recognise new volunteers and make the best of the skills they have.</p>



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Workshop Session 3	Description
<p>Trampolining for All! Aimed at Trampoline L1+</p> <p><i>Jack Kelly</i></p> <p>Suitable for: All levels</p>	<p>Need ideas to make your trampolining sessions exciting and suitable for even the newest of gymnasts? This workshop will be looking at the introductory levels of the sport but will be emphasising that basics are the start of a pathway which can eventually lead to excellence where the ability, attitude and motivation exist; looking at destinations along the pathway to suit all abilities and levels of commitment.</p>
<p>Beam: The Secret – How to Stay on Under Pressure and Eliminate Fear <i>Carol-Angela Orchard</i></p> <p>Suitable for: All levels</p>	<p>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 FROM BEGINNER TO ELITE to stay on the beam, even under competitive pressure. 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.</p>
<p>An introduction to FreeG <i>Anna King</i></p> <p>Suitable for: All Levels</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, Anna King, will introduce you to FreeG, the skills taught and how to structure a session.</p>
<p>Theory Option 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, with functions including class creator, club messaging, coach vacancy board and downloadable resources.</p>

Workshop Session 4	Description
<p>Trampolining: The Twist is the Easy Bit!</p> <p><i>Jack Kelly</i></p> <p>Suitable for: Trampoline L3+</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, Jack will introduce a range of progressions to develop these skills and keep gymnasts engaged. This workshop is suitable for Level 3 coaches and above.</p>
<p>Making Fitness and Conditioning Fun: GymFit <i>Emma Pilgrim</i></p> <p>Suitable for: All Levels</p>	<p>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.</p>
<p>An Introduction to Aerobics <i>Kathrine Saunders</i></p> <p>Suitable for: All levels</p>	<p>Learn more about the structure of the Aerobics discipline and how the sport can work at any level, at any age - from 3 year olds to senior national squad members. Kathryn will talk about this fast dynamic sport that is exiting and energetic to coach, and to participate in. There are achievable goals and things to work towards for all levels.</p>
<p>Theory Option Club Structures <i>Club Leaders</i></p>	<p>The way a club is legally structured can have a significant impact on club leaders, both on their club and on them personally. Get it right, and a club can be run effectively and may benefit financially. Get it wrong and there could be significant financial and other implications for the club and potentially all of its members.</p>



Club Development Day Workshop

Workshop Session 5	Description
<p>An Introduction to TeamGym</p> <p><i>Stephanie Smith</i></p> <p>Suitable for: All Levels</p>	<p>Attending this workshop will give you an insight into the exciting mass participation discipline that is known as TeamGym. You will be introduced to the three pieces of apparatus that gymnasts perform on; floor, tumble and trampette, and learn about the key competition rules. An explanation on how TeamGym can be adapted for Gymnastics for All activity will be covered, as well as a brief discussion on the Coach Education pathway. Delegates will leave this workshop with the inspiration, knowledge and confidence to introduce TeamGym sessions at their clubs.</p>
<p>Tumbling Connections Made Easy.</p> <p><i>Carol-Angela Orchard</i></p> <p>Suitable for: Level 3+</p>	<p>Acrobatic connections in tumbling are often frightening for gymnasts and coaches alike. In this workshop Carol-Angela Orchard will focus on specific techniques and basic drills that will allow gymnasts to learn quickly and comfortably.</p>
<p>Understanding the British Gymnastics' 'Gymnastics for All' offer.</p> <p><i>Emma Pilgrim</i></p> <p>Suitable for: All Levels</p>	<p>This workshop will cover the GfA strategy and delivery plan and will focus on the programmes and activities that are available to help club grow and retain participants. The session will pay particular attention to MY Club and the new mass participation programme GymChallenge.</p>
<p>Theory Option</p> <p>Disability Gymnastics– creating accessible gymnastics activity</p> <p><i>Patrick Bonner</i></p>	<p>This workshop will help delegates to understand how to fully engage disabled people in their gymnastics programme. The interactive workshop will cover; terminology, understanding legal responsibility, marketing to disabled people & the art of adapting gymnastics skills and activity to meet the needs of disabled people.</p>



Club Development Day Booking Form

Development Day Venue:
Clyde Williams Building
Loughborough University
Loughborough
Leicestershire
LE11 3TU

Sunday 23rd February 2014

Arrive: 8.30am-9.00am
Welcome Speech: 9.00am-9:30am
Workshops 1 to workshop 2: 9.30am-12.30pm
Lunch: 12.30pm-1.00pm
Workshops 3 to Workshop 4: 1.00pm – 3.35pm
Break: 3.35pm to 3.45pm
Workshop 5: 3.45pm - 5.00pm
Depart: 5.00pm – 5.15pm

Please complete & return this form with payment (Cheques payable to 'British Gymnastics') by 6th January 2014 to:

- ✉ Hazel Colton, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB
✉ hazel.colton@british-gymnastics.org
☎ 07827 303 967

Individual Day Ticket: Sunday 23 rd February 2014	<input type="checkbox"/>	£40.00
Group Offer: 5 places for the price of 4 *All 5 places must be booked at the same time from members of the same club	<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 30 th August 2013	<input type="checkbox"/>	** £25.00

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: 9.35am - 10.55am				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Developing Your business Plan	Club Leaders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Project and Activity Funding	Leicestershire & Rutland Sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting the most out of your gymnast – fulfilling potential	Carol Angela Orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workshop Session 2: 11.05am-12.25pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Developing a Marketing Strategy	Club Leaders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Customer services/How to make your club grow	Simon Evans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Building your volunteers	Katy Perry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Club Development Day Booking Form

Workshop Session 3: 1.00pm-2.15pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Trampolining for All!	Jack Kelly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beam: The Secret – How to Stay on Under Pressure and Eliminate Fear	Carol-Angela Orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An Introduction to FreeG	Anna King	<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"/>

Workshop Session 4: 2.20pm-3.35pm				
	Tutor	1 st Choice	2 nd Choice	3 rd Choice
Trampolining: The Twist is the Easy Bit!	Jack Kelly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making Fitness and Conditioning Fun: GymFit	Emma Pilgrim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An introduction to Aerobics	Katherine Saunders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Club Structures	Club Leaders	<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
An Introduction to TeamGym	Stephanie Smith	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tumbling Connections Made Easy	Carol-Angela Orchard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding the 'Gymnastics for All' offer.	Emma Pilgrim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disability gymnastics	Patrick Bonner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Spaces on some workshops will be limited, so please book early to avoid disappointment.



Club Development Day Booking Form

CANDIDATE INFORMATION

Forename: Surname:

Address:

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Postcode:

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

Email address:

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 during an emergency whilst you are on the course:

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Specific conditions that need special adaptation to assist you on this course:

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Dietary requirements:

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I consider that I am physically fit and healthy and consider myself capable of taking part in the course.
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 **6th January 2014** to:

☒ Hazel Colton, British Gymnastics, Ford Hall, LNSC, Newport, Shropshire, TF10 9NB