

Aspire to Lead Event Information and Application Form

Aspire to Lead is a regional Leadership day to support the development of Young Leaders following the MY Leadership Academy programme. It encourages leaders improve their leadership skills, motivates them to become better leaders, and gives them new skills and knowledge to take back to their clubs.

This Aspire to Lead event in the East is open to all Leadership Academy members aged 11+ and will be a fun day for all to take part in a range of workshops. The event will take place at Bury Spectrum Gymnastics Club, from 9am- 5:30pm (Bury Spectrum Gymnastics Club, Unit 5, 1 Northern Way, Bury St Edmunds, Suffolk, IP32 6NH.)The price for the day is £25. This is a great price for the day as leaders will complete one certified 1st for sport 'Intro To' qualification (usual cost £25 for the course alone!). However the price for the day also includes a free lunch, refreshments throughout the day, certificate of attendance and a goodie bag to take home! This special event is a great opportunity for all young leaders to learn new skills and enjoy a fun packed day full of new activities!

Workshop Title	Workshop Description
Arrival 9:00am-9:15am	Refreshments will be served upon arrival including tea, coffee and soft drinks.
Introductions 9:15am-9:30am	Leaders will be introduced to British Gymnastics staff and welcomed to the Aspire to Lead event!
Workshop 1 9:30am-10:00am Warm up Games	This workshop will introduce attendees to new and fun warm up games, teaching leaders about the purpose and benefits of a good warm up. By the end of this workshop, leaders will be able to introduce new and fun warm up games into their clubs and sessions, as well as being equipped with ideas of how implement these new warm up games.
Workshop 2 10:00am-11:00am GymFit	Want to improve Strength and Conditioning? GymFit can help you. Using the supporting work cards, giving you options of a whole range of exercises at different levels discover for yourself how it works and how you can use it in your club.
Workshop 3 11:00am-12:00pm Dragons Den	This session gives the attendees the opportunity to develop and plan a project, through communication, team work and leadership skills. During the workshop attendees will produce and develop a project idea in the format of a poster presentation using materials provided. The project is aimed to benefit their club and be presented to a group of peers. The theme for the presentation is ideally targeted towards fund raising for the club which the attendees are potentially involved in. The group with the best thought through, well presented and creative idea will win a prize.
Lunch 12:00pm-12:30pm	Leaders will be provided with lunch, inclusive of a range of sandwiches, crisps, fruit and biscuits.

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Workshop 4 12:30pm-3:30pm Option 1 Intro to Volunteering	Intro to Volunteering. This module is one of four that makes up the Gymnastics Leaders' intro to courses. British Gymnastics have worked with members of the Gymnastics Leadership Academy to design this programme which aims to introduce Young Leaders like you to the exciting volunteering roles within our sport. The content is designed to be informative, thought provoking and enable you, on completion, to have a better understanding of gymnastic volunteering and the opportunities it offers. If you complete all four modules, all the assessments and the associated volunteering activities, you are eligible to be certificated for the 1st4sport Level 2 Award in Leadership through Gymnastics
Option 2 Intro to Coaching	Intro to Coaching. This module is one of four that make up the Gymnastics Leaders' intro to courses. British Gymnastics have worked with members of the Gymnastics Leadership Academy to design this programme which aims to introduce Young Leaders like you to everything you need to know to start you on your journey as you develop as a coach within our sport. The content is designed to be informative, thought provoking and enable you, on completion, to have a better understanding of gymnastic coaching and the roles and responsibilities of being a coach. If you complete all four modules, all the assessments and the associated volunteering activities, you are eligible to be certificated for the 1st4sport Level 2 Award in Leadership through Gymnastics
Workshop 5 3:30pm- 5:00pm GymChallenge	Discover the new programme that is great for everyone who takes part in gymnastics. GymChallenge forms part of the BG Gymnastics for All offer. It is challenge based and is open to all. Your chance to challenge yourself and your team, can you beat your score? A great cross club activity for your help organise at your club.
Awards and Depart 5:00pm-5:30pm	All delegates will receive a certificate of attendance, goodie bag and a GymChallenge certificate. A prize for the best Dragons Den project will also be awarded.

N.B:

- Please retain a copy of your workshop selections for your information
- If your preferred selection for Intro to Courses is oversubscribed you will be automatically placed onto the other course option.
- For more information please contact Jessica Spragg Club Development Co-ordinator. Email: jessica.spragg@british-gymnastics.org Tel: 07825 384879

Don't miss out, book your place now.
Closing date 8th October 2013, first come first served!



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Name:		D.O.B: (must be 11 on 10th Nov)	
Name: (as you would like it to appear on your accreditation)			
BG membership number:			
Address:			
Parents/guardians number:		Parents/guardians email:	
MY Leadership academy:			
Please indicate which Intro to Course you would prefer to attend on the day (please only select one, descriptions found above)		Intro to Coaching <input type="checkbox"/>	Intro to Volunteering <input type="checkbox"/>
Emergency Contact Information: Primary (required)			
Name:		Relationship:	
Tel number:		Email:	
Emergency Contact Information: Secondary			
Name:		Relationship:	
Tel number:		Email:	
Payment enclosed: <input type="checkbox"/> £25.00 Cheque payable to British Gymnastics			
Important information required			
Please state if you have any medical conditions or if you are currently taking any medication. Please also list any allergies you have to medication.(Please give details below): <div style="border-bottom: 1px dashed black; height: 20px; margin-top: 5px;"></div> <div style="border-bottom: 1px dashed black; height: 20px; margin-top: 5px;"></div>			
Please provide details of your doctor: Doctors name: _____ Tel number: _____			
Do you have any special dietary requirements or allergies? Yes / No (<i>food will be provided</i>) If yes, please specify: _____ <div style="border-bottom: 1px dashed black; height: 20px; margin-top: 5px;"></div>			
Do you consider yourself to have a disability? Yes / No If Yes what is the nature of this disability _____ <div style="border-bottom: 1px dashed black; height: 20px; margin-top: 5px;"></div>			
Do you require any additional support in any of the classroom based or physical session? Yes/ No If yes please outline what support you require _____ <div style="border-bottom: 1px dashed black; height: 20px; margin-top: 5px;"></div>			
<p><i>To be completed by Parent/ Guardian</i></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.</p> <p>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>			
Name: (parent /guardian)			
Signed:		Date:	

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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 3 words would you use to best describe yourself?

1	2	3
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2. What 3 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. What are you hoping to learn from attending Aspire to Lead?

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

	Know a lot	Know a little	No knowledge
Event Officiating			
Award Scheme Coaching			
My Leadership Academy			
Proficiency Award schemes			
My Club			
Gym Fit			
Gym Challenge			
Intro to Courses			
Disability awareness			

Please note: Aspire to Lead is in high demand; places are given on first come first served basis. Please return your application with payment as soon as possible. Closing date: **8th October 2013**. All forms must be returned to: **Jessica Spragg, Aspire to Lead East, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Telford, Shropshire. TF10 9NB**