



# Aspire to Lead

Supporting the development of members of MY Leadership Academies

Sunday 12<sup>th</sup> October 2014

City of Bristol Gymnastics Club

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 Gold level accredited in your log book the price will be £30. This is a fantastic price for the Leaders to be involved in a number of great sessions.

## Aspire to Lead Timetable- 12<sup>th</sup> October 2014

|   |               |
|---|---------------|
| Arrival   | 9:00 – 9:15   |
| Welcome Address<br>Hear from South West Area Manager, Katie Irwin with her insights into volunteering in the South West | 9:15 – 9.30   |
| Ice Breaker   | 9.30 - 9.45   |
| Workshop One - Let GymFit, fit into your club   | 10:45 – 10.45 |
| Break   |               |
| Workshop Two - 1 <sup>st</sup> Aid- St John Ambulance Certified Course  | 11.00 – 13:00 |
| Lunch   |               |
| Workshop Three- Customer Service, More than a Sport   | 13:30 -15:00  |
| Break   |               |
| Workshop Four- Stand and deliver  | 15:10 – 16:00 |
| Workshop Five - New challenges – Game on  | 16:00 - 17:00 |
| Feedback Session  | 17:00 -17:15  |



## Workshop Descriptions


| Workshop Title  | Workshop Description   |
|---|--|
| <p><b>Workshop 1</b><br/>Let GymFit, fit into your club</p> <p>Dom Elsom</p>          | <p>This practical workshop will look at GymFit and how this new programme is so versatile it can fit into your own club. Ideas and delivery methods will be tested and tried to bring together new concepts for you to work with.</p>  |
| <p><b>Workshop 2</b><br/>1<sup>st</sup> Aid</p> <p>St John Ambulance</p>              | <p>As the nation's leading first aid charity, St John Ambulance believes that every young person should have the chance to learn vital lifesaving skills. The trainers will deliver dynamic, practical, fun and interactive first aid training, and will provide leaders with the knowledge and confidence to be the difference between a life lost and a life saved. A certificate will accompany this course.</p>                                |
| <p><b>Workshop 3</b><br/>Customer Service, more than a sport</p> <p>Simon Evans</p>   | <p>The session will give delegates the opportunity to develop their knowledge and understanding of the principles and benefits of providing good customer service and the impact that this can have on a club.</p> <p>The session will give you a better understanding of the characteristics you will need to use when communicating with different types of people and teach you some of the soft skills that support good customer service.</p> |
| <p><b>Workshop 4</b><br/>Stand and deliver</p> <p>Helen Barnett-Moore</p>             | <p>Many leaders will come from different gymnastic disciplines and clubs which in turn offers them a great opportunity to network and find out more about the Gymnastics society around them. This workshop will allow leaders to share information and advertise different disciplines and activities in a fun mock media set up.</p>   |
| <p><b>Workshop 5</b><br/>New Challenges- Game on</p> <p>Gymnastics Advisory Panel</p> | <p>GymChallenge has been widely used over the country in clubs and schools since its release in April. The success of the programme has led to offering even more activities. The practical workshop will let leaders trial and test themselves against the new challenges and rank themselves on the leader board against the other leaders.</p>  |

For more information regarding Aspire to Lead, please contact Helen Barnett-Moore  
[Helen.barnett-moore@british-gymnastics.org](mailto:Helen.barnett-moore@british-gymnastics.org)





## Application Form

|   |  |   |
|---|--|---|
| Name:   |  | D.O.B<br>(Must be 11 on 12 <sup>th</sup> October 2014)                                |
| Name:<br>(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:  |
| 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? <b>Yes / No</b><br>If Yes, please specify:   |  |   |
| Do you consider yourself to have a disability? <b>Yes / No</b><br>If Yes what is the nature of this disability:   |  |   |
| Do you require any additional support in any of the classroom based or physical sessions? <b>Yes / No</b><br>If Yes please outline what support you require:                        |  |   |
| Have you attended any previous Aspire to Lead Leadership Days? <b>Yes / No</b>  |  |   |
| Payment Enclosed: £35.00 (Cheque payable to British Gymnastics)<br>£30.00 Gold Accredited (Cheque payable to British Gymnastics)  |  |  |



***To be completed by Parent/ Guardian if young person is under 18yrs***

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.

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.

Name: (parent/ guardian)

Signed:

Date:

Please print, complete & send both forms **by 14 September 2014** with payment to:  
Brenda Thomason, 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. |
|----|----|----|

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

|    |    |    |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

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                     |            |               |              |