



# Gymnastics for All Day

12<sup>th</sup> October 2014

City of Bristol Gymnastics Club, Hartcliffe, Bristol. BS13 0RF

Gymnastics for All (GfA) brings together gymnasts of all ages, abilities and genders to enjoy the diverse range of physical activities that gymnastics has to offer. The focus of GfA is fun, fitness, friendship and fundamentals with the vision of 'more opportunities for more people'. This event will demonstrate how introducing GfA activities to clubs will increase retention of participants; keeping them engaged for longer. Clubs can then develop these retained gymnasts into their future workforce.

This event hopes to offer you the confidence and enthusiasm with the relevant support and resources to deliver quality GfA sessions and an awareness of how to access GfA resources to develop your programmes

The price to attend this Gymnastics for All Day is £35.

**Gymnastics for All Day Timetable- 12<sup>th</sup> October 2014**

Arrival	9:00 – 9:15
Workshop One : Introduction to GfA	9:15 – 9:30
Certified Course part A: Showtime Choreography	9:30 – 12:15
Lunch	
Certified Course part B: Showtime Choreography	12:45 – 16:30
Workshop Two: GfA Exit Routes	16:30 – 17:00

Tutors will advise times for breaks, there are two breaks planned as well as a lunch break

Please be advised the normal cost of this GfA Add-on module is approx. £65-£100. This course has been heavily subsidised by British Gymnastics to support clubs with the development of festival and display opportunities across the region, including attendance to GymFusion, local galas and festivals and other gymnastics for all opportunities such as Team Gym.

For more information regarding this Gymnastics for All Day, please contact Christine O'Hagan, 07739512208, [christine.o'hagan@british-gymnastics.org](mailto:christine.o'hagan@british-gymnastics.org)



## Workshop Descriptions

Workshop Title	Workshop Description
<p><b>Workshop 1</b> Introduction to GfA</p> <p>Christine O'Hagan British Gymnastics</p>	<p>Exploring the world of GfA, topics covered include; discussing what it is, how it fits in the local area, activities suitable for teenagers, festivals and displays and competition opportunities under the Gymnastics for All umbrella.</p>
<p><b>Workshop 2</b> Showtime Choreography Certified Course</p> <p>Alison Wain GfA Add-on Module Tutor</p>	<p>This module will help you to get the very best from your display group through focusing on dance styles, Laban movement, expression, key dance steps and creative choreography.</p> <p>Will cover the following:</p> <ul style="list-style-type: none"> <li>• To develop a deeper understanding of the display genre</li> <li>• To be able to use a variety of choreography styles with your gymnasts</li> <li>• To incorporate shape, patterns, costumes, apparatus and music to produce a themed and visually fun routine</li> <li>• To gain a greater level of confidence when choreographing group routines</li> </ul> <p>The tutor has advised that the workshop will have some degree of practical involvement and asks that you dress accordingly. This is a British Gymnastics endorsed qualification and all delegates will receive an approved certificate upon completion. There is no modular examination and this is an add-on to your existing gymnastics qualifications.</p> <p>British Gymnastics advise that all skills taught will be covered under your British Gymnastics insurance providing you have valid membership at the time of booking and throughout the course.</p>
<p><b>Workshop 3</b> GfA Exit Routes</p> <p>Christine O'Hagan British Gymnastics</p>	<p>Presentation linked to making best use of the Showtime Choreography Add-on and how to implement this within your club environment. Discussions will be had around BG products and programmes that link to the module and the opportunities to link to funding and local initiatives to support this further.</p>



## Application Form

Name:		D.O.B:	
Name: (As you would like it to appear on any accreditation)			
BG Membership Number:			
Club:			
Address:			
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? <b>Yes / No</b> If Yes, please specify:			
Do you consider yourself to have a disability? <b>Yes / No</b> 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> If Yes please outline what support you require:			
Have you attended any previous Gymnastics for All Days or Conferences? <b>Yes / No</b>			
Payment Enclosed: £35.00 (Cheque payable to British Gymnastics)			<input type="checkbox"/>
Please print, complete, sign & send <b>by 14<sup>th</sup> September</b> with payment to: Brenda Thomason, Gymnastics for All Days, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB			



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

I agree that the applicant is in good health and is capable of taking part in this Gymnastics for All 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 Gymnastics for All 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 U18)

Signed:

Date:

Please print, complete, sign & send both parts of the form **by 14<sup>th</sup> September** with payment to:  
Brenda Thomason, Gymnastics for All Days, British Gymnastics, Ford Hall,  
Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB

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