



Aspire to Lead
Sunday 9th March 2014

Please complete & return this form by **Friday 21st February 2014** to:

✉ Liz Hawker, C/O Natasha Lovett, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Telford, Shropshire, TF10 9NB

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<p>The Conference is being held at: Wood Green Academy Wood Green Road Wednesbury WS10 9QU</p> <p>Cost (-Includes lunch-): £30 per delegate</p>	<p>Schedule</p> <table> <tr><td>Registration:</td><td>8.30 – 8.45am</td></tr> <tr><td>Key note speech</td><td>8.45 – 9.15am</td></tr> <tr><td>Workshop 1</td><td>9.15 – 12.30pm</td></tr> <tr><td>Disability display</td><td>12.45 – 1.15pm</td></tr> <tr><td>Lunch</td><td>1.15 – 1.45pm</td></tr> <tr><td>Workshop 2</td><td>2 – 3.30pm</td></tr> <tr><td>Workshop 3</td><td>3.45 – 5.15pm</td></tr> <tr><td>Depart:</td><td>5.15pm</td></tr> </table>	Registration:	8.30 – 8.45am	Key note speech	8.45 – 9.15am	Workshop 1	9.15 – 12.30pm	Disability display	12.45 – 1.15pm	Lunch	1.15 – 1.45pm	Workshop 2	2 – 3.30pm	Workshop 3	3.45 – 5.15pm	Depart:	5.15pm
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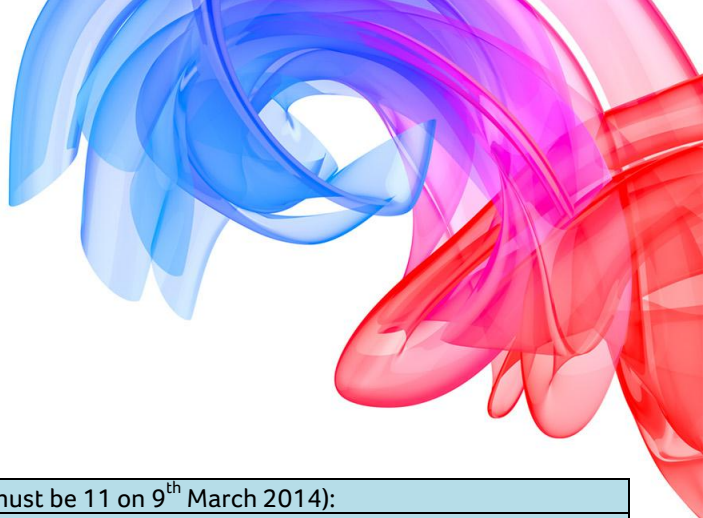
- BG members linked to a MY Leadership Academy only aged 11 – 16. Parental consent must be obtained.
- The sessions are practical workshops so please come dressed appropriately.

Workshop Session	Description
Workshop 1 - Introduction to Volunteering course	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.
Workshop 2 and 3 – An Introduction to GymChallenge and GymFit	Gym Challenge: A programme focussed on the 11+ age group in the form of a mass participant team competition, which is multidisciplinary and open to all. Each challenge is categorised into difficulty levels, 1-3. The practical session will introduce you to a series of the challenges. You will cover how to organise and deliver the event including how to score each challenge. GymFit: A programme focussed on the 12+ age group which aims to improve general fitness and physical condition via a series of strength and conditioning exercises which are split into upper body, lower body, core and cardiovascular activities. These activities are categorised into beginners, intermediate and advanced work cards. This practical session will provide ideas on how to deliver GymFit sessions in various formats.

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Place of Registration England. VAT Registration No 100166672



West Midlands Booking Form

Name:	DOB (must be 11 on 9 th March 2014):
Name: (as you would like it to appear on your accreditation)	
BG Membership number:	
Address:	
Parent/ Guardian's number:	Parent/ Guardian's email:
My Leadership Academy:	
Emergency Contact Information: Primary (required)	
Name:	Relationship:
Tel number:	Email:
Emergency Contact Information: Secondary	
Name:	Relationship:
Tel number:	Email:
Payment enclosed: <input type="checkbox"/> £30.00 (cheques made 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):	
Please provide details of your doctor: Doctors name:_____ Tel number:_____	
Do you have any special dietary requirements or allergies? Yes / No (<i>hot food will be provided</i>) If yes, please specify:	
Do you consider yourself to have a disability? Yes / No If Yes what is the nature of this disability and do you require support in any of the workshops Yes/ No	
<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: