



Aspire to Lead

Supporting the development of members of MY Leadership Academies

Sunday 28th September 2014

Mickleover Gymnastics Club, Unit A1 & A2, Amberley Drive, Derby, DE24 9RE

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. This is a fantastic price for the Leaders to be involved in a number of great sessions. Furthermore, Young Leaders who have achieved the Gold section of MY Learning will receive a £5 discount (please contact Charlie Hayes, details below, for more information).

Aspire to Lead Timetable

Arrival		09:00 – 09:30
Welcome & Team Building		09:30 – 10:00
Option 1 (part 1): Intro to... Coaching	Option 2 (part 1): Intro to... Judging	10:00 – 11:30
GymFit		11:30 – 12:15
Lunch (<i>provided</i>)		12:15 – 13:00
Option 1 (part 2): Intro to... Coaching	Option 2 (part 2): Intro to... Judging	13:00 – 14:30
Festival Gymnastics		14:30 – 16:00
Break		16:00 – 16:30
GymChallenge		16:30 – 18:00
Closing Speech and Depart		18:00 – 18:15






Workshop Title	Workshop Description	
<p>Workshop 1 Choice of...</p>	<p>Intro to... Coaching</p> <p>Designed as the very first coaching qualification, this module will teach you about the responsibilities and qualities of a coach, safety in the gym, progressions and basic skills. You will leave the course as a coaching “helper”, able to run warm ups, cool downs and side stations under supervision from the coach in charge.</p>	<p>Intro to... Judging</p> <p>This module is the first step on the judging ladder. Learn about the role of a judge and the principles of judging, whatever the discipline. At the end of the course, you should be able to differentiate between basic skills, spot common errors and evaluate skills, sequences and routines in low level competitions and events.</p>
<p>Workshop 2 GymFit</p>	<p>GymFit, one of BG’s Gymnastics for All programmes, aims to keep teenagers engaged with strength and conditioning work cards, session plans and user guides. Give it a go yourself!</p>	
<p>Workshop 3 Festival Gymnastics</p>	<p>Display Gymnastics is a great way to dance, socialise and showcase your gymnastics skills! In this workshop, you will learn all about Local Festivals & GymFusion; you will also be given the opportunity to create and demonstrate your own routines!</p>	
<p>Workshop 4 GymChallenge</p>	<p>Test your fitness in BG’s fun and challenging multi-disciplinary competition; suitable for everyone, regardless of ability. Find out about the GymChallenge programme, how it can be used within your club, and compete against other teams at the same time!</p>	

For more information regarding Aspire to Lead, please contact Charlie Hayes:

 charlie.hayes@british-gymnastics.org

 07584517635





Application Form

Name:		D.O.B (Must be aged 11 or over on 28 th September '14)	
Name: (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:	
Please indicate which Intro to... course you would prefer to attend	Intro to... Coaching	<input type="checkbox"/>	
	Intro to... Judging	<input type="checkbox"/>	
Please indicate any Intro to... courses you have already attended	Intro to... Coaching	<input type="checkbox"/>	
	Intro to... Judging	<input type="checkbox"/>	
	Intro to... Volunteering	<input type="checkbox"/>	
	Intro to... Events	<input type="checkbox"/>	
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? Yes/No If Yes, please specify:			
Do you consider yourself to have a disability? Yes/No If Yes what is the nature of this disability:			



Do you require any additional support in any of the classroom based or physical sessions? Yes/No If Yes please outline what support you require:	
Have you attended any previous Aspire to Lead Leadership Days? Yes/No	
Payment Enclosed: (Cheque payable to British Gymnastics)	
£35.00 <input type="checkbox"/>	£30 (if completed Gold MY Learning) <input type="checkbox"/>
Workshops will include practical activity, please note here if you wish to take a non-active role:	
<p><i>To be completed by Parent/Guardian if young person is under 18yrs</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> <p>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.</p> <p>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.</p>	
Name: (parent/ guardian)	
Signed:	Date:

Please print, complete & send this form **by Friday 29th August** with payment to:

Charlie Hayes, East Midlands 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.
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2. What three 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. Why do you want to attend Aspire to Lead?

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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			