

# Gymnastics for All Day 2014

## East Midlands

Sunday 28<sup>th</sup> September 2014

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

£15 per delegate

11.30-12.00	<b>Arrival &amp; Welcome</b>	
12.00-13.00	<b>Introduction to Gymnastics for All (GfA)</b>	
13.00-14.30	<p><b>Option 1a: MY Club &amp; Adult Gymnastics</b> MY Club is one of BG's GfA programmes and is a great way to help clubs to keep teenagers participating in the sport. Learn about the MY Club programme and how to implement it within your clubs. And, with the BBC Tumble programme coming soon learn more about the activities involved and how these can attract adults to your club sessions. Learn how to structure an adult class, and which BG programmes can help you plan your sessions.</p>	<p><b>Option 1b: Festival Gymnastics</b> Display Gymnastics can be a great way to keep teenagers involved, giving them something to work towards. This workshop will provide a practical introduction to local festivals and GymFusion, with tips and tricks for choreographing group routines. The session will be practical and suitable for everyone whether you have attended a festival or not.</p>
14.30-16.00	<p><b>Option 2a: Bounce!</b> Part of GymFit, British Gymnastics is soon to launch Bounce; a fun fitness workout on the trampoline. Use Bounce to get even more people participating within your club, or to make your teen sessions really engaging. Find out what will be included, how to structure a session and how your club can get involved.</p>	<p><b>Option 2b: GymFit</b> GymFit is one of BG's GfA programmes; a fun and social way for teenagers and adults to get fit through gymnastics. Everything you need to run a GymFit session is available for free on GymNet. This practical workshop will give you exciting ideas for running sessions whether you have already run GymFit classes or want to start something new.</p>
16.00-16.30	<b>Break</b>	
16.30-18.00	<b>GymChallenge</b>	
	<p>Take part in BG's new gymnastics competition with a twist. Suitable for all levels of fitness, compete with your team to score points in a number of challenges, based on a range of gymnastics disciplines. The GymChallenge work cards are available on GymNet for free; find out how you can incorporate them into your club as a family fun day or end of term event.</p>	
18.00-18.15	<b>Closing Speech &amp; Depart</b>	

# GfA Day 2014

## Booking Form



Please complete & return this form with payment, by Friday 29<sup>th</sup> August 2014 to:

✉ Charlie Hayes, East Midlands GfA Day, British Gymnastics, Ford Hall, LNSC, Newport, Shropshire, TF10 9NB  
✉ charlie.hayes@british-gymnastics.org  
☎ 07584 517635

### Personal details:

Full Name:	Club:
Address:	Email Address:
	Contact Number:
Postcode:	Date of Birth:
BG Number:	Membership Level: Bronze / Silver/ Gold
Please circle: No qualifications / Core Proficiency Coach / Level 1 Coach / Level 2 Coach / Level 3+ Coach	

### For each session below, please tick your first choice workshop.

Please Note: In unforeseen circumstances it may be necessary to substitute a workshop. Depending on level of demand, coaches may be moved onto an alternative workshop. All sessions are practical and will be held in the gym.

Workshop 1:	MY Club & Adult Gymnastics	<input type="checkbox"/>	Festival Gymnastics	<input type="checkbox"/>
Workshop 2:	Bounce!	<input type="checkbox"/>	GymFit	<input type="checkbox"/>
Workshop 3:	GymChallenge	If you do <i>not</i> wish to take part in the GymChallenge competition and would like a non-active/ scoring role, please tick here:		<input type="checkbox"/>

### Emergency contact details:

Name:	Phone Number:
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### Any additional / dietary needs

Additional needs:	Dietary Requirements:
<input type="checkbox"/> I confirm that I am physically fit and healthy, and consider myself capable of taking part in this event. I confirm I have sought medical advice if appropriate.	

Signature:	Date:
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