



West Midlands Club Conference

Sunday 9th March 2014 8.30am – 5.15pm

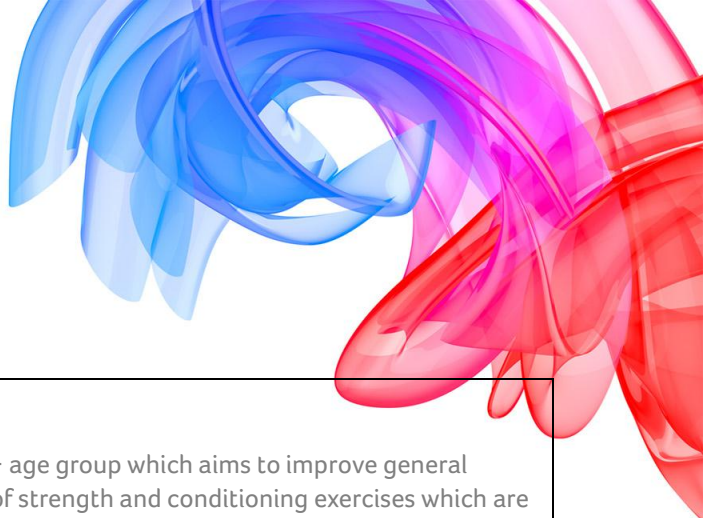
<p>The Club Conference is being held at: Wood Green Academy Wood Green Road Wednesbury WS10 9QU</p> <p>Cost (-Includes lunch-): EARLY BIRD OFFER - £25 per delegate Ends Friday 31st January 2014</p> <p>Individual Day Ticket - £30 per delegate (1st February – 21st February 2014)</p> <p>Individual Day Ticket - £50 including Time to Listen</p> <p>Group Offer - £90 for 4 delegates – 4 for the price of 3 (£30 saving!)</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 – 10.45am</td></tr> <tr><td>Workshop 2</td><td>11 – 12.30pm</td></tr> <tr><td>Disability display</td><td>12.45 – 1.15pm</td></tr> <tr><td>Lunch and networking</td><td>1.15 – 1.45pm</td></tr> <tr><td>Workshop 3</td><td>2 – 3.30pm</td></tr> <tr><td>Workshop 4</td><td>3.45 – 5.15pm</td></tr> <tr><td>Conclusion and depart</td><td>5.15pm</td></tr> </table>	Registration:	8.30 – 8.45am	Key note speech	8.45 – 9.15am	Workshop 1	9.15 – 10.45am	Workshop 2	11 – 12.30pm	Disability display	12.45 – 1.15pm	Lunch and networking	1.15 – 1.45pm	Workshop 3	2 – 3.30pm	Workshop 4	3.45 – 5.15pm	Conclusion and depart	5.15pm
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<ul style="list-style-type: none"> • BG members only aged 14 years and over (parental consent must be obtained if under 18 years of age). • The sessions are practical workshops so please come dressed appropriately. 																			

Workshop Session	Description
Sports club business support	Classroom-based, theory sessions offering clubs sports specific business training and support to those involved in the day-to-day running of community sport, helping to create a robust, economically sustainable and enterprising club network. Workshops will include developing a business plan, understanding your club's finances and developing a marketing strategy. These workshops are a part of the Sport England Club Leaders programme and clubs can register for online workshop, seminar and mentor support for FREE. Perkins Slade will also be running a workshop around the cost of claims and managing risk.
An introduction to TeamGym	A mixture of theory and practical introducing the concept of TeamGym and the apparatus involved. You will be given the opportunity to try out the floor, vault and tumble sections of TeamGym for yourselves.
An Introduction to FreeG	A practical workshop introducing ideas on how to include FreeG into your club sessions. Basic moves will be demonstrated and you will be given the opportunity to ask any questions around FreeG and have a go yourself, if you wish.
GfA promotion – GymFit, GymChallenge, MY Club	MY Club: A programme primarily targeted at 13-17 year olds. It is essentially a 'club within a club' which is accessible to teenagers of any level of performance, any discipline and can take place in any facility. It aims to give ownership to participants and is about fun, friendship and forming social ties as well as training and learning to control their own development. This short classroom-based session will increase your knowledge of the new programme, how your club could benefit and the resources available to BG registered

Registered Office
Ford Hall, Lilleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T. 0845 1297129 F. 0845 1249089
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Gymnastics Enterprises Limited, Registration No 2646569, VAT Registration No 594059506
Company limited by Guarantee Registration No 1630001
Place of Registration England. VAT Registration No 100166672



	<p>clubs.</p> <p>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 1 hour practical session will provide ideas on how to deliver GymFit sessions in various formats.</p> <p>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 1 hour 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.</p> <p>Games and Fitness: A 1 hour practical session to be delivered by Paul Hall emphasising the importance of games and fitness to keep gymnasts motivated and to form the foundation for development of more structured, skill based learning. http://www.british-gymnastics.org/news-and-events/news/latest-news/3116-paul-hall-keeping-your-gymnasts-motivated</p>
Aerobic promotion	A practical workshop introducing the discipline of Aerobic Gymnastics and how this discipline could be of benefit to your club. Basic moves will be demonstrated and you will be given the opportunity to ask any questions around Aerobic Gymnastics and have a go yourself, if you wish.
Get Back into Coaching workshops	Two refresher workshops, a mixture of theory and practical, requested by coaches identified through the 'Get Back into Coaching' project. The workshops will include floor activities, vault, warm-up ideas, planning sessions and award schemes. There will also be an opportunity for these coaches to sit down with a British Gymnastics member of staff who will help the coach create links with clubs who require additional coaches in order to help them cater for the demand and therefore help them to expand.
Disability awareness	A display and question and answer session by Spartac - the first North West I'M IN Disability Gymnastics Hub Club. Spartac, a leading Disability Gymnastics Club, tour Europe throughout the year taking part in various festivals and minestraedas including GymFusion (British Gymnastics National Festivals Programme). This will be an opportunity for the club to show you the routines they've been performing and for delegates to ask questions about their experiences and how best to integrate disability activity into club sessions.
Connecting with Members: Making the most of GymNet	British Gymnastics' GymNet portal has been redesigned to provide clubs with a range of helpful tools that couldn't be easier to use. Learn how to make the most of GymNet, with functions including class creator, club messaging, coach vacancy board and downloadable resources.
TIME TO LISTEN	There will also be a Time to Listen workshop running alongside the Club Conference from 2-5pm. <u>The pre-requisite to this course is a current Safeguarding and Protecting Children certificate recognised by BG. A copy of your certificate will be requested prior to the course which must be current – within the last 3 years on the course date.</u> Please complete separate booking form and return with payment to jae.chambers-dowsing@british-gymnastics.org .



West Midlands Booking Form

Please complete & return this form with payment (cheques payable to 'British Gymnastics')
by **Friday 21st February 2014** to:

☒ Liz Hawker, C/O Brenda Thomason, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Telford, Shropshire, TF10 9NB

☎ 07818512654

✉ liz.hawker@british-gymnastics.org

Prices		
Early Bird Offer – Individual Day Ticket (ends 31 st January 2014)	<input type="checkbox"/>	£25
Individual Day Ticket (from 1 st – 21 st February 2014)	<input type="checkbox"/>	£30
Individual Day Ticket including Time to Listen	<input type="checkbox"/>	£50
Group offer - 4 for the price of 3 *All 4 places must be booked at the same time. All 4 members must be from the same club* *Excludes delegates attending Time to Listen*	<input type="checkbox"/>	£90 (£30.00 saving!)

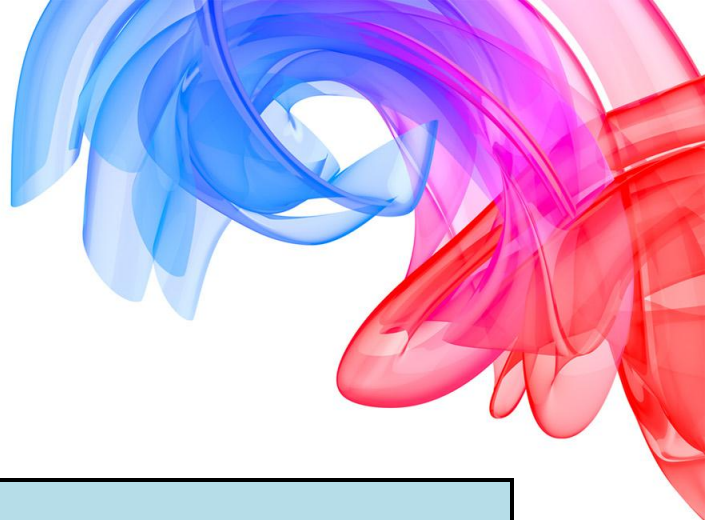
Workshop 1 – 9.15 – 10.45am				
	Tutor	1 st choice	2 nd choice	3 rd choice
The cost of claims and managing risk	Perkins Slade			
Introduction to Team Gym	Lisa Rose			
Games and Fitness & GymFit	Paul Hall Emma Pilgrim			

Workshop 2 – 11 – 12.30pm				
	Tutor	1 st choice	2 nd choice	3 rd choice
Developing a business plan	Club Leaders			
GymChallenge	Emma Pilgrim			
Aerobics	Sara Shotton			

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Workshop 3 – 2 – 3.30pm				
	Tutor	1 st choice	2 nd choice	3 rd choice
Understanding your club's finances	Club Leaders			
Get Back into Coaching*	Helene Cook			
Connecting with members: Making the most of GymNet	Simon Evans			
Time to Listen (3 hour workshop) **	Hollie Styles			

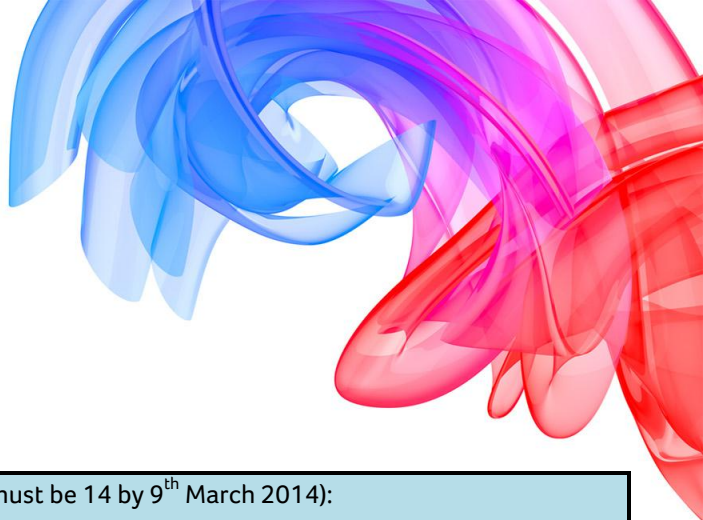
Workshop 4 – 3.45 – 5.15pm				
	Tutor	1 st choice	2 nd choice	3 rd choice
Developing a marketing strategy	Club Leaders			
Get Back into Coaching	Helene Cook			
Introduction to FreeG	Ryan Bradley			
Time to Listen (continuation)	Hollie Styles			

Spaces on some workshops will be limited, so please book early to avoid disappointment.

*If attending the first Get Back into Coaching workshop, it is advisable to also attend the second workshop.

** Please refer to Workshop Description and ensure you meet the pre-requisite before choosing to attend the Time to Listen workshop. BG must have received a copy of your Safeguarding and Protecting Children attendance certificate before you're accepted onto the Time to Listen workshop.

Levy of £20 applied for this certificated course. Total cost of attending conference and course is £50.



West Midlands Booking Form

Name:	DOB (must be 14 by 9 th March 2014):	
BG Membership number: (min. bronze member)	BG Membership Level	Bronze / Silver / Gold
Address:		
Contact number:	Contact email:	
Club:		
Current Coaching Qualifications:		
Emergency Contact Information: Name:	Relationship:	
Tel number:	Email:	
Do you have any medical conditions or are you currently taking any medication? Yes/No (delete as applicable) Do you have any allergies? Yes/No (delete as applicable) If yes to any of the above, please give details.		
Please provide details of your doctor: Doctors name: _____ Tel number: _____		
Do you have any special dietary requirements or allergies? Yes / No (<i>lunch will be provided</i>) If yes, please specify:		
<i>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</i>		
I consider that I am/my child is physically fit and healthy and consider myself/my child capable of taking part in the workshops. I confirm I have sought medical advice if appropriate. I understand photographs / film footage will be taken during the workshops. 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.		
Delegate's Signature:	Date:	
Parent Signature if under 18 years old:	Date:	