



# Gymnastics for All Day

Sunday 8<sup>th</sup> February 2015

K2 Crawley Leisure Centre, West Sussex, RH10 9NB (free parking)

Gymnastics for All (GfA) has an amazing breadth of opportunities for all our participants, valuing all who take part and providing an opportunity to re-focus and understand the driving factors that make our sport so wonderful. Fun, fitness, fundamentals and friendship are central to the values of GfA. This GfA day will introduce you to ideas to help your club open doors to an even wider community of participants, and retaining our valuable participants for longer.

The GfA day is aimed at club leaders, coaches with all level qualifications, and young leaders.

The price to attend this Gymnastics for All Day is £20 per person.

Early bird offer - £15pp ends 5<sup>th</sup> Jan 2015

## Gymnastics for All Day Timetable

Refreshments & networking on arrival		9:30 – 10:00
Introduction to Gymnastics for All		10:00 -11:00
Workshop 1 GymFit = Fitness and Conditioning Fun	Workshop 2 An Introduction to FreeG	11:00 – 12:30
Lunch <i>(please provide own packed lunch or purchase from café at K2)</i>		12:30 -13:00
Workshop 3 Broadening Floor skills for boys For F&V Competitions	Workshop 4 Aerobic gymnastics as a GfA fitness tool	13:00 – 14:30
Refreshments		14:30 – 14:45
GymChallenge - Competition for All		14:45 – 16:15
Finish		16:15

**Please note:** Workshops subject to change if necessary.

The GfA day has been subsidised by British Gymnastics to support clubs with the development of Gymnastics for All across the region.

For advice and support please contact Lynn Potter – [lynn.potter@british-gymnastics.org](mailto:lynn.potter@british-gymnastics.org) 07739512206



Workshop Title	Workshop Description
<p>Introduction to GfA</p> <p><i>Lynn Potter</i></p>	<p>Exploring the world of GfA, topics covered include: what it is, how it fits in the local area, activities suitable for teenagers, developing opportunities for adult participation, festivals and displays and competition opportunities under the Gymnastics for All umbrella.</p>
<p><b>Workshop 1</b></p> <p>GymFit - Fitness and Conditioning Fun</p> <p><i>Rachael Easton &amp; Louise Orchard</i></p>	<p>Find out about the GymFit programme, and give it a go yourself. Learn how to make the most of the free resources, including strength and conditioning work cards, session plans and user guides.</p>
<p><b>Workshop 2</b></p> <p>An Introduction to FreeG</p> <p><i>Dave Ansell</i></p>	<p>Freestyle Gymnastics is a relatively new GfA activity that is becoming more and more popular with participants and clubs alike. The session will introduce you to FreeG, the skills taught and how to structure a session. Suitable for coaches of all levels.</p>
<p><b>Workshop 3</b></p> <p>Broadening Floor skills for boys - For F&amp;V Competitions</p> <p><i>Dave Ansell</i></p>	<p>This workshop will focus on boys' floor skills development (but can be used for girls too) for F&amp;V competitions using regional /county criteria. The session will provide skill progressions, ideas and body preparation, plus tips for floor routine construction and judging.</p>
<p><b>Workshop 4</b></p> <p>Aerobic gymnastics as a GFA fitness tool</p> <p><i>Liz Paterson</i></p>	<p>Aerobic Gymnastics is a great opportunity to include as a fitness tool within your existing sessions or to establish as a new discipline. This workshop will introduce the skills and techniques, and will provide a taste of this exciting discipline.</p>
<p>GymChallenge - Competition for All</p> <p><i>Dave Ansell</i></p>	<p>This fun and challenging multi-disciplinary competition structure is suitable for everyone, regardless of ability. Find out about the GymChallenge programme, how it can be incorporated within your club and test your fitness trying out the challenges at the same time! You are bound to leave this workshop with plenty of ideas for a family fun day or end of term event.</p>



## Booking Form – GfA Day

Name:		D.O.B:	
Name: (As you would like it to appear on any accreditation)			
BG Membership Number:			
Club:			
Address:			
Number:		Email:	
Please indicate which workshop you would prefer to attend:		GymFit	<input type="checkbox"/>
		FreeG	<input type="checkbox"/>
Please indicate which workshop you would prefer to attend:		Floor Skills	<input type="checkbox"/>
		Aerobics	<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? <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 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>			
<b>Payment Enclosed (Cheque payable to British Gymnastics):</b> £15 (Early bird, ends 5 <sup>th</sup> Jan) £20 (normal rate)			<input type="checkbox"/>



*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 Monday 2<sup>nd</sup> February 2015** with payment to:  
Brenda Thomason, Gymnastics for All Day – South East, 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.