**Gymnastics for All Day**

**Only £15pp**

**5 pp**

**Sunday 26th October 2014**

**Bulmershe Gymnastics Club, Chequers Way, Reading, Berkshire RG5 3EL**

Gymnastics for All (GfA) brings together gymnasts of all ages, abilities and genders to enjoy the diverse range of physical activities that gymnastics has to offer. The focus of GfA is fun, fitness, friendship and fundamentals with the vision of ‘more opportunities for more people’. This event will demonstrate how introducing GfA activities to clubs will increase retention of participants; keeping them engaged for longer. Clubs can then develop these retained gymnasts into their future workforce.

This event hopes to offer you the confidence and enthusiasm with the relevant support and resources to deliver quality GfA sessions and an awareness of how to access GfA resources to develop your programmes

**The price to attend this Gymnastics for All Day is £15 per person**.

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| **Gymnastics for All Day Timetable- 26th October 2014** | |
| Arrival | 10:00– 10:15 |
| Introduction to Gymnastics for All | 10:30-11:15 |
| Workshop One: **Aerobics** OR Workshop 2: **Display Development** | 11:30– 13:00 |
| Lunch | 13:00-13:30 |
| Workshop Three: **FreeG** OR Workshop Four: **GfA Event Planning** | 13:30 – 14:30 |
| GymFit | 14:35 – 16:00 |
| Finish | 16:00 |

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

For more information regarding this Gymnastics for All Day, please contact: Amy Fossheim – [amy.fossheim@british-gymnastics.org](mailto:amy.fossheim@british-gymnastics.org) - 07584390081

**Workshop Descriptions**

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| **Workshop Title** | **Workshop Description** |
| Introduction to GfA  British Gymnastics | Exploring the world of GfA, topics covered include; discussing what it is, how it fits in the local area, activities suitable for teenagers, festivals and displays and competition opportunities under the Gymnastics for All umbrella. |
| Workshop 1  Aerobics  Su Killeen | 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. Suitable for coaches of all levels. |
| Workshop 1  Display Development  Lara & Clare Paterson | 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. Suitable for coaches of all levels. |
| Workshop 2  FreeG  Matte Hart | FreeG (Also known as, Freestyle Gymnastics) is a relatively new Gymnastics for All activity that is becoming more and more popular with participants and clubs alike. Matte will introduce you to FreeG, the skills taught and how to structure a session. This should give coaches who have attended or plan to attend the level 2 FreeG module the practical confidence to then go on and deliver in clubs. |
| Workshop 2  GfA Event Planning  Jo Meecham, BG | This theory based workshop will provide delegates with an understanding of event planning and discussion around the opportunities that are available within the local area and region. |

**Application Form – GfA Day**

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| 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: | **Aerobics**  **Display Development** | | |
| Please indicate which workshop you would prefer to attend: | **FreeG**  **GfA Event Planning** | | |
| 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 Gymnastics for All Days or Conferences? **Yes / No** | | | |
| Payment Enclosed: £15.00 (Cheque payable to British Gymnastics) | | | |
| ***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 6th October 2014** with payment to:

Brenda Thomason, Gymnastics for All Days, 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.