



Aspire to Lead

Supporting the development of members of MY Leadership Academies

Sunday 23rd November 2014

**Pegasus Gymnastics Club
Farleigh Hill
Tovil, Maidstone, Kent
ME15 6RG**

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.

Aspire to Lead Timetable- 23rd November 2014

Arrival	9:30 – 10:00
Welcome & Ice Breaker	10:00 – 10:25
Intro to Coaching PT1 / Intro to Judging PT1	10:30 – 12:00
Lunch <i>(Please bring our own packed lunch)</i>	12:00 – 12:30
Intro to Coaching PT2 / Intro to Judging PT2	12:30 – 14:00
Break	14:00 – 14:15
GymChallenge	14:15 – 15:15
Break	15:15 – 15:30
GymFit OR Warm-up Games	15:30 – 16:30
GymChallenge Award Ceremony & Feedback Session	16:30 – 17:00





Workshop Descriptions

Workshop Title	Workshop Description
Icebreaker	Break the ice and get to know the leaders from different academies with games and quizzes.
Course 1 Intro to Coaching	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.
Course 2 Intro to...Judging	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.
Workshop 1 GymChallenge	GymChallenge is an informal competition opportunity which focuses on fun, team work and personal reward. Choose 10 multi discipline challenges to test your participant's agility, balance, and coordination. The flexibility of the programme allows you to set up intra club competitions. Based on 20 challenge cards, with 3 different levels of participation on each card, it is a fun and social competition format, which is not based on skill development but on competing as teams and attaining as an individual. Learn about the GymChallenge programme and how to implement it within your club
Workshop 2 GymFit	GymFit is a programme which forms part of British Gymnastics' Gymnastics for All offer. GymFit aims to retain teenagers by providing a new fitness activity for them to continue their participation in gymnastics. It can help improve general fitness and physical condition via a series of 50 fun and challenging exercise work cards. Each work card includes a beginner, intermediate and advanced exercise and suggests a number of sets to complete with an accompanying challenge option. This workshop will be a brief introduction to the GymFit programme and how to implement it within your clubs.
Workshop 3 Warm Up Games	Is your club tired of the same old warm ups? This workshop is a chance to energise your sessions, making them fun with material that is fresh and interactive, keeping gymnasts and coaches motivated.

For more information regarding Aspire to Lead, please contact Louise Orchard:
louise.orchard@british-gymnastics.org; 07825384879.





Application Form

Name:		D.O.B (Must be 11 on 23/11/2014)	
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 which workshop (2 or 3) you would prefer to attend		GymFit	<input type="checkbox"/>
		Warm Up Games	<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: £35.00 (Cheque payable to British Gymnastics)			<input type="checkbox"/>



To be completed by Parent/ Guardian if young person is under 18yrs

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.

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.

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.

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.

Name: (parent/ guardian)

Signed:

Date:

Please print, complete & send this form by **Monday 27th October 2014** with payment to:
Brenda Thomason, South East A2L, 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?

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			