**Captains Day- East Midlands**

Supporting the development of Captains of MY Leadership Academies

**22nd February 2015**

**New College, Greencoat Rd, Leicester, LE3 6RN**

The Captains day is aimed at supporting the development of Captains and their MY Leadership Academy. These opportunities are to encourage Captains to bond, work together, share best practise and have fun in this forum to become better at leading their Academies. We hope that by attending Captains day you will gain knowledge, experience, support and information, allowing you to run an academy everyone will want to join!

The purpose is to enable Captains to be in a stronger position to support their leaders to complete their goals and to become the next generation of judges, coaches, volunteers and officials within British Gymnastics. With support being available from a British Gymnastics Club Development coordinator, we hope that Captains Day will help you learn more about setting up, running and the continuation of your Leadership Academy. You will be given new and exciting idea’s that you can take back and implement in your own unique way for your leaders, academy and club.

All fees have been covered by British Gymnastics. There is no chargeable fee to Academy Captains for attendance. Please note lunch is not included, but light refreshments will be provided on the day.

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| **Captains Day Timetable- February 2015** | |
| Arrival | 12:00 |
| Welcome and aims of Captains Day | 12:05- 12:15 |
| Leadership Overview: MY Learning, MY Development & MY Volunteering | 12:15 – 12:45 |
| Discussion Groups –But they’re 11 what can they do? / Key Challenges | 12:45 – 13:15 |
| Break | 13:15 – 13:30 |
| Leadership Overview: MY Future & MY Project | 13:30 – 14:00 |
| How to keep young leaders engaged | 14:00 – 14:30 |
| Rewards & accessing them | 14:30 – 14:45 |
| FAQ’s & Feedback | 14:45 – 15:00 |

**Workshop Descriptions**

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| **Workshop Title** | **Workshop Description** |
| Aims of Captains days | A discussion of what to expect from the Captains Day & the outcomes of attending. |
| Workshop 1  Leadership Overview | Area specific support  **MY Learning** – Information on the new Intro to…courses  **MY Development** – Who can be a role model, what does it involved?  **MY Volunteering**- Event volunteering opportunities |
| Workshop 2  Discussion groups | Key Challenges  A great discussion opportunity to learn more about each other’s academies and how they are running. Do you struggle with the number of leaders? How do you organise meetings? What involvement have your leaders had within their club so far?  But they’re 11 what can they do?  Thinking of starting a new project & need ideas? Not sure how mentoring works best or what’s the best way to inform and keep leaders all moving forward. Around the table we can explore and feedback ideas that could be the solution. |
| Workshop 3  Leadership Overview | Area specific support  **MY Future**- writing a development plan, the role and the purpose  **MY Projects** – get set to make a change |
| Workshop 4  Keeping Leaders engaged | This workshop will give you a chance to discuss any challenges you may have faced in keeping your young leaders engaged. The main objective of the workshop is to find solutions to keep leaders engaged. On completion; you will leave feeling confident about retaining Leaders within your Academy and within the club. |
| Workshop 5  Rewards & accessing them | Learn how to monitor the success of your leadership academy, what rewards are available for each section and how to get hold of them for your academy. |
| Workshop 6  Leadership Academy FAQ’s | This workshop will cover FAQ regarding Leadership Academies that may crop up before the setup of your academy or throughout. Be prepared to come with any questions you may have. |

For more information regarding the Captains Day, please contact Zoe Shepherd [zoe.shepherd@british-gymnastics.org](mailto:zoe.shepherd@british-gymnastics.org)

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| Name: | D.O.B |
| BG Membership Number: | |
| MY Leadership Academy: | |
| Address: | |
| Parent/Guardian’s Number:  (if under 18yrs) | Parent/Guardian’s Email:  (if under 18yrs) |
| 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: | |
| ***To be completed per applicant or by Parent/ Guardian if young person is under 18yrs***  I agree that the applicant is in good health and capable of taking part in Captains 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 will be taken during the Captains Day. These images 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 under 18) | |
| Signed: | Date: |

**Application Form - Captains Day – East Midlands**

Please complete & email by **5pm on Sunday 14th December** 2014 to:

zoe.shepherd@british-gymnastics.org

Email subject: Captains Day - application