

SPRING INTO VOLUNTEERING



English Gymnastics

Issue 2

April 2007

Welcome to the second issue of the **Spring Into Volunteering** newsletter. This newsletter contains information about current national programmes and events taking place within your region. The newsletter will also feature good news stories, if you have anything you would like to shout about then e-mail

helen.webb@englandgymnastics.org.uk

If you would like to unsubscribe from this newsletter please –mail

helen.webb@englandgymnastics.org.uk

Contents

- News & Events
- Shout About – examples of good practice
- Training
- Regional Spotlight

News & Events

Regional Coaching Conference

The Yorkshire Gymnastics Association is currently planning a Regional Coaching Conference for Coaches in the region to attend and further develop their knowledge and skills. A variety of courses and workshops will be on offer throughout the day. The conference will be held in June and as soon as the date has been confirmed, all clubs will be informed.

To register your interest please contact Tracy Power, Yorkshire Regional Development Officer on 07739 512201 or e-mail tracy.power@englandgymnastics.org.uk

Hands Up for Sports Volunteering Conference

The first ever Regional Conference for Sport Volunteers is happening on the 9th of June at the Manchester City Stadium. It is the place to be if you are a volunteer or volunteer manager in sport in the region. It will feature key note presentations on volunteers, 'Ask the Experts' sessions and the launch of the new Regional Strategy for Sports Volunteering. The full conference brochure will be available from the end of April. Visit the website for more details www.sportsvolunteeringnw.org/hands-up-for-sports-volunteering-conference-2007

SHOUT ABOUT..... Events Volunteering



COVENTRY 2007
23-26 AUGUST

The UK School Games is a multi-sport event for the most talented young people in the country of school age. Athletes in 2007 will be competing in Athletics, Badminton, Fencing, Gymnastics, Judo, Swimming, Table Tennis and Volleyball. Each of the eight sports will be combined into a four-day Games environment designed to replicate the feel of major events such as the Olympic Games and Paralympic Games. 1300 children will compete in the 2007 UK School Games which will be held at 5 venues around Coventry from the 23rd to 26th August.

The gymnastics competition will be held in the Sky Dome on Saturday 25th and Sunday 26th August. England, Northern Ireland, Scotland and Wales will compete against one another in a 2-day Artistic gymnastics competition.



The UK School Games also provides an exciting opportunity to **volunteer** and to experience the feel of a major event. The success of the event will depend upon a skilled, enthusiastic and dedicated team of volunteers and it is estimated that 300 volunteers will be recruited to support the games. English Gymnastics are recruiting volunteers to help with the following roles:

- Event Runners
- Medal Bearers
- Volunteer Co-ordinator
- Team Support - for England, Northern Ireland, Scotland and Wales

Please note that all volunteers will be required to complete a British Gymnastics Enhanced CRB Check. Lunch and refreshments will be provided and all volunteers will receive an event t-shirt.



This is a fantastic opportunity for you to meet new people and get involved in a major event. To register your interest download the application form from the English Gymnastics website, www.englishgymnastics.org.uk or contact Helen Webb, National Development Officer – Volunteers on 0845 1297129 ext 2524 or e-mail helen.webb@englishgymnastics.org.uk

The Youth Games are coming!

A number of school based competitions (Key Steps Competitions) are due to take place across **Yorkshire** between now and June. All of these school-based competitions will lead to a sub regional event, 2 of which will be held as part of the County Sports Partnership Youth Games. These events are a great opportunity for young people to represent their school and Local Authority in a county gymnastics competition.



The competitions will take place as follows:

- **North Yorkshire Youth Games** – Sunday 3rd June, Ampleforth College, YO62, (near Thirsk and Malton)
Key Stage 2 – Key Steps Level 2
Key Stage 3 – Group floor routine
- **West Yorkshire Youth Games** – Saturday 23rd June, Leeds Met University
Key Stage 2 Year 3/4 - Key Steps Level 2
Key Stage 2 Year 5/6 – Key Steps Level 3
Key stage 3 – Group floor routine
Disability – Aged 8+ - Key Steps 1 and 2
- **South Yorkshire Key Steps Gymnastics Final** – Sunday 8th July, Kingstone Sports Hall, Barnsley
Key Stage 2 – Key Steps Level 2
Key Stage 3 – Group Floor Routine

Volunteers are required at all of the above events to fill a variety of roles, including:

- Judges
- Runners
- Photo registration
- Warm Up Area Co-ordinator
- General Helpers
- Scorers
- Announcers
- Team registration
- Team Escorts (from warm up area to competition area)



Training will be provided if necessary and all volunteers will be given a full briefing about how the event will run and what is involved in their role prior to the event.

If you would like to volunteer at any of these events, please contact Tracy Power, Yorkshire Regional Development Officer on 07739 512201 or e-mail

tracy.power@englandgymnastics.org.uk

TRAINING

Listed below are training courses that are currently available, for more information please contact the course organiser.

Coaching Courses

British Gymnastics offer Coaching Qualifications at the following levels:

- Level 1
- Level 2
- Level 3
- Level 4

Qualifications can be obtained in a range of disciplines

- Men's Artistic
- Women's Artistic
- Rhythmic Gymnastics
- Acrobatic Gymnastics
- General Gymnastics
- Aerobic Gymnastics
- Trampoline
- Team Gymnastics
- Optional Module Gymnastics
- Pre-school Gymnastics
- Coaching People with Disabilities

Please Note: before enrolling on a coaching course please ensure that you have current British Gymnastics membership and a current enhanced CRB disclosure completed through British Gymnastics. Coaching certificates will not be issued until these are in place.

For a list of current Coaching and Judging courses please visit the downloads section of the British Gymnastics website, www.british-gymnastics.org

Any queries please contact the Coach Education Department, 0845 1297129 ext 2392.

Judging Courses

British Gymnastics offer a range of Judging Qualifications as follows:

- Introductory Level Judging Award
- British Gymnastics / British Schools Gymnastics Association Floor and Vault Judging - Levels 1 and 2
- British Gymnastics Club Judge Award
- British Gymnastics Regional Judge Award
- British Gymnastics National Judge Award
- British Gymnastics International Judge Award

The Club Judge through to the International Judge Award is available in the following disciplines

- Men's Artistic
- Women's Artistic
- Rhythmic Gymnastics
- Acrobatic Gymnastics
- Aerobic Gymnastics
- Trampoline
- Tumbling
- DMT



Ethics & Welfare Courses

The following courses are run by the British Gymnastics Ethics & Welfare Department:

Club Management - a 6-hour course that covers the following topics:

- Health, Safety & Welfare Management
- People Management
- Running a Club
- Equality

Child Protection Awareness - a 3-hour course aimed at anyone working with children or vulnerable adults, the course covers the following topics:

- The BG Child Protection Policy & Guidelines
- Duty of Care
- Good Practice and Poor / Inappropriate Practice
- Recognising Acceptable and Unacceptable Behaviour
- How to Protect Yourself and Others
- Differentiating Between Poor Practice and Abuse
- Responding to Disclosures, Suspicions or Allegations
- Photography and Filming Controls
- Position of Trust
- Reporting Incidents or Concerns

For more information about the courses and course dates, please contact the Ethics & Welfare Department on 0845 1297129 ext 2347

Leadership Courses

Introductory Level Judges Award

This is a 3 hour course followed by a theory and practical examination. The course covers the following topics:

- The role of the judge
- Competition procedures – e.g. dress, equipment, meetings, judging panels
- How to judge an exercise and work out a score
- Completing a judging slip
- Gymnastic terminology

The course is open to everyone; however, the minimum age for examinations is 13 years. The course assumes no prior knowledge of judging and only a basic understanding of gymnastics and its terminology is required. For more information please contact British Gymnastics, 0845 1297129 ext 2392

calling all people 14 years old and upwards!

would you like to be more involved in gymnastics?

English Gymnastics Helpers' Award

The course covers the following topics:

- Helpers - What role you can play
- The Gymnastics family
- Helpers Responsibility and Safety in Gymnastics
- Erecting and Checking Equipment
- Physical Preparation
- Working Towards Strong Shapes
- Gymnastics Reward and Award Schemes
- Organising Events

To find out more, ask your gymnastics coach, or contact English Gymnastics on 0845 1297129 ext 2524.



The London Leadership Academy



The London Leadership Academy will be launched in June 2007 and will be one of the first gymnastics specific volunteering Academies in the country. The Academy will initially be piloted in the Pro-active partnership East London Boroughs with the aim to roll out Academies across the whole of London.

The Academy will be made up of young volunteers between the ages of 14-19 years from both gymnastic and non-gymnastic backgrounds. The young leaders will be selected for the academy from clubs and schools. The Academy members will be provided with an opportunity to learn new skills whilst volunteering and they will steer the direction of the Academy according to their areas of interest and need. The Academy aims to link with local initiatives such as SiS programme, CSLA and British Gymnastics coaching qualifications.

Initially, the young volunteers will receive training in initiatives such as the 'Helpers Award' and 'Introductory Judging.' They will be encouraged to complete a portfolio where they can log all their voluntary hours and tasks. Once the initial training process is complete, the young leaders will choose the projects they work on, ranging from working in schools and assisting with 'Key Step' competitions, helping at regional events such as the London Youth Games, Coaching, Judging, Finance, web design and many other areas.

The Leaders will meet on a regular basis to receive ongoing training and support and the Academy will provide them with a variety of volunteering gymnastic opportunities across East London.

For Further information about the London Leadership Academy please contact:
Jessica Capelli, Regional Development Officer- London (PESSCL)
Tel: 07739 512165 / 0845 1297129 (ex.2324)
Email: jessica.capelli@englandgymnastics.org.uk

Get Involved

EAST

The Chermond School of Gymnastics & Dance (Norwich)

The Chermond School of Gymnastics and Dance is an Acrobatic Gymnastics and Pre-School Gymnastics Club with 85 – 100 members.

The club is seeking volunteers to help with club sessions, which run on:

Monday 17-00hrs to 20/21-00hrs
Thursday 17-00hrs to 21-00hrs
Friday 16-30hrs to 19-30/21-00hrs
Saturday 10-00 hrs to 13-30hrs

Any help would be appreciated, volunteers can give as much or as little time as they would like.

For more information please contact Ray Alcock: 70 Peckover Road, Norwich, Norfolk, NR4 7BL
Tel 01603 456585
E-Mail: raymond.alcock@btinternet.com

Huntingdon Olympic Gym Club

Huntingdon Olympic Gym Club is primarily a Men's and Woman's Artistic Gymnastics club, but also offers Disabilities and Pre School gymnastics. The club has 400 to 500 members.

The Club is seeking volunteers to assist with coaching, supervising and housekeeping. Volunteers must be enthusiastic, have good communication skills and ethics, and hold a valid CRB disclosure. Volunteer hours are flexible to suit the volunteer. Suitable volunteers will be able to shadow existing coaches and will be offered the clubs' basic training, followed by a BG Assistant Coach Course in the chosen discipline. First Aid, Child Protection and Judging courses are also available.

For more information or to register your interest, please contact Erica MacKenzie, H.O.G.C., Claytons Way, Huntingdon, PE29 1UT. Tel: 01480 52343, E-mail: huntgymnast@tiscali.co.uk

NORTH

Ingleby Gymnastics Club (Barwick, Stockton on Tees)

Ingleby Gymnastics Club is a non-profit making organisation run by volunteers who are qualified gymnastics coaches. The club has approximately 75 members to date and are hoping to expand. The club has a number of recreational gymnastics classes, which develop coordination, flexibility and gymnastics and trampolining skills in a fun, safe environment. The club also have an Acrobatic Gymnastics competitive club.

Ingleby Gymnastics Club would like to hear from anyone in the area who wishes to volunteer to help with the club, either with administration, fund raising or coaching.

For more information telephone 01642 765743 or e-mail: inglebygc@aol.com

WEST MIDLANDS

English Gymnastics - West Midlands

We are seeking to recruit an individual to organise Child Protection courses within the West Midlands region for coaches and volunteers. Tasks would include liaising with British Gymnastics / English Gymnastics staff to book tutors, book venues, advertising the course, take bookings and complete relevant paperwork as and when required. This is an excellent opportunity for someone who may be seeking experience in sports development.

For more information please contact Jane Edwards: 0845 1297129

Wyre Forest Gymnastics School (Kidderminster)

Wyre Forest Gymnastics School has over 350 members and offers General Gymnastics for boys and girls, Women's Artistic Gymnastics for girls and Pre-School Gymnastics.

The Club is seeking volunteers to become trainee coaches for the beginner girls and boys recreational sessions. Volunteers will need to demonstrate a willingness to learn and be good with children. Some knowledge of gymnastics is desirable but not essential. Training will be given towards the British Gymnastics Assistant and Club Coach Awards, and all volunteers will be mentored by two qualified Club Coaches.

Volunteers would be required one day a week from the following sessions:

Tuesdays - 4.30pm – 6.45pm

Wednesdays - 4.45pm – 7.30pm

Fridays - 5.00pm - 8.15pm

Terms are 12 weeks long

For more information or to register an interest, please contact: Ann Combes, 10 Sandstone Road, Bewdley, Worcs, DY12 1BW. Tel: 01299403318 / 0780133892

CONGRATULATIONS to the following Helpers for completing their mentored Helpers' Award logbook:

Ashlea Hodgkinson (City of Salford Gym Club)

Helen Yates (Bolton Gym Club)

Claire Ruscoe (Bolton Gym Club)

Georgia Lakey (David Cadmore Gymnastics School)

Laura Hustwit (Bolton Gym Club)

Lois Howard (Rochdale Olympic Gym Club)

Jemma Hayes (Rochdale Olympic Gym Club)

Sabrina Birchenough (Rochdale Olympic Gym Club)

Christine Clarke (Bolton GC)

Bethany Brown

Lauren Rutkowski

Well done and keep up the good work!

Courtney Sutton (Bolton Gym Club)

Nicola Ruscoe (Bolton Gym Club)

Becky Webb (Isle of Wight Gym Club)

Katherine Sharp (Hawthorn Primary School)

Jessica Macaulay (Bolton Gym Club)

Lucia Thorley (Rochdale Olympic Gym Club)

Victoria Abbott (Rochdale Olympic Gym Club)

Natalie Ward (Rotherham GC)

Lynn Smith (Bolton GC)

Charlotte Rogerson

Accountant Administrator Assistant Coach
Book Keeper Chairperson Choreographer
Cleaner Club Secretary Coach
County Secretary Committee Member
Costume Maker Course Organiser
Development Officer Event Organiser
First Aider Fundraiser Judge
Judging Convenor Mentor Coach
Minutes Secretary Music Steward Nutritionist
Parent Helper Press Officer Photographer
Physiotherapist Programme Planner
Programme Seller Raffle Ticket Seller
Regional Secretary Runner Scorer
Squad Coach Time Keeper Treasurer
Tutor Volunteer Co-ordinator Welfare Officer
Accountant Administrator Assistant Coach
Book Keeper Chairperson Choreographer
Cleaner Club Secretary Coach
County Secretary Committee Member
Costume Maker Course Organiser
Development Officer Event Organiser