Name_____

MY VOLUNTEERING

At each level of the Academy, Leaders must complete a set number of hours helping out in the gym.

Requirements:

BRONZE
Volunteer at 3 local events or meetings including one County event.
Volunteer 12 hours within the club helping out at classes (you must complete a volunteering agreement form for this)

SILVER
Volunteer at a further 3 local events or meetings including one Regional event.
Volunteer 36 hours within the club helping out at classes *(your Bronze hours contribute to this so its another 24 hours)*

GOLD
Volunteer at a further 3 local events or meetings including and apply to volunteer at an additional Regional or National event.
Volunteer 60 hours within the club helping out at classes *(your Silver hours contribute to this so its another 24 hours)*

You should arrange your Club Volunteer hours with you Role Model, Academy Captain. Certain hours will be available and you will have to agree these with your parents as well. You should use the Volunteering Agreement form to do this.

You can volunteer on more than one session per week but you can only do a maximum of 2 hours per day during the school term.

Recording your progress
To record your volunteer hours you should use the MY Volunteering Log in this Booklet.

Any hours you do alongside your Role Model (see the My Development section) should also be recorded in your British Gymnastics MYLeadership Academy booklet.

You will also need to record the Events you volunteer at in the British Gymnastics My Leadership Academy Booklet.

Name_____

MY VOLUNTEERING AGREEMENT

For the hours you volunteer at classes for the club you should complete and sign an agreement and also have your parent or guardian check and sign this.

If your commitments change and you need to change the hours you volunteer you should complete a new Volunteering Agreement and change the end date in the current one. **New forms are available at the Club, just ask your Captain / Role model / Mentor or Head Coach.**

Period:			
FROM: (Start date of Volunteering)		**UNTIL:** (End date of volunteering)	

Days / Times:					
DAY:		**DAY:**		**DAY:**	
From (time):		From (time):		From (time):	
Until (Time):		Until (Time):		Until (Time):	

PROGRAM (delete or highlight)		
Recreational	Recreational	Recreational
Competitive/Performance	Competitive/Performance	Competitive/Performance

You should carefully check the Term Dates for your chosen program.

Are there ay dates you know you cannot make? If so please note them here:

Cancelation arrangements:
If you are unable to attend one of your volunteering sessions your parent should send a message as soon as possible by TEXT / EMAIL to:_____
For known absence (eg school trips or other commitments) you should give as much notice as possible. For illness just let us know as soon as you can.

Volunteer Signature	**Date:**
Parent / Guardian Signature:	**Date:**
Authorising Signature:	**Date:**

A copy of this agreement should be kept in the Volunteers log book and one copy kept by the Club.

Name_____

MY VOLUNTEERING LOG Page 1

You should use this to keep a log of the hours you volunteer at classes in the club and have these signed off by your Role Model, Head Coach or Academy Captain. Any hours that you have spent working with / alongside your chosen Role model should also be recorded in your main log book (where the hours are spent in this way you should tick the box 'RM?')

Date	Hours	Activities	RM?	Signed

Name_____

MY VOLUNTEERING LOG Page 2

You should use this to keep a log of the hours you volunteer at classes in the club and have these signed off by your Role Model, Head Coach or Academy Captain. Any hours that you have spent working with / alongside your chosen Role model should also be recorded in your main log book (where the hours are spent in this way you should tick the box 'RM?')

Date	Hours	Activities	RM?	Signed

Name_____

MY VOLUNTEERING LOG Page 3

You should use this to keep a log of the hours you volunteer at classes in the club and have these signed off by your Role Model, Head Coach or Academy Captain. Any hours that you have spent working with / alongside your chosen Role model should also be recorded in your main log book (where the hours are spent in this way you should tick the box 'RM?')

Date	Hours	Activities	RM?	Signed

Name_____

MY VOLUNTEERING LOG Page 4

You should use this to keep a log of the hours you volunteer at classes in the club and have these signed off by your Role Model, Head Coach or Academy Captain. Any hours that you have spent working with / alongside your chosen Role model should also be recorded in your main log book (where the hours are spent in this way you should tick the box 'RM?')

Date	Hours	Activities	RM?	Signed

Name_____

MY VOLUNTEERING LOG*** Page 5

You should use this to keep a log of the EVENTS you volunteer at. This information should also be transferred into the British Gymnastics MYLeadership Academy booklet.

BRONZE (3 events including one County event)

EVENT 1:	Reflections
DATE:	

EVENT 2:	Reflections
DATE:	

EVENT 3:	Reflections
DATE:	

SILVER (3 further events including one Regional event)

EVENT 1:	Reflections
DATE:	

EVENT 2:	Reflections
DATE:	

EVENT 3:	Reflections
DATE:	

GOLD (3 further events including one Regional OR National)

EVENT 1:	Reflections
DATE:	

EVENT 2:	Reflections
DATE:	

EVENT 3:	Reflections
DATE:	