

Name _____

MY LEARNING

At each level of the Academy, Leaders must attend at least one British Gymnasts Course and one Generic Course. If Leaders attend more than this it can be simply put against the next level of the award.

Requirements:

BRONZE

Complete one British Gymnastics Course and one Generic Course
Demonstrate your learning by completing Bronze award worksheets (which will be given to you as you go along)

SILVER

Complete a second British Gymnastics Course and a second Generic Course
Demonstrate your learning by completing Silver award worksheets (which will be given to you as you go along)

GOLD

Complete a third British Gymnastics Course and a third Generic Course
Demonstrate your learning by completing Gold award worksheets (which will be given to you as you go along)

The worksheets can be completed at any time that the Young Leader feels he/she has the knowledge. Young Leaders are encouraged to ask questions during their volunteering and may also ask for assistance in completing the worksheets should they need it. The worksheets are a way for the Young leaders to demonstrate their developing knowledge, and for us to identify new learning opportunities... they should not be seen as a 'test'. Some of the worksheets will be completed at workshops held at the club and may involve groups discussions or working as a team.

The MY Learning Section will involve attendance on at least one "Aspire to Lead" day. These are run by British Gymnastics regionally, usually in the Spring term. These days provide a number of opportunities for learning in the form of workshops. Leaders should make a note of the courses they intend to attend and get the leader of the course to sign their log book to certify they have attended each one. The cost of Aspire to Lead days is usually around £40 per person to attend.

The club does not fund all of these courses because it is not possible to pay for everyone. However, It is possible that the Leadership Academy Projects section could involve fund raising activities to help towards this.

MY LEARNING – further information

LIST OF POSSIBLE COURSES / WORKSHOPS FOR MYLEADERSHIP ACADEMY
 (this list is not exhaustive but does give a good idea of what’s available)

BRONZE Level courses

British Gymnastics Courses

Introduction to Volunteering
 Introduction to Coaching
 Introduction to Events
 Introduction to Judging
 Award Scheme Coach (Level 0)

Generic Courses

Youth at the Table
 Sports Leaders Award
 Strength and Conditioning
 Fundamental Movement

SILVER Level Courses

British Gymnastics Courses

Introduction to Events
 Introduction to Judging
 Award Scheme Coach (Level 0)
 UKCC Level 1 coaching award
 (any discipline)
 BG Safeguarding Course

Generic Courses

Youth at the Table
 Sports Leaders Award
 Strength and Conditioning
 Fundamental Movement
 First Aid
 Equality in your coaching
 Sport Coach UK Safeguarding for 13
 to 17 year olds

GOLD Level Courses

British Gymnastics Courses

BG Safeguarding Course
 UKCC Level 1 coaching award
 (any discipline)
 UKCC Level 2 coaching award
 (any discipline)
 Club Management
 Time To Listen (18+ and must
 have full Safeguarding first)

Generic Courses

Youth at the Table
 Sports Leaders Award
 Strength and Conditioning
 Fundamental Movement
 First Aid
 Equality in your coaching
 Sport Coach UK Safeguarding for 13
 to 17 year olds

MY LEARNING – further information

BRITISH GYMNASTICS COURSES

Introduction to Volunteering / Introduction to Coaching / Introduction to Events / Introduction to Judging

These courses are usually available on 'Aspire to Lead' days. Sometimes there may be one or more of these offered so the Leader can choose which is the most appropriate for them.

Award Scheme Coaching

Award Scheme Coaching courses are one day courses which teach the basics of the BG Proficiency awards. There are different ones for Core Proficiency, Trampoline Proficiency and Fundamentals (early years). The minimum age to take this course is 14 years.

The cost of the course is £65 and a certificate is provided upon completion of the course.

UKCC Coaching awards (Levels 1 & 2)

These are the main coaching qualifications for gymnastics Coaches.

Each course involves a number of weekends attending different modules, set tasks to complete in between, a logbook and then a practical exam. Some levels also include a written exam (usually from level 2 upwards). The process takes between 4 and 12 months.

The cost of these courses starts at around £320 for Level 1 and £500 for level 2.

Various bursary schemes are available to help with this cost through outside agencies. Coaches are expected to sign up to any available schemes or projects that provide discounts on coach education.

BG / Sport UK Safeguarding and protection Children

This course is an essential course for all coaches over the age of 18. If you coach more than once per week, the club usually will fund the cost of this course as it is renewable every three years and essential to out Gymmark status. To get this funding you may have to complete the relevant paperwork. It is the coaches responsibility to book and attend a course when it is due.

MY LEARNING – further information

GENERIC COURSES

Sport Coach UK Safeguarding for 13 to 17 year olds

A course run by Sports Coach UK which provides guidelines on Child Protection awareness at a level suitable for and relevant to 13-17 year olds.

<http://www.sportscoachuk.org/site-tools/workshops/about-our-workshops/keeping-safe-sport-safeguarding-young-volunteers-13>

Sports Leaders Award

Strength and Conditioning

Fundamental Movement

<http://www.sportscoachuk.org/site-tools/workshops/about-our-workshops/introduction-fundamentals-movement>

Youth at the Table

<http://www.participationworks.org.uk/events-training/products/youth-at-the-table>

This course focuses on how to be an effective member of a committee helping to run a club or project within a club

First Aid

There are various first aid courses and workshops available to young people... give some examples

Equality in your coaching

A course run by Sports Coach UK that focuses on making your coaching inclusive and accessible to people from all walks of life, ethnic backgrounds and abilities include those who are registered disabled or have other challenges.

CLUB WORKSHOPS

Club workshops will be arranged and held in order to address the learning needs of the Young Leaders. Whilst some will be mandatory others will be optional. Young Leaders will have the opportunity to help decide the areas they would like covered in some of the workshops.