



## Bi-Weekly Club Newsletter

Newsletter date: Issue 16 – 11<sup>th</sup> August 2010



### British Gymnastics and British Gymnastic-England Update

#### British Gymnastics Benefits and Fees

The Benefits and Fees for the membership year 2010/11 have been announced; please go to [www.british-gymnastics.org](http://www.british-gymnastics.org) for further information.

#### British Gymnastics Online Shop – Summer Deals

The British Gymnastics Online Shop is offering many summer deals, just a couple of these are;

- £10.00 off Spirit Award Resource Pack
- Holiday Travel Fun Kit - £4.95
- British Gymnastics Woven Card and Pencil Set – £2.25
- Fun Party Favour Pack - £4.95

To take advantage of these deals while you can please go to: [www.british-gymnastics.org](http://www.british-gymnastics.org) and click on the deals.

#### 2010 TRA/TUM/DMT WAGC - Chaperones Required

TRA / TUM / DMT 20th World Age Group Competition  
Metz, FRA  
14th – 20th November 2009

##### Team Chaperones

British Gymnastics is seeking to recruit between 6-8 people for the role of Chaperone at the 2010 World Age Group Competition taking place in Metz (FRA) this November.

If successful the person will stay with the team and their responsibilities will include:

- Assisting with the pastoral care of the gymnasts while not competing or training
- Ensuring that all gymnasts are in the right place at any given time

Please note that this is purely a supporting role and that there will be no access to any of the training halls or competition hall.

The role is self-funded and will cost approximately £900.00 – 1200.00 to include: flights, accommodation, meals, accreditation, training camp and kit. Anyone interested must have a current British Gymnastics membership and CRB.

If you would like to be considered for this role please send an e-mail to Amy Walmsley [amy.walmsley@british-gymnastics.org](mailto:amy.walmsley@british-gymnastics.org)



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### Local Investment Fund

#### What is it?

The Local Investment Fund was set up in 1995 by the then DETR (now the Office of the Deputy Prime Minister), Business in the Community and the private sector, led by NatWest with the aim of overcoming the funding gap often experienced by social enterprise. It provides loan finance to not-for-profit community organisations.

#### How much can we apply for?

The Local Investment Fund is a national organisation that makes loans of between £25,000 and £250,000 to projects and organisations across England.

LIF is in the process of establishing Regional Community Loan Funds in each of the English regions. These regional funds focus on the local communities in each region, with the aim of building a close connection between the funds, the clients and the sponsors. The regional funds make loans of between £15,000 and £100,000.

#### Who can apply?

- Not-for-profit organisations such as a Registered Charity, Community Business, Social Enterprise or Voluntary Association
- If you are unable to access sufficient funding from traditional sources or need top up funding
- You are able to provide a Business Plan showing your ability to repay a loan
- You are able to demonstrate that your community enterprise will contribute to economic regeneration and social inclusion in your area
- You are keen to build sustainability and reduce dependence on grants

#### Want to apply?

Applications are completed online at [www.lif.org.uk](http://www.lif.org.uk). You will need to complete an eligibility checklist before you can apply.

#### How long will it take?

For further information on the application process please contact:

Avril Howker

PO Box 9082

Nottingham

NG2 9DY

**Tel:** 0115 974 6299

**Email:** [avril.howker@lif.org.uk](mailto:avril.howker@lif.org.uk)

#### What makes a good application?

Community Loan Fund for the East Midlands is a partnership organisation providing loan finance to 'not-for-profit' organisations that are economically viable but are unable to access mainstream loan finance.



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### Coach Education

#### **New Course**

A Womens Artistic Level 2 course has been organised. This will take place at New College, Leicester and Coalville Gym club starting in January 2011. Please visit the regional website for an application form and further information.

#### **Spaces Available**

There is availability on the following recently advertised courses.

Level 1 Pre-School – Caldecott/Corby starting 26<sup>th</sup> September

Level 1 General Gymnastics – Derby starting 3<sup>rd</sup> October

Level 2 Trampoline – Northampton starting 17<sup>th</sup> October

Level 1 Womens – Leicester/Coalville starting 24<sup>th</sup> October

If you need one of the above courses don't leave it until the last minute to apply otherwise you may be disappointed as the course may be full or cancelled.

#### **Mens Artistic Level 1**

If you require a place on a Mens Level 1 course it may be possible to accommodate these candidates on the Level 1 Womens course at Leicester/Coalville in October. They will however need to attend an additional date to those advertised in order to complete the Mens specific part of the syllabus.

Please contact Alan Price 07739 512166 to discuss the above requirements.

#### **Tumbling**

A Tumbling Level 1 course has been organised in the East Midlands in November (Derby).

### List of courses available in the East Midlands

#### **Coaching Courses**

Further details on all of the courses below can be found on the East Midlands website under Coaching & Judging ([www.emgymnastics.org.uk](http://www.emgymnastics.org.uk))

To avoid disappointment please ensure you book onto courses early – do not leave it to the last couple of weeks

Regional coaching courses are in [Blue](#), national courses in Black

- Level 3 Womens Artistic Module 3 (National Course) – Bristol 15<sup>th</sup> August
- Level 3 Trampoline Module 1 (National Course) – Northampton 22<sup>nd</sup> August
- [Cycle 5 / Cycle 6 UKCC update – Northampton 22<sup>nd</sup> August](#)
- Level 3 Tumbling Module 3 (National Course) – Basingstoke 11<sup>th</sup> September
- [Trampoline Proficiency Awards Scheme Course – Lincoln 12<sup>th</sup> September](#)
- Level 3 Acrobatics Module 2 (National Course) – Wigan 12<sup>th</sup> September
- Level 3 Tumbling Module 1 (National Course) – Wakefield 18<sup>th</sup> September
- Level 2 Trampoline Skills Update (National Course) – Cambridge 19<sup>th</sup> September
- Level 2 Trampoline Skills Update (National Course) – Sunderland 26<sup>th</sup> September

- Level 1 Pre-School course – Caldecott/Corby starting 26<sup>th</sup> September
- Level 1 General Gymnastics Course – Derby starting 3<sup>rd</sup> October
- Level 1 Womens Course – Lincoln starting 17<sup>th</sup> October (Course Full)
- Level 2 Trampoline course – Northampton starting 17<sup>th</sup> October
- Level 3 Trampolining Module 1 (National Course) – Cambridge 17<sup>th</sup> October
- Level 1 Womens Course – New College, Leicester & Coalville GC starting 24<sup>th</sup> October
- Level 3 Acrobatics Module 3 (National Course) – Wigan 24<sup>th</sup> October
- Trampoline Skills Upgrade (National Course) – Birkenhead 30<sup>th</sup> October
- Level 1 Tumbling – Derby starting 7<sup>th</sup> November
- Womens Level 2 – New College, Leicester & Coalville GC – starting 29<sup>th</sup> January 2011
- Fun for Baby – add-on module (Yorkshire Region Course) 29<sup>th</sup> January
- Gymnastic Disabilities Add-on Module – Date TBC
- Pre-School Level 2 – Jan/Feb 2011
- General Gym Level 1 – Jan/Feb 2011
- General Gym Level 2 – Mar 2011
- WA Level 1 – Mar/Apr 2011
- MA Level 1 – Mar/Apr 2011
- MA Level 2 – date & venue TBC

### Other Courses

- Safeguarding & Protecting Children – Autumn 2010 (TBC)
- Time to Listen – Autumn 2010 (TBC)
- Club Management – Loughborough Autumn 2010 (TBC)

For further details of all courses:

- Look on the regional website [www.emgymnastics.org.uk](http://www.emgymnastics.org.uk)
- or
- Contact Alan Price, Regional Administrator
  - [alan.price@gymnasticsengland.org](mailto:alan.price@gymnasticsengland.org)
  - 07739 512166

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Recruiting Volunteers

**DOES YOUR CLUB NEED MORE VOLUNTEERS?**

The best way to recruit new volunteers will be different for every organisation, however listed below are a number of simple suggestions:

Identify what roles / tasks need to be done

If your club knows that a volunteer will shortly be leaving the club, start asking around well in advance. This will give thinking time to potential volunteers and they may even have the opportunity to shadow the person already in that role. Consider what is involved in each role and write a brief task description. Template task descriptions are available for the following roles: Chair, Secretary, Treasurer, Volunteer Co-ordinator, Welfare Officer, Health & Safety Officer, Fundraising Officer, Events Officer, Publicity Officer, Gymnast Representative, Helper.

Just Ask!

Research suggests that most people do not become involved as a volunteer because they have never been asked. There may be a number of parents who may be interested in volunteering but need a bit of encouragement add a volunteering section to the club membership form and ask parents if they are willing to help with certain tasks.



Club Posters & Leaflets

Create a club leaflet or poster and distribute to all potential recruiting places and to all new members of the club.

Link with your local Sports College / School Sports Partnership

Run a Helpers' Award or become part of the Step Into Sport programme that encourages and supports young people to volunteer in sport through their local School Sports Partnership and County Sports Partnership. Find out if you have a local Gymnastics Leadership Academy.

Use the Media

Community Newswire is an opportunity for your club to gain media coverage. It is a free service and sends your story straight to the journalists' computers. Visit the website, <http://www.communitynewswire.org/> or e-mail Dominic O'Reilly, Community Newswire Manager: [dominico@mediatrust.org](mailto:dominico@mediatrust.org)

## Local Volunteer Organisations

Volunteer Organisations often work with local clubs to help them find volunteers and register all vacancies on their database. Find out where your nearest Centre is by ringing Volunteering England on 0845 305 6979 or by visiting their website

Try contacting your local voluntary action organisations; they can help in many ways with volunteering in community clubs. V-inspired deal specifically with the 16 to 25 year age group, but there are also other organisations like Voluntary Action Leicester.

V-Inspired - <http://vinspired.com/>

Volunteer Centres - <http://www.volunteering.org.uk/finder>

## What next?

Once you have found your volunteer, it is also important to have a thorough recruitment procedure in place to protect your staff, volunteers and service users. Listed below are some suggested steps to take when recruiting volunteers for positions. It may not be applicable to use each method for all voluntary positions, for example you may not choose to seek references for one off voluntary contributions.

- Interviews – formal or informal are essential for communicating information
- References – a good way to alert you to potential difficulties
- Criminal Record Bureau checks for volunteers aged 16 years and over
- Induction – a good way to make a new helper feel welcome and to give essential information about your gym.

The Gymnastics England website has more information about the above and more information on their pages about volunteer co-ordinators and supporting your volunteers. Click the link below to go to the Gymnastics England 'Recruiting Volunteers' web page:

[http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=19&Itemid=162](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=19&Itemid=162)

**If you want to know more about volunteering in your area, contact your Gymnastics Development Officer:**

### NORTHAMPTON AND LINCOLN

Samantha Harding – 07739 990 210 - [Samantha.harding@gymnasticsengland.org](mailto:Samantha.harding@gymnasticsengland.org)

### DERBYSHIRE

Emma Law - 07824 547193 - [emma.law@gymnasticsengland.org](mailto:emma.law@gymnasticsengland.org)

### NOTTINGHAMSHIRE

Rachel Clerck - 07739 512207 - [rachel.clerck@nottsc.gov.uk](mailto:rachel.clerck@nottsc.gov.uk)

### LEICESTERSHIRE & RUTLAND

Hazel Colton -

07827 303 967 - [hazel.colton@gymnasticsengland.org](mailto:hazel.colton@gymnasticsengland.org)



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### Events

Further details on all of the below events can be found on the East Midlands website under competitions ([www.emgymnastics.org.uk](http://www.emgymnastics.org.uk))

#### **SEPTEMBER EVENTS**

##### **5 September 2010**

Leicestershire Level 5, 4, 3 & FIG All Round  
New College Leicester

##### **26 September 2010**

WA – Regional Age Group Championships, Open Age Championships  
New College Leicester

##### **National Young Leaders Camp 2010**

50 gymnastics young leaders will join netball and athletics on Sunday 15 August to take part in this year's national camp. A report on the event will be issued in the next newsletter.