

# SPRING INTO VOLUNTEERING



English Gymnastics

Issue 4

January 2008

**Happy New Year** and welcome to the fourth 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](mailto:helen.webb@englandgymnastics.org.uk)

If you would like to unsubscribe from this newsletter please e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)

## Contents

- News & Events
- Shout About .... – examples of good practice
- Training
- Get Involved

## News & Events

### UK Youth - We want your stories!

Would you like to see your youth club, project or story featured in the media?

Please send us your stories and pictures showing the special achievements of the young people and youth workers you know. Contact Sharon Mackintosh at [sharon@ukyouth.org](mailto:sharon@ukyouth.org) with your details.

**vcashpoint** offers grants of up to £2500 for young people aged 16 to 25 in England to set up their own volunteering projects in their community. The fund opened for applications from young people on **5th December 2007**

Check out the V site, [www.vinspired.com](http://www.vinspired.com), for more funding opportunities, info and prizes!!

The **RBS Community Cash Awards** are offering a total of £1 million to disadvantaged young people aged 14 to 25 who want to set up a project that will improve life in local communities and transform their area. Projects could range from improving local youth facilities to tackling teenage pregnancy or drug misuse. Individual awards, which will be distributed through The Prince's Trust, will range from £250 to £5,000. For more information visit, [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

## SHOUT ABOUT.....

### UK School Games, Coventry, August 2007

The UK School Games is an annual multi-sport event for the most talented young people in the country of school age. The UK School Games are rapidly taking shape as a showcase of the UK's best young talent. As the young gymnasts produced some memorable performances they took one step closer to the London 2012 Olympics.

Coventry played host to the 2007 UK Schools Games on the 23<sup>rd</sup> to the 26<sup>th</sup> August, with the gymnastics competition taking place in the Skydome, an arena that mirrors on a small scale the O2 Dome in London where the Olympic Gymnastics will take place. 1300 Athletes competed in Athletics, Badminton, Fencing, Gymnastics, Judo, Swimming, Table Tennis and Volleyball. The gymnastics competition was held in the Skydome on Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> August. England, Northern Ireland, Scotland and Wales competed against each other in a 2-day Artistic Gymnastics competition. The event provided an excellent opportunity to recruit and inspire volunteers and to provide them with an opportunity to experience the feel of a major event.

Volunteers were recruited for the event from local clubs and the High Peak Gymnastics Leadership Academy. The volunteers undertook a variety of roles including runners and medal bearers. The Youth Sport Trust provided volunteers from the Step Into Sport and Young Ambassadors programme in generic roles such as stewards, programme sellers etc. Volunteers received a briefing prior to the event from the Event Floor Manager, Ross Grant and the English Gymnastics National Development Officer – Volunteers, Helen Webb. All volunteers also received a welcome pack and UK School Games clothing. Volunteers were supported on the day by Ross Grant (Event Floor Manager), Louise Gallagher (British Gymnastics National School Games Co-ordinator), Gemma Barton (English Gymnastics Derbyshire County Development Officer) and Helen Webb (English Gymnastics National Development Officer – Volunteers). The volunteers were thanked for their contribution by Alan Sommerville, Chief Executive of British Gymnastics & Jim Moss, Chair of the English Gymnastics Association. All volunteers also received a Certificate of Appreciation and a copy of a photo taken with Athlete Darren Campbell. All volunteers enjoyed the 'buzz' of a major event and have expressed an interest to volunteer at future events.

The 2008 UK School Games will take place in Bath / Bristol from the 28<sup>th</sup> – 31<sup>st</sup> August. If you would like to volunteer at the event, please contact Helen Webb on 0845 1297129 ext 2524 or e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)



## 2009 World Championships

The O2 Arena will be hosting the Men's and Women's Artistic World Championships from the 6<sup>th</sup> – 20<sup>th</sup> October 2009.

Volunteers will be required for the event to fill a number of roles from Stewards through to Event Runners.

If you would like to find out more about events volunteering please contact Helen Webb on 0845 1297129 ext 2524 or e-mail

[helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)



What are the benefits of volunteering at the event?

- Chance to develop skills, e.g. communication, leadership, organisation and life experience
- Build confidence
- Enjoyment and enthusiasm
- Enhance social skills
- New experiences and job opportunities
- Developing your CV
- Opportunity to gather evidence to support other accredited awards
- Direct links to further opportunities to gain experience in gymnastics

## TRAINING



YOUTH SPORT TRUST

Supported by



Inspiring a million more young volunteers

### Young Officials Development Officer



English Gymnastics is pleased to announce that Danielle Furini has taken up a post within English Gymnastics as a Young Officials Development Officer (YODO). This is a full time voluntary role and is one of nine roles appointed by the Youth Sport Trust as part of a new project funded by v, the youth volunteering charity. The team of volunteers will work with eight key National Governing Bodies (NGBs) and School Sport Partnerships over the next year to recruit and retain more than 1,000 new young sports volunteers. The ninth Development Officer will work with all eight NGBs to ensure appropriate volunteering opportunities for young people with disabilities are developed across all the different sports. The National Governing Bodies participating in the volunteering project are: Table Tennis, Athletics, Badminton, Fencing, Gymnastics, Judo, Swimming, and Volleyball.

"I started Gymnastics when I was 4 and competed in my first competition when I was 5. I was put in to the elite squad within the club and was successful at competitions winning medals and gaining distinctions. I was also selected to train with the South West England squad. Due to circumstances out of my control when I was 10, I no longer participated in gymnastics. At secondary school I still took part in school comps and display, but it wasn't until I went to university that I started to get back into the sport. I joined the university team and represented them at BUSA competitions. I completed my coaching qualifications in General Gymnastics and then took on a role as a casual sport coach for Leeds City Council where I coach pre – beginners, pre – grade and elite grade classes. I have continued to increase my coaching ability by taking courses in Pre – School and Artistic Gymnastics.

Once I completed my degree in Sport Science I started to look into gymnastics as a possible career. When the YODO position became available I applied, as it was a great opportunity to demonstrate what I was capable of and it gave me the opportunity to assist the development of the sport and also my own skills at the same time."

Danielle will be volunteering within Gymnastics to develop Young Officials Awards, resources and training to recruit and qualify young officials, who will in turn support competition and events at a local level using their new skills. Some will have the chance to undertake officiating duties at major events such as the UK School Games alongside top officials, and will hopefully have the chance to volunteer at the London 2012 Olympic Games and Paralympic Games. Danielle is currently developing a new 'Events Officiating' Award based around the roles required to support an event on the day, including the Floor Manager, Volunteer Co-ordinator, Scorer, Runner, Steward etc. The new award is currently being piloted in the Yorkshire and then will be rolled out around the rest of the country.

If you would like to find out more about the award contact Danielle Furini, 07739 512210, e-mail [danielle.furini@englandgymnastics.org.uk](mailto:danielle.furini@englandgymnastics.org.uk) or Helen Webb, 0845 1297129 ext 2524, e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)

## ON YOUR MARKS

The aim of the 'On Your Marks' project aims to engage with 100 volunteers over the age of 18 in the South East. All volunteers will receive free training and paid travel costs, plus any appropriate support that may be identified. Advice will also be given to help volunteers find work in the sport sector. All learners will be expected to do the following three courses:

- Level 2 First Aid Sports Injuries
- Level 2 Health & Safety
- Child Protection

An optional course is offered which may include: Basic IT, Basic Languages, Equity &

Diversity or Customer Relations.

Applicants are welcomed who would like to become volunteers as well as existing volunteers. The project is aimed at people who are either in or out of work. However, you must not have previously attended any of the 3 mandatory courses on offer before.

For more information please contact Roz Buchan, Project Co-ordinator on 01323 637244 or e-mail [roz.buchan@sussexdowns.ac.uk](mailto:roz.buchan@sussexdowns.ac.uk)

For a list of current Judging and Ethics & Welfare courses please visit the British Gymnastics website, [www.british-gymnastics.org](http://www.british-gymnastics.org)  
For information about Leadership Courses please visit the English Gymnastics website, [www.englandgymnastics.org.uk](http://www.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 Women'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 hold a valid BG CRB disclosure. Volunteer hours are flexible to suit the volunteer. Suitable volunteers will be able to shadow existing coaches and will be offered the club's 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](mailto:huntgymnast@tiscali.co.uk)

### LONDON

#### Charisma Gymnastics Club (Dulwich)

Charisma Gymnastics Club offers General Gymnastics, Women's Artistic and Pre-School sessions. The club are seeking volunteer coaches / assistant coaches for their General Gymnastics and Pre-School classes. Volunteers will need to be good with children and either have, or be willing to work towards, coaching qualifications. Training and support will be offered to volunteers to help with passing the coaching exams. Volunteers are required for a minimum of 6 months at any of the following sessions:  
Thursday 5.30-8pm, Friday 5.30-8pm and Saturday 9am-1pm.

For more information please contact Guy Thompson on 07764 949707.

### 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 and 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](mailto:inglebygc@aol.com)

## **NORTH WEST**

### Crewe & Nantwich Gym Club

Crewe & Nantwich Gym Club has been providing recreational gymnastics for 25 years. Their successes include producing an international gymnast for Men's Artistic, regional gymnasts for Women's Artistic, team members of the Special Olympic Team and a British Team in TeamGym.

The club are seeking to recruit volunteers to assist alongside the coaching team for the recreational classes, learning how to deliver good quality basic skills to beginners.

Volunteers are sought who are reliable, punctual, keen to learn, team players,

have a good sense of humour and are willing to attend a minimum of 1hr per week. The recreational class times are as follows:

Monday 4-6pm, Tuesday 6-7pm, Wednesday 4-6pm, Thursday 5-7pm, Friday 4-7pm, Saturday 9.30am –1pm.

Volunteers will be provided with an opportunity to complete the English Gymnastics Helpers' Award and relevant coaching qualifications. Volunteers will also receive close mentoring from team leaders.

For more information please contact Samantha Brennand on 01270 214324 or e-mail: [sambrennand@yahoo.co.uk](mailto:sambrennand@yahoo.co.uk)

## **SOUTH & SOUTH EAST**

### Kartwheels Gym Club (Fareham)

Kartwheels Gym Club is a small, friendly, local community gymnastics club of approximately 70 members, based in Titchfield Common, Fareham. The Head Coach is from a Women's Artistic background and the club run recreational gymnastics sessions on Bars, Beam, Floor, Vault and Trampoline. The club have also recently gained GymMark accreditation.

The club are seeking volunteers to assist the Head Coach with the gymnastics sessions. This will include: setting up and setting down of equipment, assisting with warm ups, apparatus work as above and side stations. This may also include choreographing routines, if the volunteer has an interest in dance. A Level 1 or Level 2 Coaching qualification in General Gymnastics, Artistic Gymnastics or Pre-School Gymnastics is desirable, however some gymnastics/multiskills background or a genuine interest in gymnastics is essential. Volunteers will be offered the opportunity to gain Gymnastics coaching awards, Child Protection Awareness and First Aid Training. Mentoring will be provided where necessary. Volunteers must be reliable, trustworthy, honest and patient with a friendly nature. The club training times are as follows: Mondays 12.30 – 2.45pm Pre-School (x2 sessions), 3.45 – 4.45pm Over 5's Recreational, 5.30 – 7.00pm 9yrs – Teenagers. Tuesdays 3.45 – 4.45pm 8-10yrs after school club. Wednesdays 3.45 – 4.45pm Over 5's Recreational. Volunteers do not have to be available to do all of the above listed hours; any help would be appreciated. Volunteer expenses will also be paid. For more information please contact the Head Coach - Kirsty Lynas on 07930 848442.

### Treasure Gymnastics (Bitterne & Thornhill, Southampton)

Treasure Gymnastics is a British Gymnastics affiliated club offering recreational classes along with a Team Gym squad. Sessions are held at Woodlands School near Bitterne, Southampton and Eastpoint Centre, Thornhill, Southampton. The club would like to recruit volunteers at Club Coach level and a number of volunteers with an Assistant Coach qualification, or unqualified volunteers who are keen to gain qualifications. Subsidies for coaching courses may be available. All volunteers within the gym will be subject to a CRB check. If you are interested please contact Emily via e-mail: [treasuregymnastics@hotmail.co.uk](mailto:treasuregymnastics@hotmail.co.uk) or call: 07832 267698

### Team Lightening Trampoline Club (Winchester)

Team Lightening, based in Winchester, have a vacancy for a volunteer coach at one of their training venues. For more information please contact Justine Abraham, e-mail: [justine@teamlightening.org.uk](mailto:justine@teamlightening.org.uk)

### Swallows Trampoline Club (Haslemere, Surrey)

Swallows Trampoline Club has been running for two and a half years and has approximately 100 recreational, disability, competitive & elite members, with waiting lists for most classes. The club are seeking Floor Activities Assistants to lead and help with games and activities for children aged 4 – 6 yrs & 7+ yrs in between turns on the trampoline. Activities are aimed at improving children's co-ordination and body management skills and typically include small obstacle courses, musical games and co-ordination work with hand apparatus. Assistants will volunteer under the direct supervision of qualified coaches and are needed on the following days: Thursdays 4.45 – 6pm, Saturday 8.45 – 10am & 10-11am, term time

A Floor Activities Assistant will need to be:

- Confident, outgoing, cheerful, enthusiastic, patient, imaginative and vigilant
- Reliable and well organised
- Able to communicate with children
- Experience of working with Pre-School and young children would also be ideal

Assistants will attend an in-house training module to give them a grounding in activities, child development and group management. Assistants will have access to the club's in-house training and mentoring throughout their volunteering. Those wanting to train further can also be supported to become qualified Trampoline, General Gymnastics or Pre-School coaches through Swallows Trampoline Club or other clubs in the area that Swallows is directly associated with. Anyone working with children at Swallows is encouraged to attend Child Protection and First Aid courses and will be required to complete an enhanced BG CRB disclosure. If you would like further information or to register your interest in the vacancy please contact Lisa Lewis, The New House, Wheatham Farm, Wheatham Road, Liss, Hampshire. GU33 6LN. Telephone: 01730 827916 / 07876 247044

### The MEAPA (Gravesend, Kent)

The MEAPA was founded in 1976 and has its own purpose built gym. The MEAPA caters for gymnastics training in the disciplines of Women's Artistic, Floor & Vault, General Gymnastics (Boys & Girls), Play Gym, Pre-School and gymnastics for adults. The club is seeking volunteers to assist with coaching, fundraising or general helpers. Training will be given towards the British Gymnastics Assistant Coach award in the chosen discipline. Volunteers will need to demonstrate good communication skills, be reliable and well organised. Some knowledge of gymnastics is desirable but not essential. All volunteers will be subject to a BG CRB disclosure.

The club training times are as follows:

Mondays 4pm-7pm

Wednesdays 4pm-5pm

Fridays 4pm-8.30pm

Tuesdays 4pm-5.30pm

Thursdays 12.45pm-1.30pm, 4pm-5.40pm

Saturday 9am-1.20pm

Volunteers do not have to be available to do all of the above listed hours; any help would be appreciated.

For more information please contact Yuriy on 01474 333299 or e-mail:

[enquiries@themeapa.com](mailto:enquiries@themeapa.com)

## **SOUTH WEST**

### Oxstalls Springers Trampoline Club (Gloucester)

Oxstalls Springers Trampoline Club has been running for 3 years with 30 children currently competing at regional and national level. The club has classes running for recreational participants from aged 3 to adults and also runs classes for those people with a disability.

The club are seeking a Fundraising Co-ordinator to help organise and run fund raising activities and a Club Social Co-ordinator to help organise club events and social activities outside of trampolining. Other opportunities are also available.

Volunteers will need good organisational skills, be motivated to work on their own, have good communication skills, be forward thinking and be able to work within a team. All volunteers will receive support from the club owners and coaches. Training will also be given where necessary. There are no fixed hours and any help would be appreciated.

For more information please contact Dawn Lawson on 07929172855, e-mail [oxstallsspringers1@hotmail.co.uk](mailto:oxstallsspringers1@hotmail.co.uk)

## **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 ext 2324

### 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. All volunteers will be subject to a BG CRB disclosure. 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: 01299 403318 / 07801 338292

British Gymnastics & English Gymnastics will not discriminate unfairly against applicants with a criminal record. Having a criminal record will not necessarily bar an applicant from volunteering for British Gymnastics or English Gymnastics. However, if the position brings the volunteer into contact with children or vulnerable adults or involves the management of individuals in that position, any appointments will be subject to the approval of British Gymnastics enhanced level criminal records disclosure. For more information please contact British Gymnastics on 0845 1297129.

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

Cally Mee (Bircotes Leisure Centre)  
Ashley Cullingworth  
Nicola Bannister  
Laura Sparkes (Dr Challoner's High School)  
Charlotte Simmonds (Goring Gym Club)  
Jenny Tyson-Berry (Leisure in Salford)  
Courtney Warne  
Stephen Jackson  
Lauren Mawdsley  
Linda Williams  
Laura Sherratt  
Susan Jackson  
Ellie Whitehead  
Kristof Willerton (Oxstalls Springers Trampoline Club)  
Annelies Willerton (Oxstalls Springers Trampoline Club)  
Helen Udolloress (Oxstalls Springers Trampoline Club)  
Aaron Smith (Oxstalls Springers Trampoline Club)  
Samuel Horton (Bircotes Leisure Centre)  
Tammy Shaw (Oxstalls Springers Trampoline Club)  
Claire Sykes  
Gemma Marsden  
Rachael Gibbons  
Laura Ellis  
Michelle Roche  
Megan Ellis  
Hayley Birkett (Barnsley Premier GC)  
Lauren Patterson (Roseberry SCC)  
Emma Davies  
Michael Durbar (Blue Dragons)  
Laura Dalton (Blue Dragons)  
Paula Hardman

Kim Malkin (Derby City GC)  
Zoe Walters (Bircotes Leisure Centre)  
Rachel Latham  
Sharnie Jones  
Jessica Gore  
Jenny Spencer  
Lisa Wilkinson  
Samantha Robinson  
Andy Reynolds  
Michael Edwards  
Bethan King  
Jodie Gray  
Shelby Leadbetter  
Natasha Gaskell  
Lauren Harrison  
Chelsea McDermott  
Laura Radford  
Hannah Givens  
Kelly Warrilow  
Claudia Bankier  
Rebecca Fairhurst  
Hannah Graves  
Tasha Dutch  
Sophie Parkinson  
Ruby Stapleton  
Georgina Crowe  
Rebecca Forshaw  
Adam Watson  
Natalie Shelton (Barnsley Premier GC)  
Ashley Maddison  
Michael McBurney (Vermuyden School)  
Peter Reynolds (Raans GC)  
Ollie Humphrey (Raans GC)

Well done and keep up the good work!

If you have any comments or articles that you would like to share please e-mail  
[helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)