



GETTING STARTED

What is the MYLeadership Academy?

The MYLeadership Academy is a program designed to provide a structure, which young people can follow to help them develop as leaders within the gymnastics environment. The program encourages leaders to complete five different topic areas at 3 different levels (Bronze, Silver & Gold).

How do I join the MY Leadership Academy?

To join the Leadership Academy you just have to complete the Application form on page 3 of this booklet and return it to us at the club or by email to myla@altongymnasticsclub.org.

What work is involved and when will I need to complete things?

There are various tasks you need to complete for each topic area and each level, Bronze, Silver and Gold. There are no deadlines, you can work through the Academy at your own pace but your program leader will help guide you to get things done along the way in order to help you achieve the goals for each level. You can work through the program by completing all elements at each level or by focusing on one Topic area at a time or a combination of both. It is a good idea to complete as much of the Bronze award as you can early on so that you can choose the topic areas to focus on first.

MY Volunteering

In order to complete each section there are a minimum number of voluntary hours to complete at the club helping out at classes. These will usually be during recreational classes. You will also have to volunteer at Local, County and Regional events. Your program leader will help you by letting you know when and where there are opportunities to volunteer at events.

MY Development & MY Future

These Sections help to structure your Volunteering hours at the club. They encourage you to look at what you want to get out of your involvement in Gymnastics, what you can offer and help you track your development over time. There's not a lot of work involved here, mainly a bit of thought and a little recording of these thoughts.

MY Learning

There are courses/workshops for you to attend to help develop your skills, knowledge and leadership qualities.

There are practical assessments as well as written tasks in order to help you consolidate your learning. These will be given to you as you go along and will form part of your Progressive Coaching Log-book. Some of these will be tackled naturally as part of your volunteering at classes and in some cases during your own gymnastics training sessions whilst others can be completed in dedicated sessions.

MY Projects

You will have to complete at least one Project for each level of the Academy. Projects range from running a raffle at an event to organizing an event itself. Your program leader will arrange a meeting to talk about ideas for projects which could also include making a video or designing a poster for those who like to be creative.



GETTING STARTED

How much will it cost?

To register with the MY Leadership Academy costs £15. This covers your registration, BG booklet, a Leadership Academy T-shirt and a CD with the FULL Alton Gymnastics Club Leadership Academy Workbook as a PDF document that you can print page by page at home. You do not have to pay this until we have accepted your application and you are happy to go ahead.

You can also purchase a printed copy of the AGC Workbook for £20. You may want to wait until you have completed some of the Bronze award before you do this but it is a worthwhile investment if you do want to complete the full program.

You must hold a minimum of Bronze Membership with British Gymnastics (if you still participate in gymnastics, you should already have this). If not, the charge is £17 per year for British Gymnastics Membership. Your Academy Captain will help you register with British Gymnastics as this process now has to be completed by the member (previously the Club would do this but this has changed from October 2017)

Other costs are mainly in the cost of the MY Learning section. This is because the workshops and courses are chargeable.

Part of the aims of the Leadership Academy may be to raise funds through activities in order to help cover these costs. Fundraising activities could form part of your "My Project" section.

What Paper work is required?

This booklet, along with your Progressive Coaching Portfolio contains all the paperwork required to complete the various stages of the Program. Some of the information will need to be transferred into the Official British Gymnastics MYLeadership Academy booklet. When you are ready to complete each level of the program, your Academy Captain,

Role Model or Head coach can help you transfer the information to the British Gymnastics booklet so that you can get the official accreditation from British Gymnastics.

You may be given additional worksheets or resources as you progress through the program which help to clarify and demonstrate your growing knowledge. You should keep everything together in a folder which with this booklet and your Progressive Coaching Portfolio.



GETTING STARTED

Application to Join the Leadership Academy Program

First Name		Surname		Date of Birth	
Address			Town	County	Postcode
Parent/guardian Name(s)		Telephone		Mobile	
Parent E-mail Address		...(if under 18)			
Leaders Email Address					
Emergency contact:					
Contact name		Relationship to Leader		Telephone	

Have you looked through the Leadership Academy Booklet?	YES / NO
Do you have an understanding of what's involved in the program?	YES / NO
Do you feel you are able to commit to completing the Program?	YES / NO
Have you discussed the program with your parent / guardian?	YES / NO
Are you happy to volunteer as part of the Leadership Program?	YES / NO

Which areas interest you the most? Use a scale of 1 – 5!						
1=Very Interested		1	2	3	4	5
2=Quite Interested	Coaching Recreational Gymnastics					
3=Interested	Coaching Competitive Gymnastics					
4=Slightly interested	Judging					
5= Not Really interested	Events organisation					
	Class / Club Administration					
	Fundraising					
	Other					

If you are interested in something not listed above please tell us about that...

Please tell us in just a few sentences about your experience in Gymnastics. Include the benefits you think you have gained from being involved in the sport...



MY LEADERSHIP ACADEMY - OVERVIEW



BRONZE AWARD

MY VOLUNTEERING

BRONZE

EVENTS: Volunteer at 3 events including one County event.

CLASSES: Volunteer 12 hours within the club helping out at classes (*you must complete a volunteering agreement form for this*)

MY DEVELOPMENT

BRONZE

Identify a Role Model and complete the MYDevelopment Leaders Agreement in both this and the BG Leadership Academy booklet.

MY FUTURE

BRONZE

Write a development plan and get it signed off by your Role Model or Leadership Captain

MY LEARNING

BRONZE

COURSES / WORKSHOPS

Complete one British Gymnastics Course

Complete one Generic Course

Attend 3 Leadership Academy meetings / Club workshops

PORTFOLIO

Complete the Bronze award worksheets in the Progressive Coaching Portfolio

Complete the Bronze award practical assessments in the Progressive Coaching Portfolio

MY PROJECTS

BRONZE

Plan, run and evaluate a fundraising project to raise funds for the Young Leaders Academy.



MY LEADERSHIP ACADEMY - OVERVIEW



SILVER AWARD

MY VOLUNTEERING

SILVER

EVENTS: Volunteer at a further 3 events including one Regional event.

CLASSES: Volunteer 36 hours within the club helping out at classes. Your Bronze hours contribute to this so its another 24 hours (*you must complete a volunteering agreement form for this*).

MY DEVELOPMENT

SILVER

Complete 20 hours working with / alongside your role model (see the MY Volunteering Section)

MY FUTURE

SILVER

Complete the short-term goals from your Development Plan

MY LEARNING

SILVER

COURSES / WORKSHOPS

Complete a second British Gymnastics Course

Complete a second Generic Course

Attend a further 3 Leadership Academy meetings / Club workshops

PORTFOLIO

Complete the Silver award worksheets in the Progressive Coaching Portfolio

Complete the Silver award practical assessments in the Progressive Coaching Portfolio

MY PROJECTS

SILVER

Plan, run and evaluate a second fundraising project to raise funds for the Young Leaders Academy or towards a specific Club target.



MY LEADERSHIP ACADEMY - OVERVIEW



GOLD AWARD

MY VOLUNTEERING

GOLD

EVENTS: Volunteer at a further 3 events including one Regional or National event.

CLASSES: Volunteer 60 hours within the club helping out at classes. Your Bronze & Silver hours contribute to this so its another 24 hours. (*you must complete a volunteering agreement form for this*).

MY DEVELOPMENT

GOLD

Complete 50 hours working with / alongside your role model (see the MY Volunteering Section)

Complete the goals set out in you're 'MY Future' Development Plan

MY FUTURE

GOLD

Complete the long-term goals from your Development Plan

MY LEARNING

GOLD

COURSES / WORKSHOPS

Complete a third British Gymnastics Course

Complete a third Generic Course

Attend a further 3 Leadership Academy meetings / Club workshops

PORTFOLIO

Complete the Gold award worksheets in the Progressive Coaching Portfolio

Complete the Gold award practical assessments in the Progressive Coaching Portfolio

MY PROJECTS

GOLD

Plan, run and evaluate a project with aims other than just fundraising.

Fundraising CAN be a part of the project but there should be other aims as well.