



LOTTERY FUNDED



Berkshire Gymnastics Action Group and Sub Groups Complements Gymnastics Delivery in Berkshire

Summary of Success

- A county wide strategic Gymnastics Development Group was formed and supported by one Trampoline Sub Group and one Gymnastics Sub Group
- £210 accessed for Development Group set-up
- £10,000 accessed from Sport England for a County Coaching Bursary
- £3,000 accessed from Berkshire Sport Legacy Fund for a Freestyle Gymnastics project that focuses on adult participation.
- Successful 2-tier Key Step Gymnastics and Next Step Trampoline competition programme for school and club participants.

Key Partners

- Berkshire County Sports Partnership
- British Gymnastics
- British Gymnastics Clubs and Coaches
- Community Gymnastics Coaches
- Competition Managers
- Local Authorities across Berkshire
- School Sports Partnerships across Berkshire
- Sport England

Project Objectives

- Partnership working across Berkshire to focus and direct the county's approach to gymnastics development
- Engaging the expertise of coaches, judges and clubs to develop a competition programme
- Establish gaps in provision and support county and local Gymnastics delivery
- Access funding to support Gymnastics within Berkshire based on local need
- Increase participation in competitions using the NGB competition framework for Key Step Gymnastics and Next Step Trampoline

Impact/Outcomes

- £13,210 accessed for the development of Gymnastics
- Partnership competitions for Key Step Gymnastics for primary aged children and partnership competitions for Next Step Trampoline for secondary aged children. Both leading to a county final.
- 3 well-established Development Groups with clearly defined roles



'Every Child Matters'

Summary of Success

- Becoming a self-sustaining club that provides grass roots gymnastics opportunities for the local community
- Generate income to renew and maintain the club equipment
- Maintain and develop a volunteer base of fully qualified British Gymnastics trained coaches and judges
- Gymnasts gaining medals in the following disciplines: Acrobatics, Aerobics and Trampolining at regional and national levels



Introduction

Goshawks Gymnastics & Trampoline Club started in Gosport in 1991 with the intention of being a non-profit club and to be affordable to all that have an interest in the sport. The aim of the club is to provide a safe, effective and child friendly environment in which every individual with an interest or talent in the sport can participate in the gymnastics disciplines, under the guidance of appropriately qualified coaches. The Club trains, and competes in the following disciplines: Acrobatic Gymnastics, Aerobic Gymnastics, General Gymnastics, Pre-School, (including a Parent/Child section), Trampolining Gymnastics, and Women's Artistic Gymnastics.

A number of gymnasts have competed in their disciplines with considerable success achieving many Gold, Silver and Bronze awards at national level. Other gymnasts have been passed onto dedicated clubs for more specialised training, again with much success.

For more information about this project, please contact Cristina Mitchell, Regional Administrator on 07795 336900 or email cristina.mitchell@ovmnasticsengland.org



Club and Coach Programme – Dynamo School of Gymnastics

Summary of Success

- 🌹 2 Women selected for Great Britain National Squad
- 🌹 3 Women selected for England Squad
- 🌹 1 Boy in Great Britain Elite Potential Squad
- 🌹 300 gymnasts involved in Talent Identification programme
- 🌹 Gymnastics Festivals, workshops and master classes delivered across the Hamble School Sport Partnership

One of the aims of the Club and Coach programme was to introduce high quality gymnastics at grass roots level. The Gymnastics Club is located on the hub school site of the Hamble School Sport Partnership and works very closely with the partnership to deliver workshops for teachers, coaching within the curriculum, Young Leaders courses and Gymnastics festivals. The club, through the Club and Coach programme, has been able to identify High Performance potential and successfully produce performers at the highest levels. The programme has also allowed for successful mentoring to produce quality coaches.

Key Partners

- 🌹 British Gymnastics
- 🌹 Sport England
- 🌹 Gymnastics England County Development Officer
- 🌹 Hamble School Sport Partnership (SSP)
- 🌹 Dynamo School of Gymnastics
- 🌹 Sport Hampshire and IOW

Project Objectives (5-8 bullet points)

- 🌹 Deliver a Gymnastics Key Step programme across SSP
- 🌹 Train, mentor and deploy coaches within the club
- 🌹 Deliver a Key Step Gymnastics Festival
- 🌹 Identify talented children and offer them a place at the club
- 🌹 Identify High Performance potential



Developing opportunities to access Cheerleading and Street Cheer sessions within the Southern Region

Summary of Success

- 20 Newly Qualified Cheerleading Coaches and 29 Newly Qualified Street Cheer Coaches.
- 18 New Cheerleading Sessions and 14 New Street Cheer Sessions offered by Regional Club
- Further 8 sessions planned for roll-out in September

Introduction

Cheerleading and Street Cheer are newly introduced disciplines within the Gymnastics family. Many regional clubs offer the traditional gymnastics disciplines but very few offered Cheerleading and even fewer offered Street Cheer. This project looked to work with a number of clubs to diversify the range of opportunities offered.

Key Partners

- Gymnastics England
- Regional and County Development Officers
- Southern Region Affiliated Clubs
- UK Cheerleading Association

Project Objectives

Support clubs to:

- Increase the number of disciplines offered
- Provide a varied programme of gymnastics activity
- Offer suitable activities for older participants who no longer wish to compete, but want to continue their involvement in gymnastics

Project Delivery

The region accessed funding to train coaches to deliver Cheerleading and Street Cheer within existing British Gymnastics registered clubs. In return for every coach trained, the club was required to run at least 1 session back at their club.

Impact

- 132 clubs have had the opportunity to introduce Cheerleading and Street Cheer sessions
- 20 Clubs involved across the whole region
- 32 New sessions per week with the potential to continue to grow

Future Developments

- Provide a competitive and non-competitive outlet for Cheerleading and Street Cheer through the running of a Regional Festival and County Cheerleading Festival

Contact Details:

For more information please contact:
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The Mentoring Module

Summary of Success

- 55 Mentor Coaches trained in under a year
- The training is having a direct impact on our network of coaches qualifying under UKCC
- Many indicate the desire to continue with the running of Mentoring courses into 2011

Project Summary

The British Gymnastics Mentoring course allows coaches to train so they can support other coaches to complete a UKCC Coaching qualification. The Mentor Coach plays a key role in the coaching course process and helps coaches build their confidence and to develop their overall knowledge and skills. The Southern Region Committee agreed to utilise funding from the Whole Sport Plan budget to cover the cost of four Mentoring courses for 2010. The Region also put forward three tutors for training so that these courses could be delivered successfully. The courses have been well received within the Region with 55 Mentor coaches being trained in under a year. With one more course still to come in the Region, the module has proved highly beneficial in developing our Regional Workforce and has resulted in a further four courses being subsidised through the Whole Sport Plan budget for 2011.

Key Partners

- Southern Region Gymnastics Committee
- British Gymnastics England
- Southern Region Gymnastics clubs
- British Gymnastics Tutors
- Regional Workforce Development Co-ordinator
- Hampshire Coaching Development Manager, CJ Lee

Project Objectives

- To run 4 Mentoring courses within the Southern Region
- To set up a database of Mentor Coaches in the Southern Region
- To provide a support system for our network of trainee coaches
- To demonstrate evidence of success of courses to continue running them in 2011

Project Delivery

The British Gymnastics Mentoring Module course became available following the introduction of UKCC coaching courses in 2009, in order to support and help mentors to understand the contents of the UKCC logbook. The course also informs coaches of the best practice in how to pass on experiences and offer advice to enable their trainee coaches to learn more in-depth knowledge of the coaching role. This means clubs can better support their coaches who are looking to train for their next qualification. For one coach, the course was offered just at the time when they were about to embark on mentoring a trainee coach. The course guided them through the contents of the candidate logbook as well as the quality indicators that assessors look for from a trainee. The coach was then able to take this knowledge back to their club and share best practice with other coaches. From the launch of the subsidised Mentor Coach Module, 55 coaches have trained in under a year. The delivery of the project has received praise from a number of external partners, including the Hampshire Coaching Development Manager, CJ Lee: "Mentoring is one of the most powerful and underused coach development and education tools at our disposal. Effective mentoring helps 'the learning coach' to reflect on their skills, experiences and aspirations, and find solutions to overcome real-life coaching challenges. Every coach should have a mentor, either from within the sport or from an experience practitioner in another discipline." The Southern Region Committee has decided to utilise Whole Sport Plan funding so that a further four courses can be run in 2011 following the successful impact of courses in 2010. Furthermore, the Regional Committee has decided that all spaces for future Mentoring Module courses will be free for all Southern affiliated club members.



Sansom School of Fitness catch the Cheerleading bug!

Summary of Success

- The Club was able to identify a decline in numbers and offer a new and exciting discipline
- Club continues to grow and expand, setting up new classes to reduce the waiting list
- Participants are given the opportunity to take part in displays and local festivals and competitions.

Sansom School of Fitness previously ran General Gymnastics Classes 4 times a week across two venues – Portchester Community Centre, Court Lane Junior School in Portsmouth. Unfortunately the club experienced a drop in membership when a new Gymnastics Centre opened in the local area so they decided to start classes in a new discipline and offered children the opportunity to try Cheerleading. They were also able to offer these new classes in a new venue.

Key Partners

- British Gymnastics England County Development Officer
- Sansom School of Fitness
- British Gymnastics

Project Objectives

- To offer an exciting new discipline to the local community
- To expand the Club's current programme
- To increase number of sessions
- To offer the opportunity for children to perform in displays, local festivals and competitions.

The Sansom School of Fitness Cheerleading Team has been running for 18 months at Whiteley Community Centre, Whiteley, Fareham, Hampshire. Since starting in March 2009 the club has increased their number of Cheerleaders to 48 with many on a waiting list. To reduce this waiting list, the club is hoping to add an additional class in September, so that three groups instead of two can be accommodated. The funding the club received from British Gymnastics England has enabled them to buy lovely new show poms in their club colours! They have done many displays at different events and just performed at the NSPCC Stars & Stripes Fundraising event on the 4th July 2010, where the Cheerleaders did brilliantly.



School Sports Coaching

Summary of Success

- Higher quality coaching to 7 secondary schools and their feeder primary schools in West Oxfordshire
- Continuation of regular participation in Trampolining at Chipping Norton School
- 30 young sports leaders trained to BG proficiency award level/standard
- Trampoline Club formed

Key Partners

- Oxfordshire County Sports Partnership
- West Oxford School Sports Partnership
- West Oxfordshire District Council
- Nexus Community Leisure
- British Gymnastics

Project Objectives

- Increase participation of high quality coaching out of school hours
- Increase attainment and achievement through PE and sport
- Improve behaviour and attitude in PE and sport
- Increase participation in competitions and improve performance opportunities

School Sports Coaches are government-funded programmes aimed at increasing the quality and quantity of PE and school sport opportunities for young people between 4-19 years old in state schools.

Impact/Outcomes

- Around 350 young people per week were taught Trampolining. High Grades in GCSE and A Level Trampolining were achieved as a direct impact of the project.
- Young girls self esteem increased through regular participation and one went on to become a coach.
- Gifted & Talented pupils were identified and directed to a community club and one went on to win Gold in a Regional Competition.

Key Success Factors

- Increased participation and awareness of Trampolining.
- Established school – community links with Higher Energy Trampoline Club.
- Increased participation in competitive Trampolining.

Future Developments

- To maximise club participation by purchasing additional equipment and gaining more training time.
- Club to achieve GymMark status.
- Continue to train young sports leaders through the BG and Sports coach UK programmes.
- To develop a county squad.

Contact Details: For more information, please contact Fiona Middleton. higher-energy@hotmail.co.uk



Club and Coach Programme – Southampton Gymnastics Club

Summary of Success

- ✿ Restructure of Acrobatic Gymnastics Squad Section of the Club
- ✿ Restructure of Tumbling Squad Section of the Club
- ✿ Established Talent Identification Development squads
- ✿ Selection of a Tumbler for the Great Britain National Team

The Club and Coach programme has enabled the Club to review its current structure and identify gaps in provision throughout its squad groups. Each year the coach on the programme has focused on a section of the club for development, starting with the establishment of a Talent ID group. The following year he focused on a structure for the Acrobatic and Tumbling Squads and then finally reviewed the Club's satellite centres.

Key Partners

- ✿ Gymnastics England
- ✿ Sport England
- ✿ British Gymnastics
- ✿ Southampton Gymnastics Club
- ✿ Southampton City Council Sports Development Unit

Project Objectives

- ✿ Improve the current structure of the club
- ✿ Utilise the trained coaches
- ✿ Improve the standard of Gymnastics within the Club
- ✿ Deliver Proficiency Coaching Courses



Senior Development Group, Southampton Gymnastics Club



'Gymnastics is the talk of the town in Tilehurst since the opening of their new Gymnastics Club'

Summary of Success

-  **Newly registered British Gymnastics Club**
-  **142 members**
-  **Achieved Gymmark Status within 6 months of opening**
-  **Sustainable School-Club links**
-  **Attendance at local Gymnastics Competition**



(Picture courtesy of Reading Post)

Introduction

Prior to the opening of Tilehurst Gymnastics Club there was little opportunity locally for a child to access a British Gymnastics registered gymnastics class. A child would need to travel some distance to their nearest club and would often be added to the club's waiting list of several months. Given this, it made logical sense to set up a Gymnastics club to serve the local community and surrounding areas of Tilehurst and West Berkshire. Rebecca Taylor, Club Manager, along with the support of various partners did just that.

For more information about this or other projects in the Southern Region please contact Helen Bushell, Regional Development Officer helen.bushell@gymnasticsengland.org



The First British Gymnastics Southern Region Tumbling Camp

Summary of Success

- 27 gymnasts participated in the camp from 5 Southern Region clubs
- 17 hours of training in the gym learning new skills
- 14 gymnasts introduced to the discipline of tumbling
- 5 coaches received advice and support from International coaches



Using funding from Hampshire County Council and working in conjunction with Basingstoke Gymnastics Club, British Gymnastics Southern Region was able to organize and deliver their first Tumbling Camp.

The discipline of Tumbling requires the gymnast to gain speed and power by running along a 25-metre track and perform a series of somersaults and twists.

Tumbling is a very popular discipline within the Southern Region. The Region has a number of successful clubs that specialise in tumbling and have gymnasts competing at National and International level.

Key Partners

- British Gymnastics England County Development Officer
- Hampshire County Council
- Basingstoke Gymnastics Club
- British Gymnastics Southern Region
- Southern Region Acrobatic and Tumbling Judging Coordinator