



ASPIRE GYMNASTICS CLUB ANNUAL GENERAL MEETING

Volunteer Coordinator

The main area of volunteering has been in our Leadership Academy. We now have 28 members registered in the academy with at least 12 of these helping every week. Helping in the gym forms part of the “My Development” section of the British Gymnastics academy scheme. We have leaders who have well surpassed the 50 hours needed to gain their gold award in this strand. 9 leaders attended the Award Scheme coaching course – they can now be responsible for gymnasts who are learning skills in the proficiency awards. This is the first step on the coaching ladder.

Aside from helping in sessions the leaders helped to organise and were instrumental in the delivery of our very first GfA competitions which were held last summer. This allowed over 150 gymnasts to take part in the events, an opportunity we simply wouldn't have been able to offer without the young leaders. We had some great feedback from the events and high praise for our young leaders – we hope to run the competitions again this year.

The leaders have volunteered at various competitions and events during the year including the Hull and East Riding Festival – again we received amazing feedback for the leaders, some saying that the county event wouldn't run without them. Proud moment.

For something new this year we've started some mental health and wellbeing workshops. We've had great attendance and the enthusiasm the leaders show for learning and sharing more in this very important subject has been fabulous. Thank you for Rebecca for delivering the sessions, we really do appreciate it.

We're really proud that as gymnasts decide to step away from training in the gym some are deciding to continue to be part of the academy by helping out in sessions – this shows real dedication and we look forward to supporting as many leaders up the coaching ladder as possible.

As the leadership academy is continually growing we would really appreciate any assistance anyone could give. You don't need to have any gymnastics experience at all and the time you could give could be the odd hour here or there.

We have one awesome parent who also attended the Award Scheme coaching course who is helping out in sessions. Again, she's an amazing help and we hope that she continues to enjoy her time in the gym.

If anyone is interested in volunteering at the club – not necessarily in coaching please do get in touch.