



TOTAL GYMNASTICS  
ACADEMIES

THE BETH TWEDDLE ACADEMY

# LEADERSHIP ACADEMY



# Inspiring a generation

Visit us online | [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk)

**MY  
LEADERSHIP  
ACADEMY.**

**British  
Gymnastics**  
More than a sport

# TOTAL GYMNASTICS ACADEMY ARE EXCITED TO INTRODUCE THEIR NEW COACHING LEADERSHIP ACADEMY!

We are looking for enthusiastic and committed boys and girls aged 12 – 17 who want to get a head start in planning their future career in sport and working with children.

## WHO ARE TOTAL GYMNASTICS ACADEMIES?

Total Gymnastics Academies is a dedicated company set up by Olympic Bronze Medallist and World Champion gymnast, Beth Tweddle MBE with the aim to give every child the opportunity to have a go at gymnastics. The programmes we run allow children with little or no gymnastics experience to learn the fundamental movements of the sport and develop their talent. Our classes are aimed at children aged 2 + and they follow an internal development pathway, working through the “Beth Tweddle Gym Stars” programme from ages 2 – 7 training for one hour per week, eventually progressing to 1 ½ hours or 2 hours a week, working through the British Gymnastics Proficiency and Advanced Proficiency Awards.

## WHAT IS A LEADERSHIP ACADEMY?

The MY Leadership Academy is an initiative set up by British Gymnastics, and is a voluntary group of young people aged 12+ within a club, school, or leisure centre who want to develop their leadership skills. The leadership academy gives you the opportunity to work with coaches who will supervise and support you when you undertake coaching courses and other generic courses. There are awards, rewards and recognition available at various stages of completion to encourage the leaders to continue to develop. Academy members follow the MY Leadership Academy Programme. The leaders meet throughout the year with their Academy Captain to help plan events, complete training and socialise as a group.



# WHAT IS THE **MY LEADERSHIP ACADEMY PROGRAMME?**

The MY Leadership Academy Programme is designed to create a structure which young people can follow to help them develop as leaders within gymnastics environments (schools, clubs and leisure centres). The programme encourages leaders to complete five different 'topic' areas:

- **MY Learning:** Leaders are tasked with completing a number of different courses, both generic and sport specific.
- **MY Development:** Leaders are tasked with identifying a mentor and learning from working alongside them.
- **MY Volunteering:** Leaders are tasked with volunteering their time at events and meetings.
- **MY Future:** Leaders are tasked with producing a development plan and working towards completing their goals.
- **MY Projects:** Leaders are tasked with identifying appropriate needs, and running a project to add benefits to themselves and their club.

The programme introduces Young Leaders to the various roles and opportunities available within gymnastics, helps them to identify their strengths and the aspects of gymnastics they enjoy and encourages leaders to stay within the sport for longer, creating a larger and stronger workforce for the future.

The programme is structured, yet flexible in that it can be adapted to suit the needs of individuals and different environments.



## WHO RUNS THE ACADEMY?

---

The leadership academy is led by an Academy Captain. This person is usually an older leader or a coach at the club. The Captain is responsible for organising meetings and keeping all members on track with their development. Some Academies have more than one captain to share this responsibility.

## WHAT SUPPORT IS PROVIDED?

---

When you join a Leadership Academy, you will meet with your Academy Captain on a regular basis and you will choose a role model within the club who you will shadow throughout your time. They will support you with your coaching and get you involved in working with the young gymnasts.

## HOW CAN THIS BENEFIT YOU?

---

Leaders will work with an experienced and enthusiastic, qualified gymnastics coach currently working for Total Gymnastics Academies to gain knowledge of coaching gymnastics and working with young children. You will be able to gain coaching qualifications and other generic qualifications throughout your time including safeguarding, first aid, judging, events management and club management. The programme is designed to be fun and to allow young people to learn new skills and meet new people. It will also enhance your CV, develop you as an individual and hopefully put you on the path to your first job.

## HOW CAN I GET INVOLVED?

---

If you are interested in joining our Leadership Academy, we would love to meet you to talk to you in more detail about who we are, what we do and the opportunities this academy can offer. All you need to do is email [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk) or call us on **0161 979 0611** (or ask your parents to!) so we can give you more information. We can even come into your school or college to talk to a group of you if you have friends who are interested!

