

Sussex Gymnastics Action Group

Action Plan

July 2007- June 2008

Development Action Group Mission Statement

Our mission is to provide the community with a sporting opportunity in Gymnastics and its disciplines. We will aim to support the development of clubs and classes, from Pre School to adult, in all disciplines and activities for which we can supply a qualified teacher or coaches. The action group will create partnerships with agencies such as: Schools, Local Authorities, British / English Gymnastics, Clubs, Leisure Services and any other partners to support the implementation of the plan.

The plan has been written to include all levels of the sports development continuum from foundation to excellence. The key areas have unanimously been agreed by the action group and are shown below:

- **People**
- **Activity**
- **Facilities**
- **Education and Training: Raising the Profile**

This action plan is a working document and will be monitored and evaluated on a quarterly basis, by the action group.

Action Planning and Monitoring

HEADINGS:
People – Coach, Officials, Volunteer and Judge Development, Management and Administration
Activity – Foundation and Participation, Partnerships: School / Club and Community Links, GMPD, Competitive Disciplines
Facilities – Clubs, County Centres, Competition Venues.
Education & Training: Raising the Profile – Education and Training, Communication and Marketing, contacts.

Acronyms	
CDO	County Gymnastics Development Officer
CSC	Community Sports Coach
CSP	County Sports Partnership
CM	Competition Manager
EG	English Gymnastics
GMPD	Gymnastics and Movement for People with Disabilities
LC	Leisure Centre
MA	Men's Artistic Gymnastics
NDO	National Gymnastics Development Officer
OSHL	Out of School Hours Learning
PDM	Partnership Development Manager
PLT	Primary Link Teachers
SE	South East Region
SSCOs	School Sports Co-ordinators
SSP	School Sports Partnership
TA	Teaching Assistants
WA	Women's Artistic Gymnastics
WO	Welfare Officer

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Key Area: PEOPLE Section aims: <ul style="list-style-type: none"> • Provide a rewarding, enjoyable and fulfilling experience for volunteers • Recruit, train and sustain professional and volunteer network • Recruit and establish specialist/ professional support • Meet members' needs 					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Coach Development					
More Assistant Coach (L1) and Coach (L2) courses to be run in Sussex	<ul style="list-style-type: none"> • Coordinated by SE Gymnastics 	SE Gymnastics/ CDO	Ongoing	Cost of course	
Teachers' awards	<ul style="list-style-type: none"> • 1 intermediate primary course to be run for SSPs in East Sussex • 1 intermediate primary course to be run for SSPs in West Sussex 	CDO /PDMs CDO /PDMs	Oct/Nov 2007 Oct/Nov 2007	£340 + expenses £30 resource pack per candidate	
Curriculum gymnastics	<ul style="list-style-type: none"> • Training for club coaches, CSCs and teachers - Courses to be arranged as needed 	CDO /PDMs	Ongoing	Cost of course	Higher Quality due to extra training

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

					PEOPLE
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Officials and Volunteer Development					
Judging courses	(see Judge Development)				
Helpers' award	<ul style="list-style-type: none"> Integrate course both club and SSP candidates CSLA, TA, Club Members 1 course to be run at SSPs for East Sussex 1 course to be run at SSPs for West Sussex 	CDO CDO	Ongoing	£12.50 resource per candidate + venue hire	
Development of Young Volunteers	<p>Leadership Academy:</p> <ul style="list-style-type: none"> Meet and discuss with EG National Development Officer - Volunteers Discuss with Sussex Committee Promote academy Run academy <ul style="list-style-type: none"> Helpers' award (See Officials and Volunteer Development) 	CDO CDO CDO	Sept 07	Venue hire + refreshments	Discussed programme with Helen Webb (NDO – Volunteers) March 07 March 07

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Club WO forum	<ul style="list-style-type: none"> Provide regular forums for Sussex club WO 	CDO/ Club WO	Quarterly	Venue hire + refreshments	<p>First forum held on 1st June 07</p> <p>Venue location seems to cause problems</p>
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PEOPLE					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Judge Development					
Key Steps Judging	<p>Introductory level, Floor and Vault L1 and L2</p> <p>Integrate course both club and SSP candidates</p> <p>- At least one introductory course for East Sussex</p> <p>- At least one introductory course for West Sussex</p> <p>- Other courses to be arranged as needed</p>	CDO		<p>£10 resource per candidate + venue hire</p> <p>£10 admin fee</p>	
Run more club judging courses in Sussex	Coordinated by SE Gymnastics	SE Gymnastics / CDO		Venue hire and tutor costs	

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

					PEOPLE
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Management and Administration					
GymMark accreditation for club	<ul style="list-style-type: none"> Continue to promote GymMark to clubs not registered or working towards accreditation Promote GymMark to other Partners Support clubs working towards and accredited clubs for annual assessment Target for Sussex is 16 clubs accredited with GymMark 	<p>CDO</p> <p>CDO</p> <p>CDO</p> <p>CDO</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>April 08</p>	<p>N/A</p> <p>N/A</p> <p>N/A</p> <p>N/A</p>	<p>Wickers GC passed 2nd year re-assessment</p> <p>10 accredited 4 pending (July 07)</p>
Helpers' awards	See Officials and Volunteer Development				

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Volunteering	<ul style="list-style-type: none"> • Provide volunteering opportunities within clubs and SSPs <p><i>Baseline:</i></p> <ul style="list-style-type: none"> - 2 volunteers per Sussex club. - 10 volunteers per leadership academy - 10 volunteers from West SSPs - 10 volunteers from East SSPs 	CDO/ SSP/ Sussex Committee	Ongoing		
Monitoring of the Action Plan	<ul style="list-style-type: none"> • This is a working document and must be monitored regularly 	CDO / Action Group	Quarterly		Action plan agreed (July 07)

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Key Area: ACTIVITY					
Section aims:					
<ul style="list-style-type: none"> • To raise participation in gymnastics • To broaden the range of gymnastics in Sussex • To widen and to consolidate work with community partners • To maintain and improve Sussex in competitive success 					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Foundation and Participation					
Increasing Participation					
- Waiting lists in clubs	<ul style="list-style-type: none"> • Reducing waiting list by increasing school / club links • Provide opportunities for <ul style="list-style-type: none"> - OSHL - Satellite Clubs 	Club /SSP /CDO	Ongoing	N/A	
- Curriculum Gymnastics	<ul style="list-style-type: none"> • See Coach Development 	CDO	Ongoing	N/A	
- Adult Gymnastics	<ul style="list-style-type: none"> • Research clubs with adult classes • Promote clubs with adult classes 	CDO / Sussex Committee	Ongoing	N/A	
					Uckfield GC, Summerfields GC, Hawth GC and Brighton & Hove GC

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

					ACTIVITY
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Partnerships – School / Club					
Increase knowledge of partnership links for clubs	<ul style="list-style-type: none"> Provide workshops for all Sussex clubs 	PDM, CM, CDO representative to speak	When required	Venue hire + refreshments	1 st May 07 - 10 clubs attended from West Sussex. Possibility of running one in East Sussex
Gatwick Diamond Games 2008	<ul style="list-style-type: none"> Enter proposal to CSP Attending Steering Group Competition framework Selection process - Number in team - Ages - Mixed team (how many boys & girls?) - Standard 	<p>CDO</p> <p>CDO / Sussex Chair</p> <p>CDO / Sussex Chair</p> <p>PDM /SSCOs /PLT /CDO</p>	<p>21/22 June 08</p> <p>When required</p> <p>Ongoing</p>	<p>Unknown</p> <p>N/A</p> <p>N/A</p> <p>N/A</p>	<p>Proposal entered April 07</p> <p>Invited to attend Steering Group</p> <p>Key Steps: Stage 2 body management, floor & vault</p> <p>SSP teams</p> <ul style="list-style-type: none"> - 10 per team - 8-9 yrs - At least 4 team members should be boys - No club gymnasts

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

ACTIVITY					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Partnerships – Community Links					
Workshops	<ul style="list-style-type: none"> • Sussex to organise appropriate workshops for Sussex Clubs • Research relevant subjects 	CDO / Sussex Committee CDO	Ongoing – 2 workshop per year Ongoing	Venue hire + guest speaker N/A	School/Club link workshop held May 07 – 10 Clubs attended
CSLA – volunteering in Clubs/SSP	<ul style="list-style-type: none"> • See Helpers award (Officials & Volunteer Development) • Festivals and competitions 	Club/ CDO/ PDM	When required	Unknown	
Club involvement	<ul style="list-style-type: none"> • Developing School/ club links - OSHL - Satellite clubs 	Club / CDO / PDM	Ongoing	Venue, equipment + coach costs	
CSC involvement	<ul style="list-style-type: none"> • CSC to work within the community - Arrange with SSP/PDM where main priority 	CSC to work with SSP/PDM and CDO	Ongoing	Varies	
Key Steps Competition framework	<ul style="list-style-type: none"> • Provide Key Step inset days for all Sussex partners 	CDO	When required	N/A	

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

					ACTIVITY
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: GMPD					
GMPD access	<ul style="list-style-type: none"> Research and identify areas with GMPD access 	CDO	Ongoing	N/A	Hawth, Pyramid, Arun, Hollington, Beveandean, Wickers, Chichester, Southbourne.
GMPD active Clubs	<ul style="list-style-type: none"> Identify clubs active in GMPD 	CDO	Ongoing	N/A	Brighton and Hove & Summerfields
	<ul style="list-style-type: none"> Promote active clubs 	CDO	Ongoing	Unknown	
Special Schools training	<ul style="list-style-type: none"> Research further 	CDO	Ongoing	N/A	
	<ul style="list-style-type: none"> FUNdamentals Courses to be run for SSPs as and when required 	CDO/PDM	When required	Cost of course + Resource + BG affiliation	

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

ACTIVITY					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Competitive Disciplines					
Club competition run by Sussex Gymnastics association / Club	<ul style="list-style-type: none"> Coordinated by Sussex Gymnastics 	Sussex Committee	Ongoing	Unknown	
Secondary School Competitions	<ul style="list-style-type: none"> Arrange and support Floor & Vault, Trampoline, Acrobatic Gymnastics & BSGA competitions 	CDO/ PDM/ CM/ BSGA/ SSCOs	Ongoing	N/A	
WA Inter County Competition	<ul style="list-style-type: none"> Gatwick Diamond Games 2008 	WA representative / CDO	June 08	Unknown	
MA Inter County Competition	<ul style="list-style-type: none"> Gatwick Diamond Games 2008 	MA representative / CDO	June 08	Unknown	
Trampoline Inter County Competition	<ul style="list-style-type: none"> Gatwick Diamond Games 2008 	Trampoline representative / CDO	June 08	Unknown	

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Key Area: FACILITIES					
Section aims:					
<ul style="list-style-type: none"> To balance the service and demands for Sussex clubs and SSP Provide the provision of adequate competition facilities and equipment 					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Clubs					
Areas of Gymnastics	<ul style="list-style-type: none"> Identify pocket areas with no gymnastics clubs 	CDO	Ongoing	N/A	Lewes, Crowborough, Rother, Midhurst, East Grinstead
	<ul style="list-style-type: none"> Research and encourage formation of satellite and OSHL clubs within identified areas 	CDO	Ongoing	N/A	The Grove GC is in Midhurst
New facilities for clubs	<ul style="list-style-type: none"> Identify and support clubs moving facilities: <ul style="list-style-type: none"> - Funding bids - Advice 	CDO	Ongoing	Unknown	Wickers, Hollington, Concorde

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FACILITIES					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: County Centres					
WA county squad	<ul style="list-style-type: none"> Development squad (under 10's) Competition County Squad (inter county competition team) 	WA Sussex representative	Ongoing	Venue + T-shirt	1st Squad 15/4/07 Maybe trampoline county squad

FACILITIES					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Competition Venues					
Club	<ul style="list-style-type: none"> K2 LC, Olympus LC, 6 Purpose built facilities 	All Partners	When needed for competition	Unknown	
SSP	<ul style="list-style-type: none"> 6 Purpose built Gymnastics Clubs Secondary Hub Schools Primary Schools 	All Partners	When needed for competition	Unknown	

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Key Area: EDUCATION & TRAINING: Raising the Profile					
Section aims:					
<ul style="list-style-type: none"> • Provide a comprehensive programme of courses and workshops for Sussex Clubs and SSPs • To maintain a quarterly newsletter – including information for all Sussex partners • To advertise relevant websites and Sussex partners current information via email communication 					

OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Education and Training					
Training	See Coach Development / Partnerships				

EDUCATION & TRAINING					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Communication and Marketing					
Sussex Quartley Newsletter	<ul style="list-style-type: none"> • Have a Club, General, SSP and Volunteer section. • PDMs and CM to provide information for the SSP section 	CDO	Quarterly	N/A	1 st & 2 nd Issue (Feb & May 07) have been circulated to all partners 3rd issue circulated Aug 07
Workshops	<ul style="list-style-type: none"> • See Partnership Community Links 				
Websites links	<ul style="list-style-type: none"> • Link gymnastics to all available partner websites 	CDO	Ongoing	N/A	CSP, SE Gymnastics, Sussex Gymnastics, BG, EG

SUSSEX GYMNASTICS ACTION PLAN: 2007 – 2008

Email	<ul style="list-style-type: none"> Continue to communicate to all partners via email 	CDO	Ongoing	N/A	
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EDUCATION & TRAINING					
OBJECTIVES	ACTIONS	Who	Time	Cost	EVALUATION
SECTION: Contacts					
SSP information	<ul style="list-style-type: none"> SSP contacts to be included in Sussex newsletter 	CDO		N/A	Included in 2 nd Issue (May 07)
Club information	<ul style="list-style-type: none"> Club information to be on SE Gymnastics Website and Sussex Gymnastics Website Update when required 	SE Gymnastics / Sussex Committee	Ongoing	N/A	