



Sports Leaders Online Session

Session 2: Being a role model:
Roles & Responsibilities

Things to remember...

- It is ok to have a drink and take notes if you want
- Keep you video turned on and remain on mute unless your speaking
- Turn any distractions off or put them away
- Listen & engage with the session so you get the most out of it
- **Enjoy!**



What you will get out of this session?

This sessions aims to:

- ▶ Gain understanding of the roles of a sport leader
- ▶ Gain understanding of the responsibilities of a sport leader
- ▶ Gain basic understanding of communication and planning for coaching gymnastics

**GREAT
LEADERS
DON'T TELL YOU
WHAT TO DO
THEY SHOW YOU
HOW IT'S DONE**

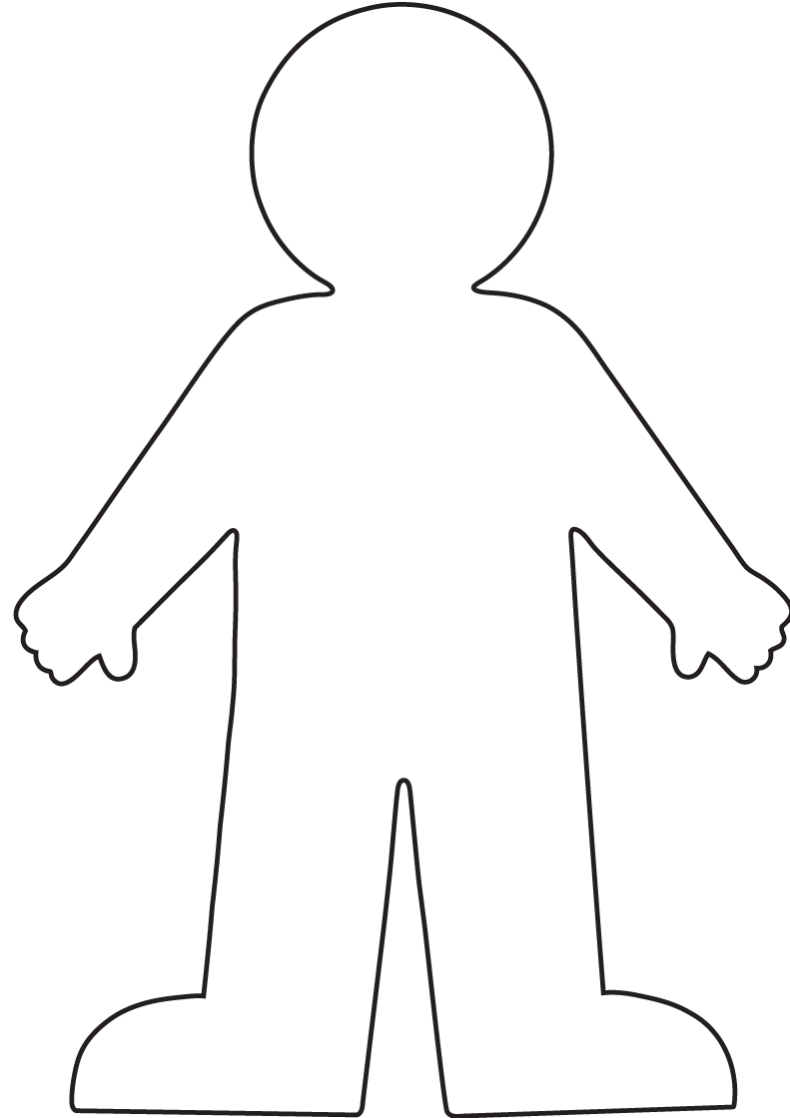
Ice Breaker

Tell me about an inspirational leader
in your life (someone you look up
to).

TEACHER, COACH, PARENT, FRIEND,
TV PERSONALITY...

What qualities do the show?

What do you think makes up the perfect Sport Leader?



A Good Sports Leader

HONEST *Reliable*
KNOWLEDGABLE **COMMITTED**
SUPPORTIVE

PREPARED

Role Model

FRIENDLY
APPROACHABLE
PASSIONATE
ORGANISED **TEAMWORK**

COMMUNICATION

Roles - Expectations of leaders in gymnastics clubs

- Support a coach with a gymnastics session
- Listen and help gymnasts with problems
- Show gymnasts to the toilets
- Be a club ambassador & represent your club
- Be a role model and lead by example - show other how to act/behave at the gym

Responsibilities: What are they?

- Use knowledge from Sports Leaders courses in the session
- Pass any information needed to coaches and/or the club welfare officer
- Know the rules and codes of conduct of the club
- Help coaches to check the safety of the session
- Help everyone to be involved and have a good session

Communication Skills

Verbal Skills

Projection

Clarity

Questioning

Listening

Non Verbal

Posture

Position

Eye Contact

Signals / Signs



Preparing a Gymnastics Session: What do you need to think about?

Make your Bingo Grid

Insert one thing into each box which will help you organize/plan a session

Preparing a Gymnastics Session: What do you need to think about?

Time of session / Duration of session	Type of Session	Space/Area Available	Equipment
Ability of the gymnasts	Number of participants	Rules & Procedures of your club	Rules & Procedures of facility/venue

Who is there to help you?

Welsh Gymnastics

Lead coach(es) at your club

How to contact them?

Workforce at Welsh Gymnastics

Rachel.Horwood@welshgymnastics.org

Raer.Theaker@welshgymnastics.org

Session tutor

Kathryn.Cope@welshgymnastics.org

Task for the Week

Make a commitment to...

Create your own Sport Leader

Draw what he/she looks like, give them a name and fill the space around it with words describing them

REMEMBER - The Sports leader you are creating is YOU!!!

Once you've done it post it on social media and Tag @WelshGymnastics



REMEMBER...

Children are great imitators. So give them something
great to imitate
- Unknown

Thank you for attending!!!