

Virtuosity  
Gymnastics Club



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# Young Leaders

Start your coaching journey with  
us.



Course Date  
May 2026



Presented by:  
Lucy - Founder



# What is the Young Leaders Programme

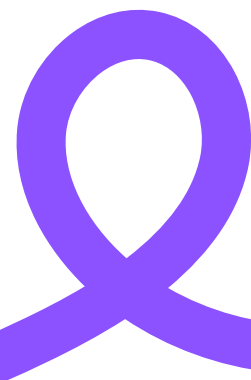
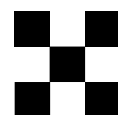
The Young Leaders Gymnastics Programme is designed to support and inspire young people who want to take their first steps into leadership within a gymnastics environment. This course gives you the opportunity to develop confidence, responsibility, and key leadership skills while supporting coaches and helping other gymnasts enjoy their training.

Throughout the course, you will learn how to assist safely and effectively in the gym, communicate clearly, work as part of a team, and act as a positive role model. You will gain an understanding of how sessions are planned, how to support gymnasts of different ages and abilities, and how to help create a fun, safe, and inclusive environment.

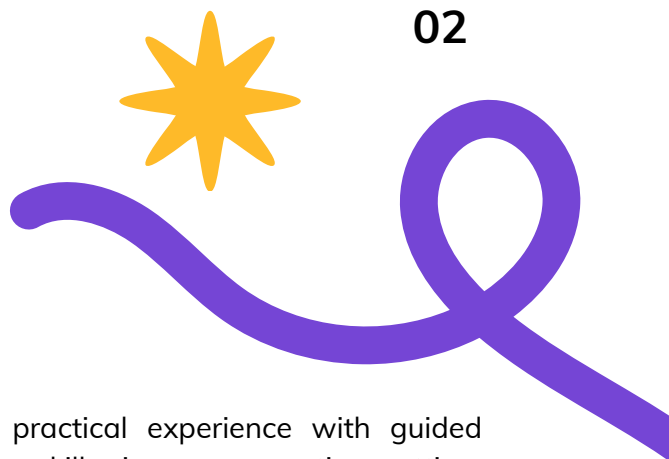


Being a young leader is about more than helping, it's about encouraging others, showing respect, and leading by example. The skills you develop during this course will not only support your gymnastics club but will also be valuable in school, sport, and everyday life.

This course is your chance to grow as a leader, build confidence, and make a positive difference in gymnastics. We're excited to support you on your journey as a young leader.



# What's involved



The Young Leaders Gymnastics Course combines practical experience with guided learning to help you develop essential leadership skills in a gymnastics setting. Throughout the course, you will take part in a range of activities designed to build your confidence, knowledge, and responsibility.

During the course, you will be involved in:

## Supporting Gymnastics Sessions

- Assisting qualified coaches during training sessions by helping set up and pack away equipment, organising groups, and supporting gymnasts during activities.

## Learning About Safety and Welfare

- Understanding basic health and safety rules, safe use of equipment, spotting awareness, and how to help maintain a safe and positive environment for everyone in the gym.

## Developing Communication Skills

- Learning how to give clear instructions, offer encouragement, listen effectively, and communicate appropriately with gymnasts, coaches, and other leaders.

## Leadership and Teamwork

- Exploring what makes a good leader, working as part of a team, taking responsibility, and leading by example through positive behaviour and attitude.

## Helping Plan and Deliver Activities

- Assisting with warm-ups, games, and simple activities under supervision, and learning how sessions are structured for different ages and abilities.

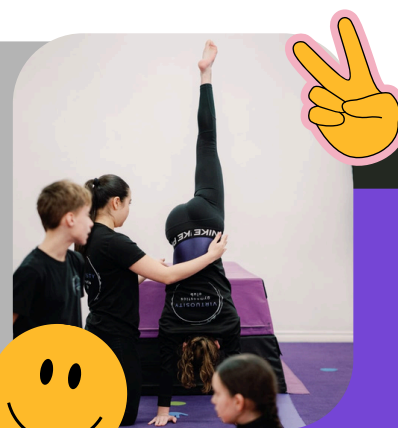
## Inclusivity and Respect

- Learning how to support gymnasts of all abilities, show respect, promote fairness, and help create a welcoming and inclusive environment.

## Reflection and Personal Development

- Reflecting on your experiences, receiving feedback, and identifying areas for personal growth as a young leader.

By the end of the course, you will have gained valuable experience, practical skills, and confidence to support gymnastics sessions responsibly and positively as a young leader.



# Vision & Mission



## Our Vision

To inspire and develop confident, responsible, and positive young leaders who support gymnastics in a safe, inclusive, and enjoyable environment, while building skills that last a lifetime.

## Our Mission

Our mission is to provide young people with high-quality leadership opportunities within gymnastics by:

- Teaching essential leadership, communication, and teamwork skills
- Promoting safety, respect, and inclusivity in all gym environments
- Supporting young leaders to act as positive role models
- Encouraging personal growth, confidence, and responsibility
- Helping young leaders make a meaningful contribution to their club and community

Through guidance, practical experience, and encouragement, the Young Leaders Gymnastics Course aims to empower the next generation of leaders in sport.



# Year Schedule



Sunday 24<sup>th</sup> May 2:00-3:30pm

**First meeting, getting to know you and discuss how sessions will run, what we will be covering etc. Discuss key responsibilities of a Young Leader.**

Sunday 14<sup>th</sup> June 2:00-3:30pm

**Warm up & cool down delivery. Responsibilities when volunteering at our In House Competition.**

Sunday 12<sup>th</sup> July 2:00-3:30pm

**Debrief from In House. Creating & delivering side station ideas.**

Sunday 13<sup>th</sup> Sept 2:00-3:30pm

**Recap of what we have covered so far. Safe Supports.**

Sunday 11<sup>th</sup> Oct 2:00-3:30pm

**Planning an engaging session.**

Sunday 8<sup>th</sup> Nov 2:00-3:30pm

**Delivering an engaging session.**

Sunday 6<sup>th</sup> Dec 2:00-3:30pm

**Christmas celebration**





# I'd like to join!

We are so pleased you'd like to join the Young Leaders coaching programme! The programme will run continuously year to year and you will progress through our different Young Leader levels and work your way up to being an assistant coach, ready to take a British Gymnastics Coaching Qualification if you wish to further your coaching.

Whilst our monthly sessions are free of charge, a yearly payment of £30 active gymnasts enrolled into a class and £45 for non active gymnasts, is payable at the start of each year to help go towards the Young Leader's uniform and resources given to you throughout your training. On the occasion that we may have guest coaches in to deliver education sessions, a small additional fee may apply.



Young Leaders are required to assist in a least 1 hour of classes per week, we will arrange with you the most convenient class for you to assist in once your course space is confirmed. Young Leaders are also given the opportunity to volunteer at our In House competitions and other club events.

Please drop me an email to secure your Young Leaders course place by Monday 13<sup>th</sup> April. If you have any questions, please do not hesitate to contact me.

We are excited to inspire the next generation of coaches!

*Lucy*

