

## P.H.D Fundamentals Volunteer Quotes 2018

We met up with our volunteers and asked why they volunteered with P.H.D FUNDamentals and this is what they had to say

*"I had already coached gymnastics and had enjoyed it so thought I'd do it more and with more advanced gymnasts. I volunteered and have now gained my level 2 UKCC coaching qualification."*

*"Curiosity from a coaches point of view I started to get involved and sucked in as I enjoyed watching the club train as I worked. Through time I started to notice skills not being carried out correctly but didn't have the knowledge to know why. So volunteered to further my knowledge."*

*"I started volunteering with P.H.D. FUNDamentals as it was starting gymnastics classes. It looked like a great opportunity to bring a wide range of gymnastics to Peebles. The club is very popular to young people and provides excellent facilities and coaches for teaching basic gymnastics. Seeing children progress and enjoy learning new skills makes volunteering at P.H.D. FUNDamentals a pleasure."*

I had already coached gymnastics and had enjoyed it so much I thought I would like to gain more experience with more advanced gymnasts and joined P.H.D FUNDamentals.

Volunteering has improved my confidence with people and I now have the confidence and qualifications to be able to run a sessions.

Through volunteering I have gained more confidence to deal with people, work as a team and I encourage others to find out what volunteering can do for you.

Millie Turton  
P.H.D FUNDamentals



TWEEDDALE VOLUNTEERING  
FESTIVAL 2018

Working with volunteers has been very rewarding to the club. The club have been able to use volunteers to run events to fundraise. The money used has been invested into our volunteers to repay them for their support and we hope to retain them. Through their volunteering we asked what they have gained by volunteering?

*"Through volunteering I have gained confidence with people and with myself by being able to run a session, and gain qualifications"*



*"I've gained the knowledge to coaching gymnasts of various abilities and ages. I've also learnt to interact with other coaches and confidence to speak to the parents of the gymnasts."*

*"Volunteering as a gymnastics coach at P.H.D. FUNDamentals has hugely improved my confidence and ability to present in front of a crowd. My communication skills with both children and parents have greatly improved as well as my time-management and session planning. P.H.D. FUNDamentals are also excellent at encouraging you to complete coaching qualifications which are excellent for experience and your CV. "*

Volunteering can be so rewarding and many of our volunteers have graduated from us moving away for university and unable to return through the week. Through their time with us the skills they have gained have been transferable to other areas of their lives, lets find out how...

*"I have more confidence with people I don't know and being able to approach and speak to them which was gave me the confidence when starting university. I have also been able to encourage others and work in a team which is a big part of my course on field trips and projects."*

*"I am now confidently able to deal with parents, gymnasts and Yes interact with the community from young to old helping them in their daily lives."*

*"My time volunteering at P.H.D. FUNDamentals has definitely given me transferrable skills. Such as the presentation and confidence for presentations at school/university. As well as increasing my interpersonal skills and adding qualifications and volunteering experience to make me more employable."*

