



I'M IN Programme

Information for Clubs 2016

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I'M IN – WHAT IS IT?

I'M IN is British Gymnastics' Disability Programme, which aims to create more participation opportunities for more disabled people in Gymnastics. The programme will support a network of gymnastics clubs and coaches to plan and deliver quality gymnastics opportunities for disabled people. The programme will also raise the profile of Disability Gymnastics; increasing the demand for gymnastics by disabled people and enabling them to become involved in our exciting and accessible sport.

HOW IS THE PROGRAMME STRUCTURED?

I'M IN consists of the following 3 strands:





SUPPORTING AND DEVELOPING A NETWORK OF CLUBS AND COACHES

I'M INclusive is the programme strand which is designed to support clubs and coaches with education, guidance & resources to help their delivery of disability gymnastics.

HOW WILL WE SUPPORT CLUBS TO BECOME MORE INCLUSIVE?

British Gymnastics have appointed a total of 13 Disability Hub Clubs across England and Northern Ireland which will be recognised for their disability expertise and great track record in providing quality gymnastics opportunities for disabled people. These Hub Clubs will be contracted to deliver & coordinate a range of activities and education support for clubs and coaches.

If your club is keen to develop more gymnastics opportunities for disabled people and you would welcome support in helping your club to develop, then this programme is for you. Any British Gymnastics club can benefit from the following support offered and events coordinated by Hub Clubs:

- **Disability Gymnastics Coaching Clinics** – Structured sessions run by Hub Clubs which are designed to support other clubs & coaches learn the fundamentals of delivering quality gymnastics for disabled people. Clinics are an informal opportunity to learn from others and to ask questions, and are absolutely free for British Gymnastics coaches to attend.
- **Disability Gymnastics Add-On Module** – A chance for your club's coaches to gain a valuable formal qualification. Courses will be delivered in all regions of England and Northern Ireland.
- **Coach mentoring opportunities** – A chance for your club to link your coaches to the support of an experienced disability gymnastics mentor who can assist their development, help provide solutions and share best practice.
- **INclusive Accreditation** – The opportunity for your club to be recognised for the high quality inclusive opportunities it offers. Clubs that have achieved some minimum criteria will be recognised as INclusive and able to use our logo to promote that it is to disabled people. Benefits of achieving INclusive accreditation include reduced rate places on the Disability Add on Module, and hearing about I'M IN Events one week before all other clubs.



A PROGRAMME OF EXCITING EVENTS DESIGNED TO ENGAGE DISABLED PEOPLE IN GYMNASTICS

I'M INVOLVED is the programme strand which provides events where disabled people can try gymnastics for the first time and get involved in clubs where they can take part in event more opportunities in our sport.

HOW WILL WE ENCOURAGE DISABLED PEOPLE TO GET INVOLVED?

British Gymnastics clubs across England and Northern Ireland are invited to deliver one of a series of engaging gymnastics taster events which appeal to a wide variety of disabled people. The aim of each '**Discover Disability Gymnastics Taster Event**' is to allow disabled people to come & try gymnastics for the first time; get excited about what gymnastics has to offer & get involved for themselves. Events may have an age or impairment focus, but the important thing is that they are fun and friendly, and encourage disabled people to join a local British Gymnastics club.

Discover Disability Gymnastics Taster Days will offer a range of different gymnastics activities and disciplines. So, whether participants want to try working with a partner or as part of a team in acrobatics, working on different apparatus, working with hand apparatus or have a go at trampoline; there is something for everyone. Some events will have a display / show focus, where participants can enjoy being creative. Participants will have the chance to learn new gymnastics skills and work with others in a team to create exciting performances for an unforgettable experience.

In addition, our Disability Hub Clubs will offer entry level **I'M IN Competitions** for disabled participants who have recently joined a club. Any British Gymnastics member (bronze as a minimum) will be able to enter free of charge and experience competition within gymnastics for the very first time.



CELEBRATING SUCCESS AND ACHIEVEMENT IN GYMNASTICS

I'M INspired is the programme strand which is designed to promote and celebrate great achievement, inspirational stories and the huge benefits that gymnastics has to offer. We hope that by promoting great achievement in Disability Gymnastics, we will inspire disabled people to enjoy all gymnastics has to offer & reach their potential through our exciting sport.

HOW WILL WE INSPIRE DISABLED PEOPLE?

- ***Recognition of the achievements of disabled people in gymnastics***
 Achievement & success through sport can come in many forms; from winning British titles, to becoming successful coaches, to participating in and creating amazing display performances, to improvements in health & fitness through gymnastics. Whatever the inspirational story is, British Gymnastics will provide a platform to recognise and celebrate the inspirational stories of disabled people in our sport.
- ***Recognition of great inclusive coaches***
 British Gymnastics will recognise coaches that do great work with disabled people in gymnastics. Good practise in this area will be promoted via British Gymnastics and external partners; we will also recognise coaches through the British Gymnastics Annual National Awards and National Disability Sport Awards.
- ***Creating Disability Gymnastics Ambassadors***
 British Gymnastics will promote the messages of people who are passionate about Disability Gymnastics and all that it has to offer disabled people. We will work with these key ambassadors to inspire disabled people to get involved in gymnastics

I'M IM Programme Disability Hub Clubs



Disability Hub Clubs appointed

- | | |
|--|---|
| A Aspire Springers TC | H AAAsports |
| B Basingstoke Gym Club | I Gemini Gym Club |
| C Falcon Spartak | J Woking Gymnastics Club |
| D Waveney Gymnastics Club | K Preston City TC |
| E Hinckley Gymnastics Club | L Richmond Gymnastics Assoc |
| F Recoil Trampoline Club | M Special Olympics City of Hull GC |
| G Special Olympics Worcestershire at Wyre Forest Gym School | |



SUMMARY: WHAT SUPPORT IS AVAILABLE TO MY CLUB?

- Your club's coaches can attend Disability Gymnastics Add on Modules; visit www.british-gymnastics.org/findacourse to find a course running near you.
- They can also attend free I'M IN Coaching Clinics hosted by Disability Hub Clubs. Download our Club/Coach Event Calendar to find out when an event is running near you and for information on how you can book your free place.
- Your gymnasts (minimum bronze BG members) can enter free I'M IN Disability Gymnastics Competitions; more details in our Club/Coach Event Calendar.
- You can receive mentoring support from a Disability Gymnastics Hub Club; shadow their coaches, ask them questions and learn about what they already do.
- You can access a number of support documents created by British Gymnastics, including our Disability Gymnastics Guide – available in GymNet.
- Our Participation Team can support you to get started in Disability Gymnastics, put you in contact with local organisations and help you to establish new sessions.
- You can apply for funding from British Gymnastics to deliver a Discover Disability Gymnastics Taster day, to gain more disabled members.
- Once your club has been approved and signed off as an I'M IN Programme Club, you will be approved to display the I'M INclusive Logo on your club's website and associated publicity material. As the I'M IN Programme grows and becomes more and more well known by disabled people and Disabled Peoples' Organisations; by association, your club will become more visible to disabled people through extensive promotion of the programme.

To link to a Disability Hub Club and to find out how else we can support you to develop Disability Gymnastics, contact our Participation Team:

participation@british-gymnastics.org