

**DISCOVER
GYMNASTICS**

DISABILITY GYMNASTICS

**I'M THE ONE
WHO FULFILS MY POTENTIAL**

www.DiscoverGymnastics.uk

**British
Gymnastics**

ALEX BUESNEL AMBASSADOR

Aged just 24 years old, Alex Buesnel has achieved an incredible amount in men's artistic Disability Gymnastics. At Jersey Special Gymnastics Club, Alex's coaches have been able to provide him with any additional support that he needed to take part in gymnastics, as he has Autism. For Alex, there have been no barriers. He is the current British Champion, having won the title for a record eighth consecutive time in September 2015!

Having started out 12 years ago due to an aptitude for balancing and tumbling, Alex soon realised the positive effects the sport could have.

"There's the discipline needed to be the best. The fitness, strength & determination to achieve the highest level in Disability Gymnastics."

"On a personal level gymnastics has helped me to overcome many hurdles within my disability; it has given me independence to travel away from home with both my club and coaches."

"It provides an opportunity to participate in a sport where you will not be made to feel inadequate. You can

compete at a level appropriate to your ability and it is a way of keeping fit."

Solely mentioning Alex's British titles would do him a disservice. As well as those eight British titles, he has won gold medals at the Special Olympics, World and European Games and has been recognised in Jersey on multiple

occasions, including being selected as an Olympic torch bearer in 2012.

His dedication to the sport doesn't stop there. As a qualified level 2 gymnastics

coach, Alex enjoys coaching on Jersey, naming his ability to support the younger members at his club as one of his greatest achievements to date.

Alex's father, Gary, is extremely proud of his son's achievements through gymnastics: "I can honestly say gymnastics has turned Alex into the outgoing, compassionate young man he is today."

"He has overcome many hurdles with his disability but his achievements have been phenomenal and are down to his sheer hard work, determination and dedication. He is a role model for the younger members at his club and a true ambassador for disability sport." ■

**“GYMNASICS
HAS HELPED ME
TO OVERCOME
MANY HURDLES
WITHIN MY
DISABILITY”**



Disability: Autism
Club: Jersey Special
Gymnastics Club



Ready to be a Disability Gymnast?
Find an inclusive club near you.
Visit [DiscoverGymnastics.uk](https://www.discovergymnastics.uk)

British
Gymnastics