



**DISCOVER
GYMNASTICS**

DISABILITY GYMNASTICS

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

www.DiscoverGymnastics.uk

British
Gymnastics

NATASHA COATES AMBASSADOR

21 year old Natasha Coates fell in love with gymnastics at the age of 8, when she tried it for the first time at a local Leisure Centre. Now part of the Wire Gymnastics Club, Natasha has a huge haul of Disability Gymnastics medals to her name and was named Sport England Pride of Sport's Disabled Sportsperson of the Year in 2015.

"The biggest high of my career was taking part in my first artistic Disability Gymnastics British Championships."

"I just wanted to go, do my best and show off the skills that I had been practicing in the gym but I had no idea what to expect. I came away with the gold on all 4 apparatus as well as the all-around title for my category which was a complete dream come true!"

For Natasha, a supporting club who can understand her needs and support her to take part is really important. Natasha has Mast Cell Disorder which means that a number of triggers can put her at risk of anaphylactic shock; whether that be sweat, heat or the smell of some foods and chemicals.

She experiences complete numbness in her fingers and toes, or sometimes her arms and legs, so just needs to learn things in a different way.

"I train alongside mainstream gymnasts so I'm coached in the same way as everyone else, but my coach adapts things slightly. I run to

warm-up, like most gymnasts, but I just have to make sure that I don't breathe too fast or too slowly, in order to maintain a healthy breathing rate and keep my oxygen levels up."

Through gymnastics, Natasha has met people who understand her needs, and says she has made life-long friends.

"We always talk and give each other advice when times are tough. It's so nice to train with other people who just get it straight away."

"Disability Gymnastics is a fantastic sport and I would recommend it to anyone. There are so many opportunities for disabled gymnasts of every level; it is such an inclusive sport. I'm really keen to inspire people who maybe thought that they couldn't, that anything is possible!" ■



Disability: Mast Cell Activation Syndrome
Club: The Wire Gymnastics Club



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