

**DISCOVER
GYMNASTICS**

DISABILITY GYMNASTICS

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

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**British
Gymnastics**

SKYE SWINTON AMBASSADOR

At the age of 3, Skye's mum took her to her to Rowan Gymnastics Club to try Pre-school Gymnastics and to try out some of their fantastic equipment. It was the first sport that Skye had tried, with her doctor recommending exercise as part of her physiotherapy. Four years later she

has moved into the junior class and now takes part in recreational gymnastics classes week in, week out.

"Gymnastics is so much fun. I have lots of friends within my club and it helps me to get stronger. When I find things hard, my coaches help me. They make sure I'm included in all of the class activities; adapting exercises slightly if I'm finding them hard."

Within Rowan Gymnastics Club's recreational classes, there are a number of opportunities for all gymnasts to progress, compete and perform.

"My club runs a recreational gymnastics competition each year

which I've taken part in and I've also enjoyed entering our local festival for disabled gymnasts and trampolinists. I've won a total of 4 gold medals and a bronze and am also proud to have earned my first 2 British Gymnastics' Core Proficiency Awards (numbers 8 and 7)."

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Skye continues to excel within gymnastics and proves that disability is not a barrier to taking part, but her success won't stop there!

She's ambitious and determined to continue to improve. Skye's goals are to be able to balance on a beam without anyone holding her and one day would like to be able to do the splits.

Confident that there are opportunities for everyone of every ability to succeed within gymnastics, Skye's advice to other disabled people is that "it might be a bit tricky at first, but you will get better. Don't let a disability hold you back, just try your best as it is great fun!" ■



Disability: Cerebral Palsy (Spastic Diplegia)

Club: Rowan Gymnastics Club



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