

A young woman with a visible physical disability is captured in mid-air, performing a gymnastic move on a blue mat. She is wearing a purple leotard and black shorts. Her arms are extended horizontally, and her legs are bent at the knees. The background shows a gymnasium with other people and equipment.

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DISABILITY GYMNASTICS

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**British
Gymnastics**

TIRI HUGHES AMBASSADOR

As an 11 year-old, Tiri liked sport, wanted to be active and was keen to find an activity she enjoyed and could succeed at. Tiri has visual impairment which means she has some usable vision in one eye but no usable vision in the other. She explains that in the past, she struggled with contact and ball sports, but always loved gymnastics and wanted to give it a try. Tiri went along to her local gymnastics club and 7 years later she hasn't looked back, being involved in trampolining, acrobatic and artistic gymnastics within that time.

"I enjoy the variety of gymnastics - no two sessions are the same! I love the feeling of achieving a new skill which I've been working towards, especially when it's been tricky to get! I also enjoy the social side; the family feeling you get in a gymnastics club."

Tiri's gymnastics clubs have always supported her to take part, adapting activities and helping her to find solutions to suit her needs.

"I can't see the vault from the end of the run-up, or the beam when I'm stood on it. We get around this by counting

the number of steps I need in my vault run and memorising the distance of the beam from end to end. I have some physical disabilities which mean I need to take regular rest breaks, especially between repetitive strengthening exercises, but my club have always supported me to do that without

separating me from other gymnasts."

With plenty of support from her club, Tiri has achieved a great deal of success within gymnastics.

Tiri has 4 British Disability Gymnastics Championships medals to her name, also travelling around the country to take part in smaller competitions. One of her greatest moments though, has been travelling to South Africa as a Disability Gymnastics Ambassador, supporting clubs there to offer more opportunities for disabled children.

There's no doubt that Tiri is passionate about gymnastics, and the fantastic opportunities it has given her.

"Anyone can do gymnastics, regardless of ability or disability. There is always something, or some type of gymnastics which you can take part in, as long as you are enthusiastic, committed and enjoy it!" ■



Disability: Physical Disability and Visual Impairment

Club: Hereford Sparks Gymnastics Club



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