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# DISABILITY GYMNASTICS

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# ELODIE LAMBERT AMBASSADOR

**O**ur youngest Disability Ambassador, Elodie Lambert, is five years old and has been taking part in gymnastics for just over a year.

For one hour each week Elodie can be found at the University of Hertfordshire Sports Village, where she is coached gymnastics alongside non-disabled children her own age. In her five years, she has achieved a great deal, and her parents are delighted that she continues to give everything a go: "We're keen that Elodie knows a disability shouldn't limit or define her; we'd encourage any children who want to and are able to, to join in everything their friends do, even if it's in a slightly different way."

Elodie was born with a condition called Fibular Hemimelia and is a lower right leg amputee, but this hasn't stopped her from taking part in all manner of sports and activities. Elodie has been encouraged by her parents not to let her disability stop her from enjoying herself and achieving anything she

sets her mind to and she has heeded their advice. Her disability hasn't stopped her and she regularly enjoys swimming, horse riding and ballet alongside her weekly sessions of gymnastics.

Where Elodie trains, her coaches ensure that she's fully integrated

in all of the same gymnastics activities as her friends, giving her additional support wherever she needs it. She has a love of trying different things, challenging herself, and has the perseverance and determination to succeed in whatever she tries.

"Like most children her age, she particularly loves anything high or that looks a bit dangerous, so being on the bars is one of her favourite activities," her parents added.

"It's too early to tell what a future in gymnastics might look like, but we know that at the moment she really enjoys it and we want her to continue to move along through the groups with her friends." ■

**“ENCOURAGE ANY CHILDREN WHO WANT TO AND ARE ABLE TO, TO JOIN IN EVERYTHING THEIR FRIENDS DO, EVEN IF IT'S IN A SLIGHTLY DIFFERENT WAY”**



**Disability:** Fibular Hemimelia

**Club:** University of Hertfordshire Sports Village



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