

**DISCOVER  
GYMNASTICS**



# **DISABILITY GYMNASTICS**

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

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**British  
Gymnastics**

# ERIN MINTO AMBASSADOR

**A** very springy and energetic eight-year-old, Erin was always flipping around the house and bouncing from room to room. Having tried swimming, Erin saw gymnastics on the TV and had some friends who were involved, so wanted to have a go. Her dad spoke to Erin's school who were able to help find a club nearby; AAAsports, where Erin has now been doing gymnastics for just over a year.

Erin says that she wanted to try gymnastics to learn how to do flips, but there are also lots of other skills and apparatus, so there is something new that everyone can learn:

"Gymnastics is so cool and you get to learn so many new things. It makes me feel really proud when I learn a new move. It's also a great way to meet new friends, and the coaches are really nice and helpful."

Erin is profoundly deaf and wears cochlear implants on a day-to-day basis. She takes part in a mainstream gymnastics squad alongside non-disabled participants and is currently working on a routine for a

competition, which she is really excited about, as it will have lots of new skills in it: "My coach always supports me and helps me to understand. I've learnt lots and I'm so happy I do gymnastics, and that I get to be in the squad as I love it."

"My coach can communicate via British Sign Language but often we have to make up our own signs

for some moves. We use lots of demonstrations in the gym to make sure I know what I should be doing even when I can't hear instructions."

Erin has always wanted to learn a back flip and says this

is her favourite move to show friends and family! She's now set her sights on medals and trophies at competitions, and she says she'd also like to be a coach when she is older. Erin is confident that other young people will love the sport as much as she does and would encourage them to have a go: "Don't be scared, you can do it! If you try gymnastics, you'll get the chance to learn new skills, meet new friends and even win trophies." ■

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**Disability:** Hearing impairment

**Club:** AAAsports



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