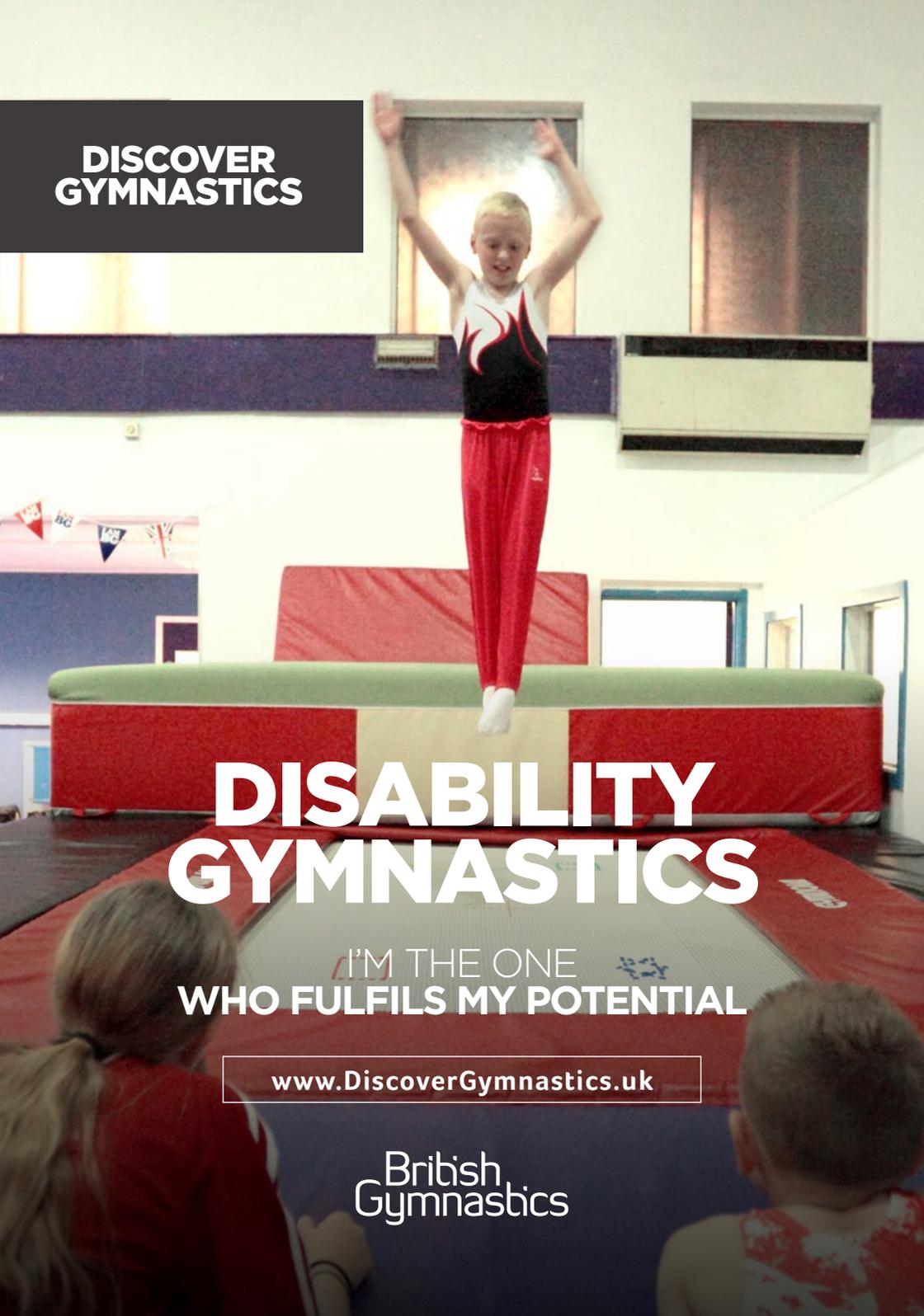


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ETHAN DAVIDSON AMBASSADOR

Trampoline gymnast Ethan Davidson has been involved in gymnastics since he was just two years old. Now nine, he competed at the British Championships for the very first time in 2016 having come through our dedicated Disability Gymnastics pathway.

After Ethan's physiotherapist advised that gymnastics, and in particular trampolining, would benefit his health, it wasn't long before Ethan visited his local club and became a member at Activ8 Trampoline Club, Ethan has had a

completely inclusive experience with plenty of support from his coaches.

The condition Ethan has is Cystic Fibrosis which can cause the lungs and digestive system to become clogged with thick, sticky mucus which has an effect on both breathing and digestion. But thanks to the support from his coaches, and Ethan's own enthusiasm for the sport, he has had a completely inclusive experience.

"They have learnt about my condition and give me extra time to rest when I

am struggling or tired; they remind me to take my medicine when I eat. If I am ill, my club are all there for me and the coaches even visit me in hospital.

"I love being able to improve. It sometimes takes me longer than others but I get there in the end. I also love that it helps my Cystic Fibrosis!"

For Ethan, the next steps with his training include being able to land somersaults and learning how to do a 'birani', whilst dreaming that one day he will

become a British Gymnastics Disability champion. He is passionate and determined to succeed in the sport, and also to encourage other disabled people to get involved so that there are more people to compete against. And his advice for anyone who is interested in gymnastics or trampolining is simple; give it a go...

"Definitely do it! It makes you really happy as you make loads of new friends and have fun, whilst getting stronger and fitter which can only help with any disability." ■



Disability: Cystic Fibrosis

Club: Activ8 Trampoline Club



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