

GYMNASTICS DEVELOPMENT IN ABERDEENSHIRE

By Janine Lloyd, development officer

Gymnastics is one of the best sports to develop strength, flexibility, power, balance, body tension, body awareness, coordination and overall fitness. Even if children never stay in the sport to a high level, taking part in gymnastics when young increases a child's abilities in other sports.

To succeed in this sport at a high level is very tough - physically, emotionally and mentally. However, children who do succeed gain an infinite satisfaction and self-confidence from having done so. Coaches aim to develop the same enjoyment and increase in self-confidence at the lower level through participating in recreational gymnastics.

I continually wish to see more children participating in gymnastics throughout Aberdeenshire. I aim to achieve this objective by increasing knowledge of the sport through working in schools, increasing the number of coaches working in the sport, organising courses to increase the knowledge and understanding of coaches and holding fun taster sessions during the holiday periods. The work in schools is enhanced by the development of the Schools Rainbow Gymnastics Award Scheme, this allows children to work through the 7 levels of the scheme with the aid of a video and resource posters. The scheme teaches the basic gymnastics skills in a safe and progressive way and can be led by class teachers with little or no gymnastics experience.

There are several gymnasts in Aberdeenshire taking part in competitive gymnastics of varying standards from beginner level up to British events. Aberdeenshire Council start this ball rolling through the Annual Christmas Fun Gymnastics & Trampoline Festival. Participants new to competitive gymnastics & trampolining and those who don't wish to move on to a higher level of competitive sport come together once a year to compete basic routines in a fun and enjoyable environment.

For further information contact:

Janine Lloyd, Gymnastics Development Officer on:

(01467) 628809, 07795 283 777, Janine.Lloyd@aberdeenshire.gov.uk