



Promoting Gymnastics as a sport for everybody, rather than the general perception that Gymnastics is only what you see at the Olympics once every 4 years.  
Gymnastics is way more than that.

### **Participation opportunities**

What is currently offered? What are the barriers? How can we build on this?

### **Pathway opportunities**

What is currently offered? What are the barriers? Where are the opportunities to create pathways?

## 7 Gymsports



Women's Artistic Gymnastics

Men's Artistic Gymnastics

Aerobics

Acrobatics

Trampoline

Cheerleading

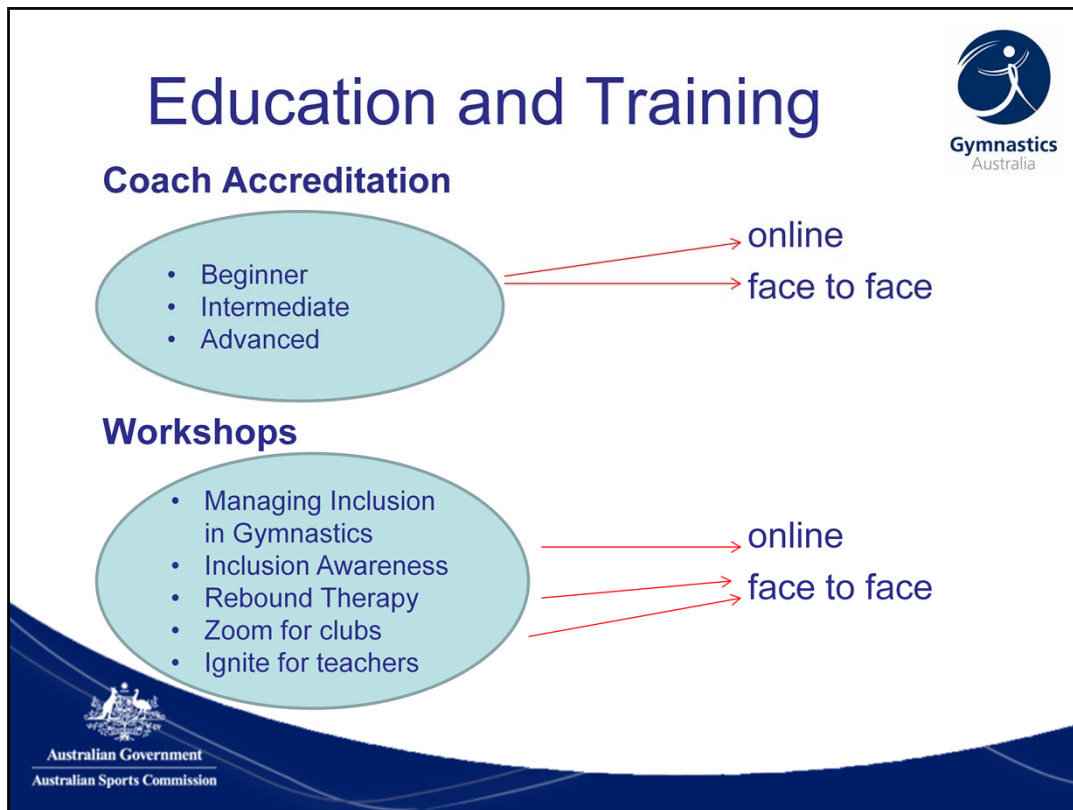
Rhythmic Gymnastics

Gymnastics For All



Encompassing eight gymsports including the Olympic disciplines of Women's and Mens Artistic, Rhythmic and Trampoline Gymnastics as well as Aerobics, Acrobatics, Gymnastics for All and Cheerleading, gymnastics provides for all Australian.

Over 50% of our membership participate in Gymnastics for All programs, designed to provide fun, friendship and fundamental movement skills in a safe and positive environment and are suited to Australians of all ages and abilities.



Inclusion embedded through the use of images, scenarios etc as well as stand alone units within coach accreditation – online and face to face

Workshops are delivered on an as needs basis as well as at yearly State congress for club reps and coaches

Coaches receive updating points to keep their coaching accreditation current.

Coaches need to gain points from a range of areas

### **Rebound Therapy**

A trampoline-based, fundamental movement program used to

Facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote sensory integration, improve fitness and exercise tolerance, improve communication skills

Suitable for participants of all ages and abilities. Participants with mild to severe physical and from mild to profound and multiple learning disabilities have reported benefits from participation in Rebound Therapy.

GAs message to all coaches is that

**Inclusive coaching is good coaching**

# National Inclusion Working Group



## Purpose Representatives



### **Purpose**

The National Inclusion Working Group (NIWG) began in early 2013 to develop a communication channel between the National Office, State and Territory Gymnastics Associations to understand inclusion issues, learning's and initiatives. The philosophy of the working group is to share information, resources and recommendations to enhance inclusive practices in gymnastics across Australia with a coordinated national approach.

### **Representatives**

NIWG currently has representatives from the National Office and all State and Territories. These representatives hold a range of positions including Chief Executive Officers, Youth Participation representatives, Inclusion Coordinators and Development Managers.

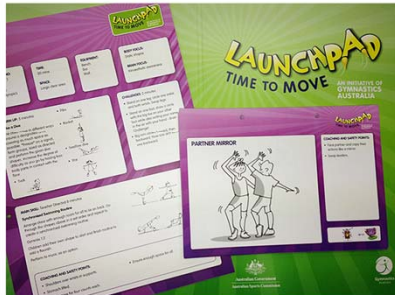
NIWG meet quarterly via teleconference

# Resources

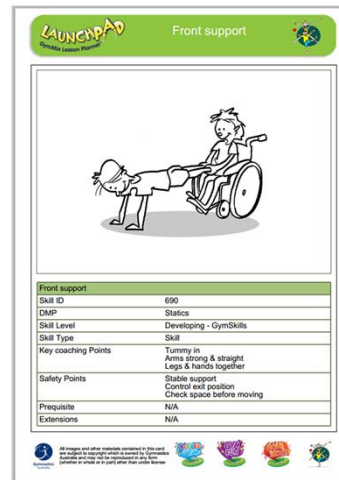


## Lesson Plans

hard copy



online



Australian Government  
Australian Sports Commission

The LaunchPad program offers coaches and teachers useful resources to assist with the delivery of classes. All of the Lesson Plans and Activity cards have been developed to challenge participants through fun and engaging activities that help children to master fundamental movement skills.

Games and activities are safe and encourage children to work cooperatively with others.

Gymnastics Australia is currently developing an Online Lesson Plan Builder that allows coaches and teachers to build a lesson from Warm up, through Skill Development, Circuits and Cool Down activities by selecting from the online library of skill and games, dragging them into the lesson plan.

Lessons can be saved or printed off. Activity Cards can be downloaded and printed separately to be used as teaching cards around the gym, providing children with visual cues and safety information.

# Resources



## Templates


A flyer template titled "COME AND TRY GYMNASTICS". It includes a "LAUNCHPAD" logo and a small "Gymnastics Australia" logo. The main image shows a young girl in a blue and white leotard sitting in a wheelchair, holding two blue rings. Below the image are four sections with arrows pointing to the right, each followed by a blank line for text: "Your local gymnastics club:", "Gymnastics offered:", "Upcoming 'Come and Try' classes:", and "Contact:". At the bottom left, there is a "Session ID:" label followed by a blank line. The footer features the Australian Government coat of arms and the text "Australian Government Australian Sports Commission".

## Posters



We are committed to sharing resources/templates throughout Australia so that under resourced states and clubs can benefit from the what others are doing rather than reinventing the wheel. GA has developed a Marketing Portal for accredited clubs. Clubs can download flyers, certificates, posters to promote their club as a welcoming and inclusive place for all members of the community.






# Club 10

## Quality Assurance Programs for clubs

Inclusive content covered in the Club Development Plans includes:

- Participants and Programs
- Physical Environment
- Attitudes and Awareness
- Communications and Marketing
- Local Connections
- Policies and Procedures
- Advocacy



Club affiliation with their SSA and GA is conditional upon compliance with National Affiliation Standards. Whilst a number of these are mandatory, such as abiding by GAs Codes of Behaviour, Inclusion Policy, Enrolment forms etc. Club 10 provides tools to assist clubs to work towards a 'best practice' service delivery model.

Each SSA receives funding from GA to facilitate club development and increase participation rates in the sport. Club Development Officers and Participation Officers (in smaller states this could be one and the same staff member, larger states may have a range of staff working in this space including Inclusion Officers as well)

Work with clubs on individual club development plans

- **Participants and Programs** – Ensure clubs are offering a range of sport products and services eg LaunchPad recreational stream, flexible payment options for participants and families.
- **Physical Environment** – Does the club have a communication board on display at front desk with picture signage guiding people to key areas of club, is the club accessible?
- **Attitudes and Awareness** – Staff have completed Inclusion Awareness training, Play by the Rules etc.
- **Communications and Marketing** – Brochures have plain language and inclusive images

- **Local Connections** –
- **Policies and Procedures** – Inclusion Action Plan, MPIOs, inclusive culture is clearly articulated through induction process. Inclusion is a regular agenda item for staff and management meetings
- **Advocacy** – Club recognises and celebrates contributions through Club awards nights, club provides program and participant numbers to SSAs.



# Are we there yet?



## Goals

### Create



### Connect



### Communicate



In 2015 the focus will be working on

Creating a pathway for children with a disability to participate and compete at state level in the AEROSkools program

Connect/collaborate with other organisations in the disability sector to support individuals and clubs

Build on the great work that's already occurring in SSA's, clubs and Gymsports including the implementation of a Communication Plan (inclusion) that promotes gymnastics as a sport for all.