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Believe in All: Adaptive Gymnastics Program

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Believe in All: Adaptive Gymnastics Program



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Faculty Mentor: Sue Iliff, PhD, OTR/L

Expert Mentor: Erica Anderson, Owner

Believe Gymnastics

WHERE BELIEVING IS JUST THE BEGINNING

Believe Gymnastics is a gymnastics facility, located in Bartlett, TN, dedicated to fostering a love for gymnastics.

Mission: "believe in the various abilities of each child. Through unmatched goal-oriented and productive instruction, each child's inherent value is allowed to blossom. The passionate, honest, and encouraging training environment leads every student to reach their full potential."

Motto: "Dream, Believe, and Achieve."

Identified Needs

- Gymnastics provides a child with confidence, overall competency of engagement in physical activities, and promotes overall health and well-being (Collins & Staples, 2017).
- There is limited adaptive gymnastics programs in Shelby County.
- Program implementation for adaptive gymnastics in the Shelby County area will increase the opportunity for children with disabilities to participate in a leisure activity.

Outcomes

Marketing:

- Created strategies to market to the population by advocating through various pediatric clinics
- Updated all social media platforms including the website



Meet & Greet Process:

- Designated time for the participants and parents to get to know the facility, determine if the program is a successful fit for the child, discuss minimal requirements for the class, and registration details

Pilot sessions for Believe in All



Visual support was created to use at the facility to set class expectations



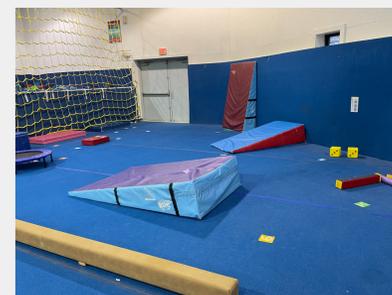
Bars
(koala hang, chin up pullover, swings)



Trampoline
(tuck jump, seat drop, straddle jump)



Foam pit
(play in pit, swing on rope course)



Floor
(handstands, cartwheels, bridge, forward rolls on wedge)

Goals

- Research similar programs to gain overall knowledge on current skills, design, and implementation.
- Market the program to the specific population in the surrounding areas.
- Design classes involving various gymnastics events, visual supports, appropriate modification of gymnastic fundamentals, and staff training
- Pilot a minimum of 2 classes at the facility.
- Develop communication skills by marketing and providing education to parents, coaches, and other staff members.

Acknowledgements

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References available upon request