Disability Gymnastics Sessions

Sport Caerphilly January 2025

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In the summer school term 2024, Trinity Fields school and Sport Caerphilly had the incredible honour of welcoming Team Wales Commonwealth Medallist Gemma Frizzelle for a special rhythmic gymnastics' session at Trinity Fields school.

The pupils were inspired by Gemma Frizelle's gymnastics abilities and asked Sport Caerphilly for more gymnastics opportunities. So, the Autumn school term has seen the pupils at Trinity Fields Special School enjoy several gymnastics sessions. Sport Caerphilly are passionate about disability and inclusion provision and believes every young person should have the opportunities to participate in sport and physical activities.

The pupils have been working with coaches from Valleys Gymnastics Academy all term to develop their gymnastics skills and confidence. At the end of term, as a special Christmas treat, the pupils completed their last session at the Valleys Gymnastics Academy Training facility in Croespenmaen. The pupils thoroughly enjoyed their visit and even had time to explore and discover their gymnastics potential.

“We have really enjoyed our gymnastics sessions so far with VGA! The sessions are brilliantly set out and great for preparing for our upcoming competition. The coaches have been fantastic, and we really appreciate the support and help they have given us. If at all possible, we would love to do this all again soon”.

Liam Richards, PE Teacher at Trinty Fields School

The spring term 2025, will see these sessions continue with the pupils continuing to develop their personal and gymnastics skills as well as routines. The pupils have made the very courageous decision to enter the Welsh Gymnastics Rotary Disability Competition, which will take place in March 2025. This will be the first time pupils from Trinity Fields School enter this competition and everyone is very excited.

“We have had a wonderful time working with the young people of Trinity Fields School. We have seen the children’s faces light up when they see us every week and they have really engaged with us in developing their skills as we work for the Welsh Gymnastics Rotary in the New Year. The young people have developed a range of skills using hand apparatus as well as improved movement skills and gymnastics shapes – and have also developed their confidence in jumping and landing from apparatus. To see the young people’s pride in themselves when they practice and then achieve a routine or new skill is invaluable – and is developing for more than *just* gymnastics! At the end of term, the group of young people enjoyed a trip to the VGA facility in Crumlin and they thoroughly enjoyed the foam pits and trampolines – the smiles and laughter were out of this world, and they didn’t want to leave!”

Melissa Anderson, Managing Director and Coach at Valleys Gymnastics Academy

At Sport Caerphilly, we believe it is important to connect young people with sports coaches, clubs and facilities in the local area and encourage participation in various sports and activities, so they can develop their sporting and personal skills and have the confidence to participate in these activities in the community.

We believe it is also important to support clubs and coaches within the community to develop their skills. Through the sessions, the coaches from Valleys Gymnastics Academy have received the opportunity to develop personally and professionally by working with a wide range of young people who have a wide range of complex disabilities and learning needs. The coaches all showed passion for working with young people with disabilities with many now feeling more confident to do it more often and coach people with complex disabilities and learning needs in their gymnastics environment.

Sport Caerphilly wish all the pupils at Trinity Fields School lots of luck at the Welsh Gymnastics Rotary Disability Competition in the spring.