

All About Me



- My name is Jack and I am thirteen.
- I started gymnastics when I was seven.
- I am in the disability development group and train for 7 hours a week.
- There are 5 other boys in my group.

Gymnastics helps me run faster, be stronger, eat healthier and have friends. I like gymnastics because of seeing my friends and I like the pieces like rings and P bars and vault. I like conditioning. The coaches are nice because they talk and are fun.



I have done lots of competitions. They're fun and you win a lot of certificates and medals.

The best one was the Special Olympics in Sheffield.

We did loads of events to raise money to go. I liked the dog show and quiz night best.

It was 5 days long and there was people there from all over the world.

I made new friends and had fun.

I learnt how to be separate from my family.

We did lots of activities like practicing, a carnival with popcorn and candy floss and a ceremony.

I had to pick my own food and carry my own bag around loads, it was heavy.

I won seven medals.

I have now started to be a young leader at the gym, helping other children.

