

## **International Training Camp & Workshops of British Gymnastics**

- Kienbaum, Germany, November 2009 -

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### **\* History of G M P D**

- GMPD – **G**ymnastics and **M**ovement for **P**eople with **D**isabilities was started by British Gymnastics in the early 1990s to meet demand from people with physical disabilities who wanted to participate in gymnastics.
- Previously the Special Olympics organisation were the sole providers of the sport and this was exclusively to those with Learning Disabilities, there was no provision for people with physical or sensory impairments.
- British Gymnastics initially used the Special Olympics set routines as a starting point to include all disabilities.
- As standards began to rise it was evident that voluntary routines would be the next step and the Code of Points was developed.
- The Code of Points has been amended and reviewed several times to bring it in line with FIG, additional moves being included.
- Graded competitions were introduced, each discipline developing a National Programme (NDP – **N**ational **D**evelopment **P**lan) of 10 levels. These programmes sit below the mainstream NDPs with the top GMPD level being identical to the bottom Mainstream level. This gives disabled gymnasts the opportunity to transfer across to the mainstream grades with ease.

### **\* Aim for Paralympic Status and International Development**

- To fulfil the criteria for possible inclusion in Paralympics it is necessary to have participation in several countries.
- 1<sup>st</sup> International Disabilities Gymnastics Competition held in Belfast, 2000 and included an International Symposium
- Britain given Lead Nation status by FIG
- 2<sup>nd</sup> International event held in 2003, Belfast.
- Countries competing in these 2 events had less developed programmes for disabled gymnasts and standard of competition was wide-ranging with Britain winning all medals.
- British Gymnastics accepted an invitation to S.Africa to develop the programme in that country.
- 18 gymnasts (Men's and Women's Artistic and Rhythmic National squads) visited Capetown and Port Elizabeth in March 2007.
- Tutors delivered the Coach Education package used in Britain to S. African coaches and worked with their gymnasts
- 2008 24 gymnasts visited Gran Canaria (Blume Fest) to repeat the S. African trip within Europe. There was a disappointing uptake for this and Eckhard Herholz from the *European Gymnastics Service* offered to help promote GMPD throughout Europe.
- GMPD Chair and a committee member travelled to Germany to meet with key German personnel, including Herr Frank Ebel and Dr. Flavio Bessi to introduce GMPD into Germany
- International Training Camp and Workshops arranged for November in Kienbaum at the kind invitation of the German Gymnastics Federation.

### **\* Ambassador for more Internationality**

- The former member of German Olympic Team, **Ronny ZIESMER**, who is paralysed since his accident in 2004, will work as an Ambassador to oversee for more international development of the British experiences specially for new structures for disabled person into the world's biggest national gymnastics federation, the DTB in Germany

**Hazel Coates**, British Gymnastics, Chair GMPD

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**Ronny Ziesmer**, German Gymnastic Federation (DTB)