



All about Jack

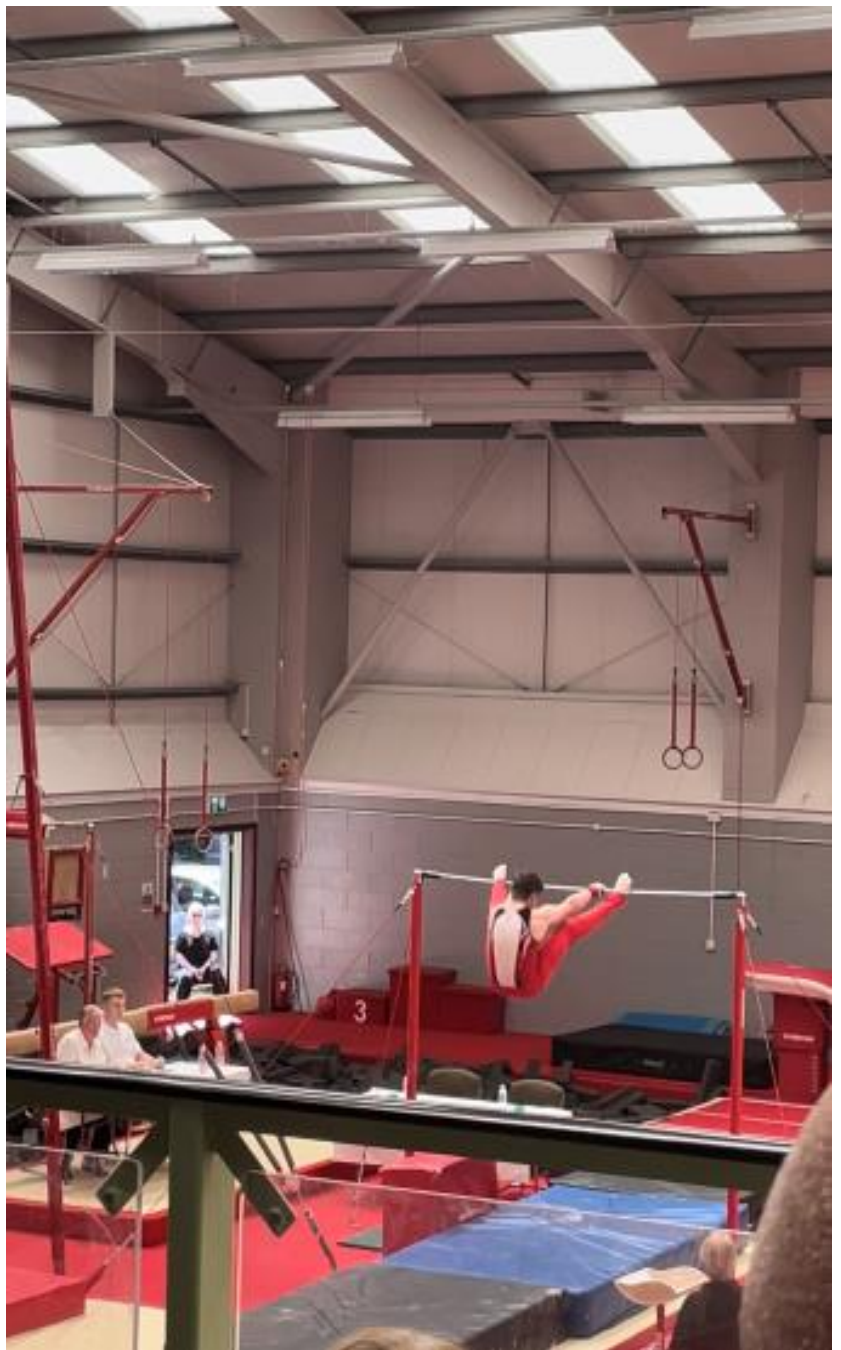


Gymnastics helps me run faster, be stronger and eat healthier.

- My name is Jack and I am sixteen.
- I started gymnastics when I was seven.
- I am in the disability development group and train for 7 ½ hours a week.
- There are 4 other boys in my group.
- I also joined Air Cadets around 6 months ago.

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



SPECIAL OLYMPICS
GB NATIONAL GAMES
SHEFFIELD 2017



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.



This year I am hoping to be picked for the world games in Berlin, Germany.

Since the National Games at Sheffield I have taken part in the summer series of sport where I won more medals and am also the British Champion for my category and class in Gymnastics.

I also enjoy Air Cadets and when I am older I would like to be in the armed forces or have a job helping people. Air Cadets is 5 hours a week.

I like to keep busy and get bored doing nothing! I see my friends from gymnastics outside the club and we go to places such as Pleasurewood Hills and Gravity.

