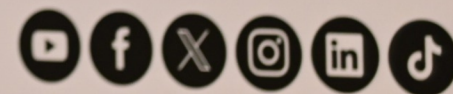


JUMPS **ART!**



PARTICIPATION STRATEGY 2026-2028

Sport Starts Here.





A LOOK BACK 2021-2024 HIGHLIGHTS

The period of the last Participation Strategy delivered growth, expansion and improvement in many areas.

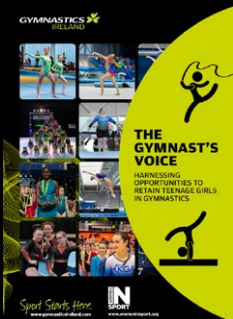
Programmes & Initiatives

Launched Gym4TEENS
- a programme focusing specifically on participation of teenage gymnasts



Developed & launched our 'Gymnastics for All' club support programme to develop display gymnastics & link in with 'The Floor'

Research



Published globally recognised **'The Gymnast's Voice - Harnessing opportunities to retain teenage girls in gymnastics'**

Presented at World Gymnastics - Gymnastic for All Colloquium

Events

Operating one of the largest participation events programmes in Ireland



Launched JumpSTART - a discipline specific participation programme focusing on Acrobatics, Rhythmic, Trampoline and Tumbling



Expanded the GymSTART Floor & Vault Competition



More than doubled the numbers of clubs participating in 'The Floor'



Our clubs participated & excelled at global gymnastics festivals such as 'World Gym for Life' & 'EuroGym'

Visibility & Communication

Awarded the Active Disability Ireland NGB Xcessible Bronze & Silver Awards



Annually rolled-out participation & inclusion visibility campaigns such as GymABLE & Women in Sport

Education

Developed & launched:

- GymSTART & JumpSTART Judge education pathways
- Gymnastics for All workshops for coaches & gymnasts



Partnered with external disability organisations to deliver additional disability coach education



Attended key international educational conferences & initiatives with World Gymnastics & European Gymnastics

Partnerships



Worked with Sport Ireland & other partners in the development of our Women in Sport programme

Signed & activated a new partnership agreement with Special Olympics Ireland



Worked with Ireland Active to develop a gymnastics programme for the fitness & leisure sector



DRIVING FORWARD: 2025-2028

ABOUT US



A sport for all

Inclusive programmes covering participation to performance levels



Member focussed

Prioritising enjoyable, safe and healthy participation



Nationwide & Global

One of the largest sports in Ireland with clubs in all main urban & rural areas. A truly global sport



Growing year-on-year

A sport in a constant state of growth with demand still hugely outstripping capacity



High performing

Whether on the Field of Play or as a leader in the wider sports sector



WHAT DO WE VALUE



Enjoyment

Enjoyment in our inclusive sport, whether it is at participation through to competitive levels



Pride

Pride in ourselves, our club, in Gymnastics Ireland & in wanting to represent Ireland well on the international stage



Teamwork

Teamwork underpins our approach, as working together we are stronger



Hard work

Hard work is how we achieve success



Ambition

Ambition to strive to achieve success in everything we do



Fairplay

Fairplay is how we achieve our goals



Respect

Respect for each other, our competitors & ourselves





OUR PROGRAMS

Gymnastics Ireland offers an extensive range of programmes and events covering participation through to performance levels. Each unique programme has varying elements ranging from education courses through to technical resources and events.



GymSTART is the fun and health focussed participation programme for Gymnastics Ireland consisting of coaching courses, workshops, club programming tools and events.



The Floor is an annual showcase event for member clubs. Clubs perform to show everyone just how skillful, fun, entertaining and exciting gymnastics is.



Gym4Teens is a programme targeted at retaining teenagers in gymnastics as well as growing teenage participation rates across our sport.



GymABLE is an inclusive programme targeted at providing gymnastics opportunities for people with disabilities



GymEDGE is a series of gymnastics-based workshops for any coach from any sport designed to develop the complete athlete/player.



GymACTIVE is a gymnastics-based fitness program focusing on strength, flexibility and physical literacy skills. It is available for the leisure, fitness & wellbeing sectors in addition to member clubs and schools/3rd level institutions.



As one of Ireland's largest membership based sports and majority female sports, we continue to invest in programs & initiatives that cater to this large female membership base covering participation through to performance pathways both on and off the Field of Play.



JumpSTART is a club recreational level competitive programme that acts as a bridge between our GymSTART & National Series programmes where gymnasts can compete across multiple disciplines either as an individual or part of a club team.



The National Series encompasses all national level competitions for all competitive disciplines covering development through to performance levels and including various National Championships.



The Next Gen Championships is an event targeting at showcasing the Irish starts of the future while also providing these young & talented gymnasts with critical podium level competition experience at home within each Olympic cycle. It is focussed on specifically defined key development levels within the National Series competitive structure.



Our holistic athlete centred performance programme targeting long term, enjoyable and healthy gymnast development inline with our benchmark target of supporting gymnasts to achieve 'final & medal potential' at international level.



Exchange is our annual hybrid virtual and in-person club support conference covering a wide range of areas relevant to our sport including participation, performance, inclusion, safesport & integrity and club/commercial development. It also provides our clubs with a great platform to connect, share success stories and build relationships.



The National Awards Ceremony is an annual celebration of our members achievements from participation through to performance, club through to national.

For full programme details visit the programme section of gymnasticsireland.com



OUR PATHWAY

There are three main routes to participate in gymnastics in Ireland. The pathway diagram below illustrates each of these and highlights the relevant Gymnastics Ireland programmes to each pathway route.

Fitness/Leisure Sector

GYM**ACTIVE**GYM**EDGE**GYM**ABLE**

Gymnastics Ireland Member Club

Gymnastics Ireland
Member Club

PARTICIPATION

GYM**START**GYM**ABLE**

GYMNASTICS IRELAND | WOMEN IN SPORT

COMPETITIVE



GYMNASTICS IRELAND

PERFORMANCE

GYMNASTICS IRELAND

WOMEN IN SPORT

Schools/3rd Level Education

GYM**START**GYM**ACTIVE**GYM**EDGE**GYM**ABLE**



OUR PARTNERS

While our clubs and members are our main partners we regularly work with a number of key partners outside of our membership to further develop our sport.



An Roinn Cultúir,
Cumarsáide agus Spóirt
Department of Culture,
Communications and Sport

Department of Culture, Communications & Sport: The Government of Ireland department responsible for the delivery of the National Sports Policy and distribution of public funds for sport covering participation, inclusion, high performance & events (through Sport Ireland) in addition to capital funding for sports equipment & facilities.



SPÓRT ÉIREANN
SPORT IRELAND

Sport Ireland: The government appointed agency tasked with the development of sport in Ireland covering participation, high-performance, anti-doping, ethics & coaching. Sport Ireland also is responsible for the development and operation of:

- The Sport Ireland Campus
- The Sport Ireland Institute
- The Local Sports Partnership (LSP) Network



TEAM
IRELAND

Olympic Federation of Ireland (OFI): The National Olympic Committee (NOC) and representative branch of the International Olympic Committee (IOC) in Ireland. Its main responsibility is planning, preparing and supporting Team Ireland to compete in Olympic events in addition to leveraging the Olympic brand in Ireland.



Federation of Irish Sports (FIS): The voice of Irish sport ensuring sport is kept at the top of the agenda within political, government and media circles in Ireland while providing shared support services for members. The FIS also runs key sports sector events such as the Irish Sport Industry Awards.



European
Gymnastics

European Gymnastics (EG): The European governing body responsible for the governance and development of the sport on a continental level including the operation of the European Championships.



WORLD
GYMNASTICS

World Gymnastics: The world governing body responsible for the governance and development of the sport on a global level including the operation of the World Championships and Olympic qualification pathway.



Leisure, Health
and Fitness
Association

Ireland Active: The representative body for the leisure, health and fitness sector in Ireland.

Sponsors

Gymnastics Ireland regularly partners with long-term or project-specific sponsors in the roll-out and delivery of various programmes and initiatives.

Media

Gymnastics Ireland maintains a close working relationship with national TV, digital and print media in order to maximise exposure of our sport to the Irish general public while engaging with the global gymnastics media to ensure Irish stars are visible to gymnastics fans all over the world.

DRIVING FORWARD WHERE ARE WE NOW?

- ✔ A system enabling fun & inclusive participation in our sport
- ✔ Underpinned by an education programme supporting the continuous development of our members
- ✔ Operating one of the largest participation events programmes in Ireland
- ✔ Working collaboratively with our member clubs to achieve shared goals
- ✔ Collaborating with national & international sporting organisations
- ✔ Implementing a communication & promotion strategy providing a clear road map for participation & ensuring our messages are clear, consistent, targeted & delivered effectively to our members.
- ✔ Maximising internal & external funding/investment in people & programmes development
- ✔ Actioning a targeted approach to the feedback & recommendations from our research “the Gymnasts Voice” looking at harnessing opportunities to retain teenage girls in gymnastics





DRIVING FORWARD WHERE DO WE WANT TO BE?



An inclusive membership community reflective of modern Ireland, welcoming & open to all



Promoting our sport nationally & internationally through the stories of our members & the successes of our clubs



Prioritising enjoyable, safe & healthy participation in our sport



An organisation fostering a supportive culture of respect & belonging



Enabling individuals to be the best they can be



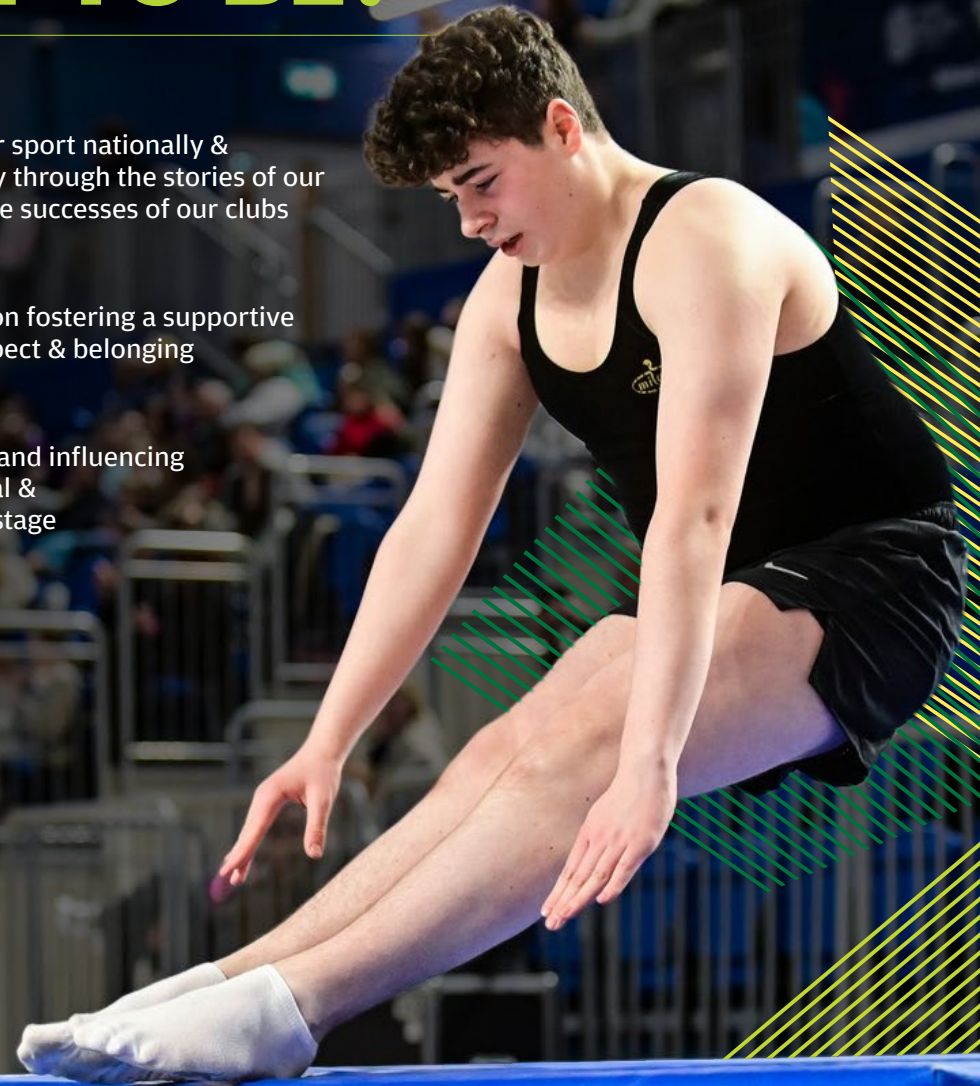
Representing and influencing on the national & international stage



A 360° inclusive & enjoyable events programme for participants & spectators covering participation through to performance levels building on success of current event brands/programmes



Targeting increased participation from key groups such as teens, boys/males, adults and older adults.



DRIVING FORWARD

HOW DO WE GET THERE?

1 Expand & diversify

Expand and diversify our current events programme to provide more opportunities for more gymnasts, at every level, in all disciplines.

2 Work in Partnership

Work in partnership with Performance & Technical and Education to deliver and grow the new Education framework to support all the participation-based programmes.

3 Invest in people

Continue to invest in staff and support personnel across key participation & inclusion programme areas.

4 Increase Membership

Persue increase in membership from key groups such as boys, men, adults and older adults.

7 Participation

Encourage clubs to identify a club lead for key participation and inclusion programmes to act as the link between club and national in the promotion of programmes and participation of events.

6 Prioritise feedback

Prioritise member ideas and feedback through programmes like Exchange & Club Focus Groups, while continuing to reframe 'winning' to celebrate every gymnast's achievement across all levels, competitive and non-competitive.

5 Optimise Collaboration

Optimise collaboration with existing partners (e.g., Sport Ireland, Special Olympics Ireland, Active Disability Ireland, Active School Flag, relevant government departments) and establish new partnerships with other national and international organisations.

8 Expand Club Support

Expand the depth and range of our club support initiatives and continue to engage with clubs around what supports they need & want.

9 Promotion Action Plan

Annually review and update our communication & action plan and implement over the course of the strategy.

10 Maximise Funding

Continue to seek to maximise internal & external funding/investment in people and programmes in support of this new strategy on an annual basis, as well as looking for new funding opportunities.



DRIVING FORWARD

WHAT WILL WE FOCUS ON?



1. People

To create an environment where everyone can participate in a space where they feel safe, respected & empowered to become better physical, mental, & social people.



2. Programmes & Initiatives

To expand the range, quality & accessibility of our programmes.



3. Events

To increase the number, variety and accessibility of events including at local community level.



4. Education

To focus on ensuring equitable access to high quality education & supporting the development of skills, knowledge & competencies for all participants.



5. Visibility & Communication

To inform, influence, imagine & meet social expectations. To ensure our members know what is going on, where, why, when & for whom. To ensure that the messages are received & understood by the intended audience.



6. Partnerships

To build & maintain a strong partnership approach & work collaboratively with key stakeholders such as Sport Ireland, other sporting bodies & international gymnastics federations.



NEW AREAS FOR EXPANSIONS & GROWTH

We plan to develop new programmes, events and initiatives to grow participation for key groups:

- Boys/ Men
- Adults
- Older adults
- Para Gymnasts

We will develop new programmes in addition to building on existing programmes including, but not exclusively:

- Adult Gymnastics
- Gym4TEENS, GymSTART & JumpSTART - Boys
- Youth Leadership
- Youth Ambassador



PARTICIPATION & GYMNASTICS FOR ALL

Gymnastics for All is a discipline and concept within gymnastics, officially recognised by World Gymnastics and European Gymnastics.

It is the umbrella term for a huge variety of gymnastics activities for **EVERYONE**, regardless of age, gender, ability, or cultural background with a focus on **FUN, FRIENDSHIP, FITNESS, FUNDAMENTALS AND FOREVER**. Gymnastics for All aims to contribute to personal health, fitness, well-being & social interactions through lifelong participation in gymnastics.

Gymnastics for All programmes prioritise creating a positive and enjoyable experience for all participants.



PARTICIPATION & GYMNASTICS FOR ALL

OVERALL GOALS:



Increase the number of people participating in gymnastics by providing more opportunities, possibilities & choice



Become more visible and more inclusive ensuring everyone feels welcome



Widen the boundaries of success and reframe what progress looks like



Challenge, influence and drive change



PARTICIPATION & GYMNASTICS FOR ALL

KEY PRINCIPLES:



Inclusive Approach

Ensure diverse perspectives are considered and integrated into the process



Active Listening

Prioritise active listening and understanding of the needs & perspectives of all members



Continuous Improvement

Regularly evaluate and improve this strategy to ensure it is effective and meets the needs of all stakeholders/members

PARTICIPATION & GYMNASTICS FOR ALL

KEY ELEMENTS:



Involving the right people



Building Relationships



Focusing on the needs & experiences of the members



Creating opportunities for participation



Empowering individuals



Ensuring Sustainability



Actively Listening



Transparency & accountability



Regularly reviewing, updating & improving this strategy





RESEARCH

Research plays a crucial role in the advancement and understanding of our sport offering insights that inform policy, practice and overall development. Research also helps us understand the social, economic and health benefits of our sport enabling us to build better sporting environments.

We plan to invest in targeted research projects over the duration of this strategy in key areas of relevance to inform & influence our participation programme development.

A good example of recent work in this area is our 'The Gymnasts Voice - Keeping Teenage Girls in Gymnastics'.

[View Research](#)

We plan to invest in targeted research projects over the duration of this strategy in key areas of relevance to our participation programme development.





SUPPORT STRATEGIES & PLANS

In addition to this strategy Gymnastics Ireland operates a number of other strategies & plans that support the overall aims of our master 'Strategy 2025-2028'.

These include:

- Disability & Inclusion
- Women in Sport
- Schools
- Education
- Club Development
- Commercial
- High Performance





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