

Myth or Reality?

Gymnastics as a teenager

Myth

“Puberty and gymnastics just don’t mix”



Reality



All girls go through puberty and you’re not alone in these feelings.



The physical and mental changes that come when you go through puberty can be challenging to manage in gymnastics, **but it doesn’t have to stop you from doing the sport you love!**



You might feel self-conscious about your changing body shape, uncomfortable in gymnastics kit, unsure about the right sports bra to wear or find managing your periods alongside training difficult.

Top tip



Speak to your coach about how they can support you during this time



Find useful tools for managing puberty in sport by scanning the QR code



“I have grown up with gymnastics and love it in my life.”

- Gymnast, Age 14

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