

Myth or Reality?

Gymnastics as a teenager

Myth

“Gymnastics is all or nothing”



Reality



You might find yourself feeling much busier than when you were younger, with the demands of school, other hobbies and friends taking up lots of your time.



Remember you can balance your participation in gymnastics with your other hobbies and interests. Even if you're not practicing as much as before, you can still enjoy the benefits of gymnastics like having fun with friends, having a space to let off steam or escape other pressures in life, and feeling strong physically and mentally.

Top tip



Speak to your coaches about how they can help you to fit gymnastics in when life feels busy.

“When I first started my goal was to go to the Olympics, now it's to keep up the sport even when I get a lot of homework... I don't feel pressured to be good as I just want to have fun and enjoy the sport.” - Gymnast, Age 14

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