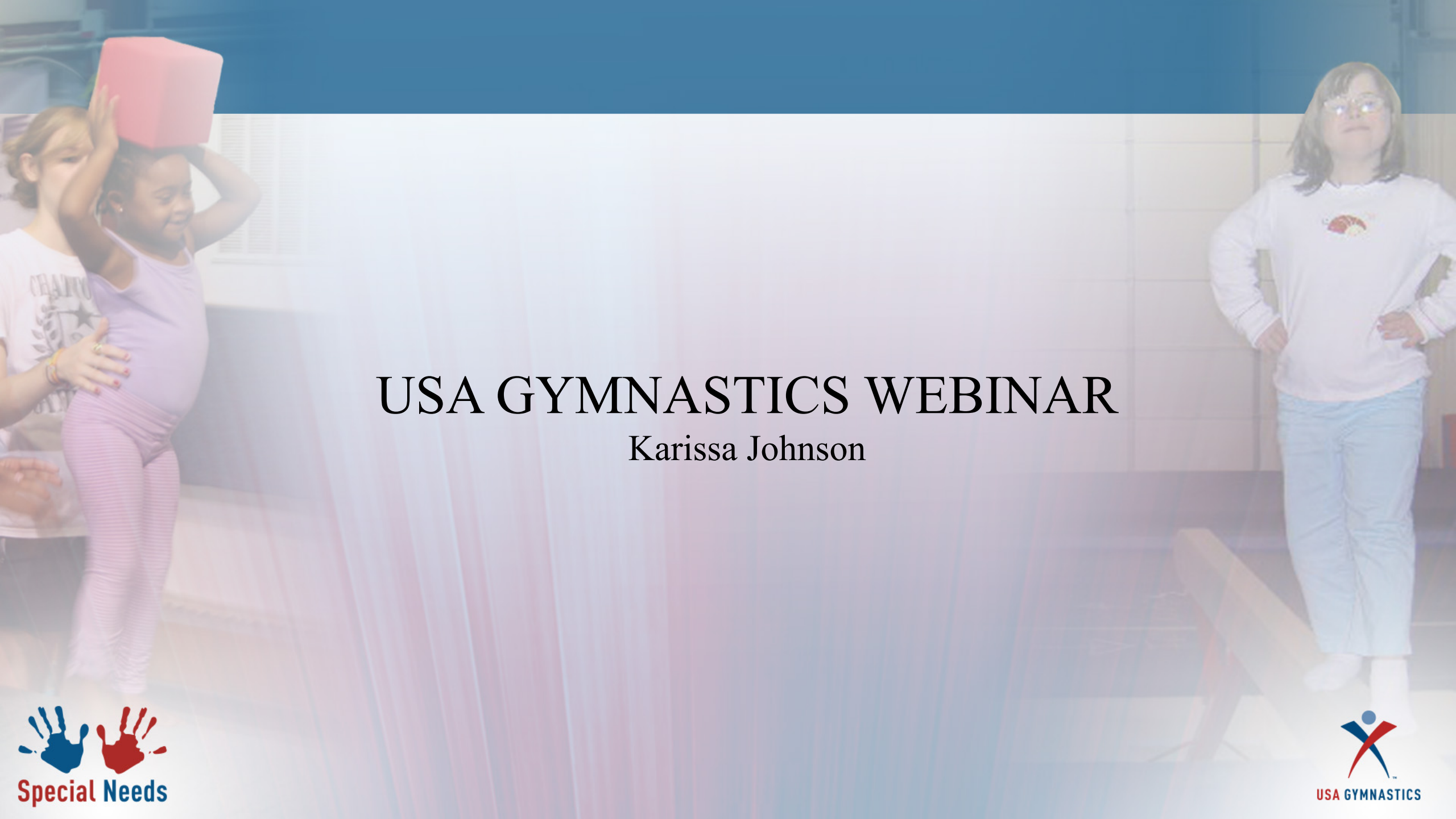




R201 INCLUSION FUNDAMENTALS:

# WORKING WITH CHILDREN WITH SPECIAL NEEDS





# USA GYMNASTICS WEBINAR

Karissa Johnson





## Introducing the presenter:



- Founder & owner of Spectra Gymnastics in Portland, Oregon
- Launched two successful special needs gymnastics programs in Oregon
- Extensively trained in ABA therapy
- Specializes in children with developmental disabilities
- Special needs presenter for Gymnastics Australia, 2014
- National Congress presenter for USA Gymnastics, 2016



## Inclusion Classes

Special Needs gymnastics classes are in high demand and the need for all-inclusive preschool and recreational classes is rapidly growing. This means students with varying physical and cognitive abilities will be integrated into classes, and you will need more teaching tools in your tool kit to help all involved be as successful as they can be! Inclusion classes are recommended for students who have been evaluated for group class settings. Students not yet ready are recommended to a more specialized class setting. All techniques presented in the R201 course are beneficial to all learners, regardless of their class setting.



## R201: INCLUSION FUNDAMENTALS FOR WORKING WITH CHILDREN WITH SPECIAL NEEDS

Key responsibilities of a coach or instructor:

- Lead instructor
  - A lead instructor leads the group, gives instruction, makes decisions, and provides spotting
  - An Inclusion Assistant is an aid that is assigned in a traditional class to specifically and primarily assist the student with a disability.
- The roles of each instructor will shift and change depending on whether an inclusion assistant is provided or not.

## Unit 4: Class Preparation

### STEP 1: Know your student's abilities & limitations

#### Analyzing student assessment information

- ✓ Prior to integrating a new student, you should meet with your supervisor to review the medical information and parent assessment form.
- ✓ Identify any physical limitations that may impair the learner in a traditional class setting
- ✓ Discuss any sensory integration components that may affect the student and class.
- ✓ Then identify what skills, exercises and activities may need to be simplified and adapted to increase success and independence.



## Adaptive & Positive Communication

When working with students experiencing language delays, you will need to change your communication style to meet the level of your learner. This may mean to simplify the language you use. OR, you might be asked to use picture or augmentative communication devices.

Adaptive Communication

Here is an example of a low- tech picture communication system. Pictures can be created specific to the equipment and class structure in your gym!





## Unit 3: The Diverse Learning Process Instructor Communication Breakdowns

Here is an example of a high-tech augmentative communication system. These systems are usually used primarily for non verbal learners.



Skill breakdowns

BREAKDOWN YOUR TEACHING EXPECTATIONS

- ✓ The first month with your inclusive student is rapport building time
- ✓ The first month they are learning routines and becoming familiar with new setting
- ✓ Critical to keep expectations and corrections as minimal as possible
- ✓ Remember that learning new things in a new (and overstimulating) environment can be a lot to handle for your student. Keep things easy & achievable for them. If the student feels successful & happy, they will most likely want to return! KEEP IT POSITIVE!





Tangible:  
toys, stamps,  
bubbles, stickers,  
start charts, point  
systems

Differential:  
Using various  
combinations of  
2 or more types  
of reinforcement

Physical: high 5,  
pat on the back

Positive  
Reinforcement as a  
behavior  
management tool

Emotional: "I am  
proud" "That  
behavior makes  
me happy"

Gestural: Smiles,  
thumbs up,  
clapping

Praise: "great  
work"  
cheering

That was a sneak peek into the 2017  
Special Needs Course!







- Karissa Johnson; Founder & owner of Spectra Gymnastics in Portland, Oregon
- [www.spectrapdx.com](http://www.spectrapdx.com)
- [karissa@spectrapdx.com](mailto:karissa@spectrapdx.com)





# WHAT IS HUGS?

WITH CLAUDIA KRETSCHMER AND CINDY BICKMAN







**HOPE UNITES  
GYMNASTICS  
WITH SPECIAL ATHLETES**



**CINDY BICKMAN**  
**SPECIAL OLYMPICS REPRESENTATIVE**  
**FOR USA GYMNASTICS ADVISORY**  
**COUNCIL**

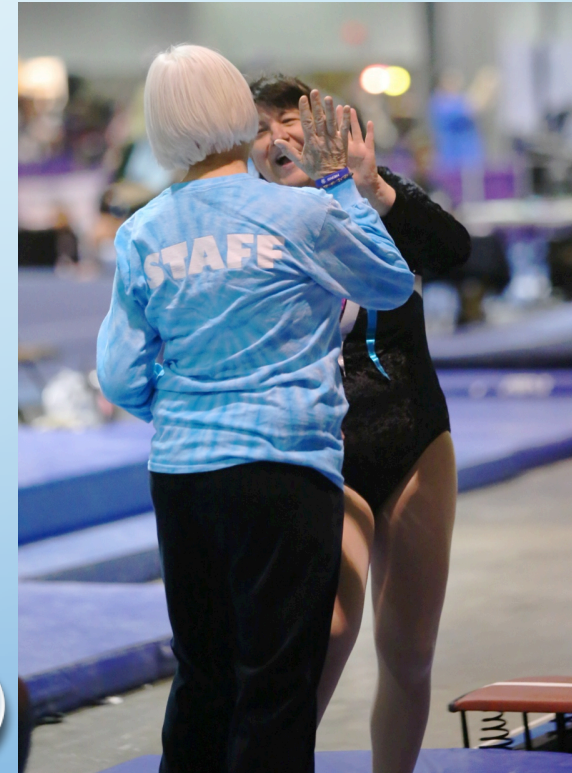


**Claudia Kretschmer**  
**National Xcel Committee**  
**Chair**



# MISSION

- TO OFFER COMPETITIVE GYMNASTICS PROGRAMS FOR ATHLETES WITH SPECIAL NEEDS
- TO GROW THE SPORT OF GYMNASTICS BY CREATING PROGRAMS THAT INTEGRATE ATHLETES WITH SPECIAL NEEDS INTO MAINSTREAM EVENTS





## WHY?

GYMNASTS WITH DISABILITIES ARE PART OF THE GRASSROOTS. KNOWING THE BENEFITS OF GYMNASTICS FOR EVERYONE, USA GYMNASTICS PROMOTES GRASSROOTS PROGRAMS, AND STRIVES TO MAKE GYMNASTICS ACCESSIBLE TO ALL AGES AND ALL ABILITY LEVELS, INCLUDING GYMNASTS WITH DISABILITIES. WHILE COMPETITIVE GYMNASTICS IS NOT THE GOAL FOR EVERYONE WHO TAKES CLASSES, IT IS WITHIN REACH OF GYMNASTS WITH DISABILITIES, AND HUGS WAS CREATED TO GIVE THESE GYMNASTS THE OPPORTUNITY TO COMPETE.





**WHO IS ELIGIBLE TO PARTICIPATE?**

**ANYONE WITH A PHYSICAL OR INTELLECTUAL  
DISABILITY**

WHAT USA GYMNASTICS MEMBERSHIPS ARE REQUIRED FOR COACHES?

## BE PROACTIVE

**#BRING4TOTHEFLOOR**



-CURRENT PRO MEMBERSHIP

-SAFETY CERTIFICATION

-BACKGROUND CHECK

-U100 CERTIFICATION

**T&T COACHES WILL NEED**

**T210 ANNUAL UPDATE**

**COMPLETION IN ADDITION**



# WHAT USA GYMNASTICS MEMBERSHIPS ARE REQUIRED FOR ATHLETES?

## ATHLETE MEMBERS ARE REQUIRED TO:

- HAVE A CURRENT USA GYMNASTICS INTRODUCTORY ATHLETE MEMBERSHIP
- BE AFFILIATED WITH A USA GYMNASTICS MEMBER CLUB
- INTRODUCTORY ATHLETE MEMBERSHIP FEE IS \$25



WHAT PROGRAMS ARE  
OFFERED?



# WOMEN'S ARTISTIC GYMNASTICS





# RUBY

THE REQUIREMENTS FOR RUBY ROUTINES ARE VERY BASIC, INCLUDING SKILLS SUCH AS ROLLS ON FLOOR, JUMPS OFF THE SPRINGBOARD, LONG HANG SWINGS ON BARS, AND LOCOMOTOR SKILLS ON THE LOW BEAM. RUBY







## RUBY STARS

THE REQUIREMENTS FOR RUBY STARS ROUTINES ARE MORE ADVANCED, INCLUDING SKILLS SUCH AS CARTWHEELS AND HANDSPRINGS ON FLOOR, VAULT ONTO THE TABLE, MOVING FROM BAR TO BAR, AND ACROBATIC SKILLS ON BEAM. RUBY STARS REQUIREMENTS CORRESPOND TO SPECIAL OLYMPICS LEVELS 3 & 4.



# RHYTHMIC GYMNASTICS



# HUGS RHYTHMIC XPRESS

BRONZE - SEATED ROUTINES

SPECIAL OLYMPICS LEVELS A & B

SILVER - ROUTINES WITH BASIC BODY &  
APPARATUS SKILLS

SPECIAL OLYMPICS LEVELS C & 1

GOLD - ROUTINES IN WHICH THE APPARATUS  
AND BODY SKILLS ARE FULLY INTEGRATED.  
ATHLETES MUST HAVE GOOD TECHNIQUE  
WITH THE HAND APPARATUS AND THEY MUST  
BE CAPABLE OF PERFORMING THE BODY  
SKILLS WITH GOOD FORM AND CONTROL.

**SPECIAL OLYMPICS LEVELS 2 & 3**

PLATINUM - ROUTINES CHOREOGRAPHED AT  
THE USA GYMNASTICS J.O. LEVEL, WITH  
BODY AND APPARATUS SKILLS CHOSEN  
FROM THE FIG CODE OF POINTS

**SPECIAL OLYMPICS LEVEL 4**



HUGS RHYTHMIC  
XPRESS  
CONTINUED

GROUP

FLOOR EXERCISE

CHOICE OF APPARATUS







**POWER TEAM GYM  
GYMNASTICS FOR ALL**



# GROUP FLOOR EXERCISE TEAM JUMP





# GYMFEST GYMNASTICS FOR ALL



**STAY TUNED  
FOR  
MEN'S  
ARTISTIC  
GYMNASTICS  
&  
TRAMPOLINE**



1.



HOW DO I GET INVOLVED?



# COACHES

CONTACT LOCAL MEET DIRECTORS AND ASK THEM TO INCLUDE HUGS IN COMPETITIONS THEY HOST.

HUGS GYMNASTS CAN BE WORKED INTO SESSIONS WITH OTHER LEVELS, AND FIT INTO SQUADS WITH GYMNASTS OF OTHER LEVELS. IT SHOULDN'T MATTER HOW MANY HUGS COMPETITORS THERE ARE! ONE OR MANY SHOULD BE ABLE TO COMPETE IN ANY MEET.





LE TO  
INCLUDE HUGS! PUT THE LOGO ON YOUR WEBSITE.  
CONTACT LOCAL GYMS WHO HAVE SPECIAL NEEDS  
PROGRAMS. GET THE WORD OUT THERE!



HUGS TO A COMPETITION?

ENTRY FEE? YES, HUGS COMPETITORS SHOULD PAY AN ENTRY FEE,  
ALTHOUGH OFTEN MEET DIRECTORS DISCOUNT THE FEE.

ENTRY DEADLINE? SHOULD BE THE SAME FOR HUGS GYMNASTS  
AS FOR OTHER COMPETITORS IN THE MEET.



## JUDGES

DO JUDGES NEED SPECIAL QUALIFICATIONS TO JUDGE HUGS? No, the judging guidelines are easy for USA Gymnastics judges to follow.

HOW MANY JUDGES PER EVENT? Follow the same guidelines as for other levels/divisions in the competition.

PAYMENT FOR JUDGES? Follow the same guidelines as for other levels/divisions in the competition.





## HOW DO HUGS GYMNASTS FIT INTO THE COMPETITION?

INCLUSION  
SEPARATE SESSION



# AWARDS

FOLLOW USA GYMNASTICS GUIDELINES FOR EACH DISCIPLINE:

ARTISTIC GYMNASTICS - PLACEMENT AWARDS

RHYTHMIC & POWER TEAMGYM - ACHIEVEMENT AWARDS







**THE MEET DIRECTOR CAN ALWAYS OPT TO GIVE  
EXTRA AWARDS!**





2017  
Gymnastics for  
All  
National  
Championships  
and GymFest

**HUGS COMPETITIONS**  
COMPLETE INFORMATION IS AVAILABLE  
ON THE USA GYMNASTICS WEBSITE

# RESOURCES

Special Olympics  
Video Resources

Visit  
[SpecialOlympics.org/resources](http://SpecialOlympics.org/resources)



HUGS Program

Visit  
[USAGym.org](http://USAGym.org)  
GfA Program Page







CINDY BICKMAN  
SPECIAL OLYMPICS  
REPRESENTATIVE FOR USA  
GYMNASTICS ADVISORY  
COUNCIL

[CBICKMAN@EARTHLINK.NET](mailto:CBICKMAN@EARTHLINK.NET)



Claudia Kretschmer  
National Xcel Committee  
Chair

[claudiakretschmer@me.com](mailto:claudiakretschmer@me.com)



HAVE FUN!