

# Physical activities promoting inclusion of youth

*my experience*



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(Mäntyharjun Virkistys Voimistelu- ja tanssijaosto)



# Our Gymnastics and Dance Club

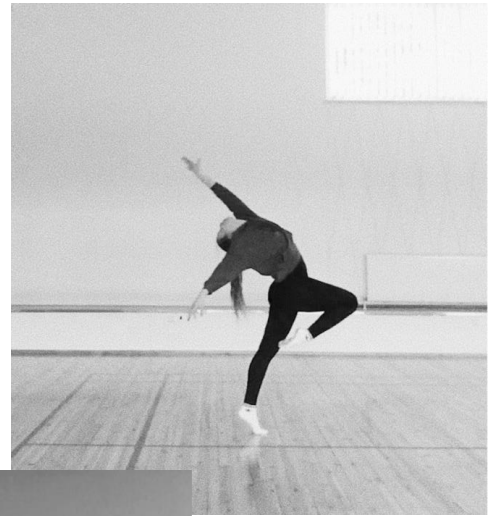
- Founded in 1994
- About 400 members
- Dance, gymnastics and exercise groups for all ages
- About 30 coaches
- A great influencer in our town - 35% of all the under 20-year-olds dance or do gymnastics in our club

Coaches of our club in  
September of 2018



# My journey

- Age 3: Joining a family gymnastics group
- Age 6: Joining a dance/gymnastics team
- Age 13: Getting my first summer job at a kids' summer camp
- Age 14: Becoming an assistant coach
- Age 16: Becoming a head coach
- Age 18: Getting my first full-time job





# The inclusion of youth in our club

- The majority of the members of our club are young
- The young members are very active and creative
- We are given the opportunity to get our voice heard and affect the activity of our club at a young age
- Half of the coaches are under the age of 25

Some of the young coaches at our 2018 Christmas show



# *My participation through the years*

- Coaching dance and gymnastics teams
- Planning choreographies for different shows and competitions
- Competing tens of times and winning many medals
- Performing hundreds of times in my hometown, all around Finland and abroad
- Planning and organizing our Christmas and Spring Dance Shows
- Planning and organizing dance and gymnastics competitions
- Planning and organizing a dance and gymnastics summer camp for kids
- Branding our very own national dance competition





*Thank you*