

**Inclusive and Adaptive Workshop:
Coaching Athletes with Disabilities Across Trampoline & Floor
Presented by Dr. Sigourney Weathers, PT, DPT**

Saturday, June 13 • 6:00–8:30 p.m.

Free to Region 3 Congress registrants. No separate sign-up required.

This workshop equips gymnastics and trampoline coaches with practical strategies to support neurodivergent athletes, autistic athletes, and athletes with movement, communication, or physical differences. Participants will learn developmentally grounded, hands-on adaptations for trampoline and floor that improve access, engagement, and safe skill progression.

Topics covered include:

- Foundations of adaptive coaching using developmental and sensory-motor frameworks
- Understanding skill readiness and why adaptive gymnastics often requires progressions before progressions
- Adaptive trampoline skills and station setups to support regulation, communication, and movement differences
- Adaptive floor skill progressions for inclusive and adaptive class settings
- Practical accommodations through task, equipment, environment, and coaching language modifications
- Decision-making strategies for when to regress developmentally, adapt access, or redirect goals while maintaining expectations

Upon completion of this workshop, participants will be able to:

- Apply a clear framework to observe, interpret, and respond to skill challenges without relying on assumptions about motivation or behavior.
- Design and implement adaptive trampoline and floor progressions and modifications that improve engagement, safety, access, and participation while maintaining appropriate challenge.
- Implement accommodations that support communication, regulation, and skill development across trampoline and floor settings.
- Confidently coach athletes with disabilities within existing class structures and adaptive class programs on floor and trampoline.

Ideal for gymnastics and trampoline coaches, instructors, program directors, and staff working in recreational, inclusive, or adaptive environments who want practical tools for coaching athletes with diverse abilities. Participants should have a basic understanding of gymnastics or trampoline instruction and coaching principles to get the most from this workshop.