

Sparta Trampoline Club Ladies Who Bounce

"The Energise-Her programme was great for us to help support girls and women to remain active. We have a huge number of young women and women in our club feeling great in their own skin and loving sport way past the usual drop out age of 14! The programme also provided us with lots of training and opportunities to network and share ideas with other clubs and sports."

Izzy, Coach, Sparta Trampoline Club SCIO



Glasgow Sport's Energiser initiative supported sports clubs and organisations in the city to increase participation in sport and leadership roles for females. Energiser brought together inspirational female role models from across the city to share learning, provide support and funding to launch new opportunities for women and girls to be active.

Sparta Trampoline Club, Ladies Who Bounce Initiative, targets teenage girls and adult women who are inactive. The aim is to break down the barriers that stop women and girls participating and show them that not only is trampolining a great way to keep fit but it also very fun and allows you to socialise all at the same time.

"I love coming to Sparta as I'm not judged and can be myself. It doesn't matter about your ability as long as you are having fun! It's great that I can take my homework to training so I can work on it between shots and there is always someone who can help you with it if you get stuck (great that some of the coaches are teachers)!"

Morgan, Gymnast, Sparta Trampoline Club SCIO

To find out more about joining Sparta Trampoline Club contact www.spartatc.co.uk/

