



# **Cayman Islands Gymnastics Association**

Strategic Plan

2026-2029

The Cayman Islands Gymnastics Association (“CIGA”) is run by a small volunteer Board of directors. By dedicating limited resources to focus on a small number of key strategic initiatives with realistic objectives, CIGA has demonstrated continued success in achieving, and even exceeding, its goals. The objectives set for 2026-2029 are focused on the following four areas:

1. Governance
2. Continued advancement of the national team
3. National team development
4. Community outreach

### Background

The first gymnastics club in the Cayman Islands, Motions Unlimited, was established in 1999 with the hope of encouraging children of all ages to develop habits and activities that would lead to a healthier and happier existence through fun and fitness by participating in gymnastics. In 2024, two new gymnastics clubs were established, Apex Gymnastics and My First Gym.

In 2006 The Cayman Islands Gymnastics Association (“CIGA”) was formally established to further develop the sport of Gymnastics in the Cayman Islands by supporting the competitive team program at any training facility utilized by gymnasts who represent the Cayman Islands in the sport of gymnastics locally and internationally.

In 2009 the CIGA was approved by the Governor-in-Council as a Not-for-Profit organization under Section 80 of the Cayman Islands Companies Law to be the governing body of gymnastics in the Cayman Islands. In 2017, CIGA further registered as a Not-for-Profit organization under the Non-Profit Organizations Law. CIGA is affiliated with the Cayman Islands Olympic Committee (CIOC) which provides leadership for Olympic sport in the Cayman Islands and is recognized by the Cayman Islands Department of Sport. CIGA holds an affiliate membership the Federation Internationale de Gymnastique (FIG) and the Pan American Gymnastics Association (PAGU) which allows gymnasts from the Cayman Islands to compete in FIG sanctioned international and continental events including the Olympics, Youth Olympics, Youth Commonwealth and Commonwealth Games, Pan American Games, Central American and Caribbean Games and World Championships. Individual athletes are also registered with other national federations and associations in order to be permitted to compete in those countries and events, e.g., CIGA, USA Gymnastics (USAG), Amateur Athletic Union (AAU), etc.

There are approximately 60 competitive gymnasts registered with the CIGA. Outside CIGA’s direct membership, there are over 300 recreational gymnasts and gymnastics is often included in the physical education curriculum and after school programs in the Cayman Islands. CIGA is committed to working within this system to build the sport for the future.

### Disciplines of Gymnastics

CIGA currently caters for two of seven Olympic disciplines of gymnastics, namely Women’s Artistic Gymnastics and Men’s Artistic Gymnastics. Parkour has recently been added as an additional discipline

under the oversight of FIG. As there is a significant Parkour program in Cayman, this is a potential opportunity for future expansion to a broader group of participants.

### Local Gymnastics Clubs

There are currently three gymnastics clubs in the Cayman Islands:

1. Motions Unlimited, Sparky's Drive PO Box 10472 APO Grand Cayman Tel: +1 345 749 8365  
Email: [info@motionsunlimited.com](mailto:info@motionsunlimited.com) Web: [www.motionsunlimited.com](http://www.motionsunlimited.com)
2. Apex Gymnastics, 321 Dorcy Drive, Unit 2 Web: [info@apexgymnastics.ky](mailto:info@apexgymnastics.ky)
3. My First Gym, Camana Bay Web [www.myfirstgymcayman.com](http://www.myfirstgymcayman.com)

### Funding

CIGA has a four-tiered approach to funding:

1. Internal finance (membership fees, fundraising activities)
2. Public sector funding (Island Games accommodation)
3. Private sector sponsorship
4. Olympic Solidarity through the CIOC (multi-sport events, Olympic Values Program)

### CIGA Roadmap: 2026-2029 Strategic Plan

CIGA will focus on the following four areas over the next four years:

#### **1) GOVERNANCE**

CIGA has established a framework for governance ensuring appropriate representation by athletes, coaches and technical experts while meeting the objectives and requirements of the CIOC, FIG and PAGU.

The objectives for the next four years as they relate to governance include:

- Continuous evaluation of the composition of the board to ensure it adequately represents the national team, development programs, boys and girls and brings an independent perspective to matters under consideration
- Ensuring implementation of and compliance with the Child Abuse Prevention Policy; and
- Adopting policies to comply with the following policies and guidance published by the Registrar of Non-Profit Organizations:
  - i. Complaints, Investigations, and Enforcement;
  - ii. Reporting a Complaint on a Non-Profit Organization;
  - iii. Risk Management;
  - iv. General Guidance and Best Practices;
  - v. Best Practices to Prevent a Non-Profit Organization from being Abused for Terrorist Purposes; and
  - vi. Mitigating the Risk of Terrorist Financing, Targeted Financial Sanctions, and Proliferation Financing.

## **2) CONTINUED ADVANCEMENT OF NATIONAL TEAM**

The key objectives for national team set in 2011 have continuously been achieved and the accomplishments of our all of national team gymnasts exceeded our initial expectations.

The objectives for the next four years as they relate to the continued advancement of the National Team include:

- Qualifying for and participating in key events (identified in Schedule 1)
- Continuing to work with technical experts/advisors to ensure compliance with technical rules and a fair and objective selection process for each event
- Continued support for both the men's and women's programs
- Liaising with FIG and PAGU ensuring compliance with regulations and directives
- Accessing and providing funding to assist athletes who qualify for the events

## **3) NATIONAL TEAM DEVELOPMENT**

Since 2011 the Island Games/Inter-Island Games have served as the primary event for developing national team gymnasts. Cayman has participated in gymnastics at all of the Island Games or Inter-Island Games since 2011 and gymnasts won medals in 2013, 2015, 2019, 2023 and topped the Cayman Islands medal count, ahead of swimming and athletics, in 2025.

In 2017, with the introduction of the Caribbean Championships, this has also become a key focus for development although the level of organization of this event is inconsistent which resulted in Cayman not participating in 2019 despite successful results in 2015 and 2017.

CARIFTA also introduced gymnastics for the first time in 2024 and Cayman participated for the first time in 2025. The member countries with gymnastics programs include Jamaica, Trinidad and Bermuda, who also compete at FIG events and Bahamas, Barbados and St. Vincent which are striving to get to that level. CIGA strongly supports opportunities to compete within the Caribbean as it important for athlete development to compete internationally at a level where we can be competitive and the developing nations can support each other in progressing our programs.

The objectives for the next four years as they relate to the continued advancement of the National Team Development include:

- Support local clubs in the and development of competitive programs
- Qualifying for and participating in key events (identified in Schedule 1)
- Continued support for the development of both the men's and women's programs
- Encourage participation in regional Caribbean events for developing athletes

## **4) COMMUNITY OUTREACH**

Since its establishment, CIGA has been a member in good standing with the CIOC. The Association has also been a member of FIG and PAGU since 2013 and has established strong relations with the executives of those governing bodies and those of other National Federations that fall under their

governance. CIGA has also established relationships with other national sport federations in the Cayman Islands.

In 2011, CIGA established a plan to encourage broader participation in gymnastics and to make gymnastics more accessible to everyone. This was done through two programs: 1) the CIGA Scholarship Program, and 2) the Government schools program.

Since 2012, CIGA has also provided financial assistance to gymnasts who have struggled to cover their gymnastics tuition in the form of a fee subsidy. In certain circumstances, where gymnasts have qualified for events such as the Caribbean Championships, travel expenses have also been subsidised. Gymnasts qualifying for scholarships must demonstrate talent, commitment and also exemplify the Olympic Values of respect, excellence and friendship. Financial assistance granted has been between \$3,300 and \$6,000 per year.

CIGA ran its Government Schools Program between 2012 and 2018, each year bringing about 100 primary school students to Motions Unlimited over four days to learn about the Olympic Values and to learn about gymnastics as a fun way to stay healthy and fit. The cost is generally around \$25 per student which includes bus transportation, access to Motions Unlimited world-class facility and coaches and a healthy snack. In 2017, we hosted students from Red Bay Primary, George Town Primary and John A. Cumber School. In 2019 the schools were approached, but did not respond so there were no sessions provided in 2019. Apex Gymnastics has incorporated the schools in their program objectives going forward.

The objectives for the next four years as they relate to the continued advancement of the Community Outreach program include:

- Increasing funds available for athlete assistance to ensure any gymnast demonstrating talent, commitment and exemplifying the Olympic Values can continue to advance in the sport
- Continued support to the Government Schools Program to offer more students access to gymnastics to the extent that these schools accept the opportunity
- Increasing fundraising to support these initiatives