

Gymnastics Federation of Bermuda

Danté Petty and Derek Musson are local Parkour coaches teaching Parkour to our Bermuda athletes. Parkour is a great sport for youth athletes teaching agility, speed movement, tricks, and discipline. Petty recently had the opportunity to complete an intensive workshop and training course with the leading Parkour coaches from all around the world in Québec, Canada.

The camp was held with collaboration between World Gymnastics, the Pan

American Gymnastics Union (PAGU), and GymCan, to inspire the next generation of parkour leadership. Petty completed the course in a state-of-the-art environment powered by BRICK, a global leader in parkour equipment, ensuring a setup that meets the highest international safety standards.

He had the opportunity to meet and learn from two living legends of the sport:

- **Charles Perrière, a co-founder of Parkour, Yamakasi member, and President of the FIG Parkour Technical Committee.**
- **Stéphane Girondeaud, an official FIG expert coach from the French FreeRun Academy.**

Petty found the experience profound and gained new experience and wisdom from top level coaches with an emphasis on philosophy, Parkour Spirit, and how to safely instil resilience and problem-solving in our athletes. Petty returned to Bermuda inspired to implement his experiences in Bermuda Parkour training programs where he coaches for the

Bermuda Gymnastics Association. This allows the beginner parkour athletes in our community access to world-class coaching and safety standards. Petty and Musson will continue to implement new drills to give to the students of Bermuda the best training possible. We aim to support and develop Bermuda athletes to participate in a summer Parkour event, ultimately preparing athletes in the future for international competition.

Pg 6 - **Bottom:** Tiny athletes getting ready to tumble
Pg 7 - **Top:** Young boys practicing their vaulting skills
Pg 7 - **Bottom Left:** Little boy practicing his landing
Pg 7 - **Bottom Right:** Dante Petty and Charles Perrière



