



## MARIA STÅHL

### Candidate for member of the Technical Committee Gymnastics for All

Maria has been active in many different sports, but it is in gymnastics that she has spent most of her time, both as a gymnast and as a coach. Maria studied to become a physical education teacher, and worked in this profession at a primary school for six years. After that she began working at the Swedish Gymnastics Federation with educational matters. Since 2012, Maria has worked at the Swedish Sports Confederation where she helps to develop sports organizations, coaches and activities, as well as new structures for education and digital platforms.

Maria is a member of the Swedish Gymnastics Federation's international council, and she also became a member of TC Gymnastics for All within the Swedish Gymnastics Federation this year.

#### Experience

From 2002 until 2012, Maria worked at the general office of the Swedish Gymnastics Federation. Her initial duties included responsibility for the 'Children and Youth' development project. From 2009 until 2012, Maria was head of the federation's education department. She has been an instructor for various courses on the development of sports activities and leadership, and she has authored related course materials. Since 2012, Maria has worked at the Swedish Sports Confederation with education and development of organizations and sports. Her main focus involves helping different sports federations and their clubs to develop and improve their organizations, activities and education structure.

#### What does Maria want to accomplish?

Maria's goal in becoming a member of TC Gymnastics for All is to develop a structure for educational matters. Her main goal is to support the overall development of Gymnastics for All in Europe, with a structure that provides tools for creating exciting events with creative choreographic elements.

"I believe we need to continue supporting the development of choreography and gymnastics exhibitions, as well as broaden the perception of Gymnastics for All and provide creative tools that promote the development of basic motor skills training. I also believe we have an important role to fulfil in terms of creating support and a network for exchanging ideas between national federations."

## UEG CONGRESS 2017 ABOUT SWEDISH GYMNASTICS

Swedish Gymnastics is multifaceted, and via our 250,000 members, we represent everyone from children's gymnastics to senior citizen exercise. We facilitate the many different forms of expression gymnastics can take, including competitive and fitness training gymnastics. We view our diversity as our strength, and together we enable all forms of gymnastics to take place.

We take a unified approach to how we believe Swedish Gymnastics should be run – an approach that is represented in our development model and its key factors. The powerful development force that Swedish Gymnastics represents is based on our member associations. They are the driving force behind our forward progress supported by our democratic structure and policies. The key to everything we do is to enjoy what we do, to accept that not everyone wants to do the same thing and treat each other with mutual respect. Our values and associated code of conduct are the foundation of everything we do.

**//** Gymnastics for All plays a major role in Swedish Gymnastics. Our wide-ranging approach makes us unique, and enables new forms of activity and expressions of creativity. Maria Ståhl is an important figure and a driving force in this work to further develop gymnastics, and as a federation, we fully support her candidature. Ståhl's passionate commitment to display gymnastics is a tremendous asset both nationally and internationally.



**Swedish  
Gymnastics  
Federation**