

**EUROPEAN GYMNASTICS  
OFFICIAL COMMUNICATION**

**NEWS**

**WEBINARS AUTUMN 2020 ACROBATIC**

European Gymnastics is pleased to invite you to our webinar series, starting mid-October and continuing until the end of the year. We offer 14 webinars across 4 disciplines: Acrobatic Gymnastics, TeamGym, Trampoline and Women's Artistic Gymnastics!

Please note that each webinar has a separate registration link. You'll find it below each description. You can find the overview on our website as well.

Here's the overview:

**ACROBATIC 1**

**Balance & Dynamic principles and decisions in acro coaching**

**Saturday 17 October from 2pm to 4pm CET**

By Revaz Gurgenidze (RUS) & Dmitry Vinnikov (RUS)

General rules of balancing and flight:

- How to keep yourself and your partner in balance?
- The difference between a push and a throw?
- How balance and dynamic works in a partnership?

1. Element structure – separate parts
2. Biomechanics – conditions for the movement efficiency
3. Physical support, individual training
4. Special training in partnership
5. Step-by-step execution of an element (in stages & progression)

Register here

[https://docs.google.com/forms/d/e/1FAIpQLSd-yjV2K695vydNKmXdntLLrp0PTA3VqAUNIXHYusLhkj-G4g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd-yjV2K695vydNKmXdntLLrp0PTA3VqAUNIXHYusLhkj-G4g/viewform?usp=sf_link)

**Deadline: 14 October**

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**ACROBATIC 2**

**First steps in Acro**

**Saturday 7 November from 2pm to 4pm CET**

By Nikolay Ivanov (BUL)

Do you want to start with Acro coaching in your city or country?

If so, you need to know:

- What are the main principles of training in Acro?
- Basic physiological, psychological and pedagogical features in the training for beginners.
- How to begin to develop acro in your city or country?

Register here

[https://docs.google.com/forms/d/e/1FAIpQLSfQ2qxOx0xpolGXe1vX8Fi50VveN320mlVe43x0cOMWK0GI-A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfQ2qxOx0xpolGXe1vX8Fi50VveN320mlVe43x0cOMWK0GI-A/viewform?usp=sf_link)

**Deadline: 4 November**

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### **ACROBATIC 3**

#### **Failure to plan in acrobatics is planning to fail**

**Saturday 28 November from 2pm to 4pm CET**

By Lourenco Franca (POR)

- Why and what to plan
- Measuring the plan's success
- Effects of specific growth moments
- Understanding the importance of physical preparation and the relevance of strength training
- Training periodisation from Macro to Micro
- Load and Fatigue
- Volume & Intensity (friends or enemies?)

Finding the perfect balance between rest, nutrition and activity

Register here

[https://docs.google.com/forms/d/e/1FAIpQLSdzuHKO4WpfEI0SUBkSDABQFwqoMg56avMShjbYCnC4PB YcBg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdzuHKO4WpfEI0SUBkSDABQFwqoMg56avMShjbYCnC4PB YcBg/viewform?usp=sf_link)

**Deadline: 25 November**

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### **ACROBATIC 4**

#### **Artistry Coaching in Acrobatic Gymnastics**

**Saturday 12 December from 2pm to 4pm CET**

By Ana Matyskina (GER)

If you are an advanced competitive level acrobat or coach and you want to understand what it is that the artistry judges look for in an acrobatic routine, then this webinar is for you.

It will discuss:

- Routine and music genre
- Routine construction
- Dance and ballet preparation

Register here

[https://docs.google.com/forms/d/e/1FAIpQLSe0-ZnUhUZz3PxCU LwlWSEpOksyG9Zq4YDZSURNafTbqZuSQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe0-ZnUhUZz3PxCU LwlWSEpOksyG9Zq4YDZSURNafTbqZuSQ/viewform?usp=sf_link)

**Deadline: 9 December**

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