

**EUROPEAN GYMNASTICS
OFFICIAL COMMUNICATION**

NEWS

WEBINARS AUTUMN 2020 TRAMPOLINE

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:

TRAMPOLINE 1

Mental health and mental preparation for competition

Saturday 7 November, from 10am to 11am CET

By Mónica Mexia (POR), clinical psychologist

Strategies, implications and complications in the mental preparation for competition with application to TRA, DMT and TUM.

Register here

https://docs.google.com/forms/d/e/1FAIpQLSf8-Q17paiG4kDqODhWHzbaGbvswp5FvRibStS10vyxibJAA/viewform?usp=sf_link

Deadline: 4 November

TRAMPOLINE 2

Everything you need to know about twisting somersaults in Trampoline Gymnastics

Saturday 21 November from 10am to 11am CET

By Dr Fred Yeadon, Emeritus Professor of Computer Simulation in Sport at Loughborough University (GBR)

Twisting techniques in somersaults with application to TRA, DMT and TUM

Register here

https://docs.google.com/forms/d/e/1FAIpQLSfDqkKULDjHt_YkDQG8iCC-zoQ0vk6DpuyJRdKKdp-g6v1u4A/viewform?usp=sf_link

Deadline 18 November

TRAMPOLINE 3

Skill acquisition for 821 and 831 pike on Trampoline

Saturday 12 December from 10am to 11am CET

By Michael KUHN (GER), former top gymnast and German national coach and international coaching expert

Skill progression from beginning until including the skills into combinations and routines

Register here

https://docs.google.com/forms/d/e/1FAIpQLScgXbfXwdzZV-G9xWevxKCUew3LFTjkuDvEjoo0qA7qFZYAw/viewform?usp=sf_link

Deadline: 9 December
