

**EUROPEAN GYMNASTICS
OFFICIAL COMMUNICATION**

NEWS

WEBINARS AUTUMN 2020 WOMEN'S ARTISTIC GYMNASTICS

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 for WAG:

WAG 1

Ballet for Artistic Gymnastics

Saturday 17 October from 7pm to 9pm CET

By Shiri Shai (ISR)

Register here

https://docs.google.com/forms/d/e/1FAIpQLSdvwkQxgIX3FsLwzZ0Db6lCu63IYdO_AiSQIaaEgRvklBghHg/viewform?usp=sf_link

Deadline: 14 October

WAG 2

Building resilience and mental toughness

Thursday 22 October from 7pm to 9pm CET

By Hila Harel (ISR)

Register here

https://docs.google.com/forms/d/e/1FAIpQLSfsAG8iNhXfWq_1eA9LdVL65p3uGmP-Qohuvho-TKvBAjsDug/viewform?usp=sf_link

Deadline: 19 October

WAG 3

Interactive Judging: vault and beam

Tuesday 27 October from 7pm to 9pm CET

By the European Gymnastics Women's Technical Committee

Important: **only for European International judges!**

Register here

https://docs.google.com/forms/d/e/1FAIpQLSd5YRwJlJb8UFUoM2W_I2GnZipSwhuoAFx1DBL4T-H2KYrQ2g/viewform?usp=sf_link

Deadline: 24 October

WAG 4

Interactive Judging: bars and floor

Tuesday 3 November from 7pm to 9pm CET

By the European Gymnastics Women's Technical Committee

Important: **only for European International judges!**

Register here

https://docs.google.com/forms/d/e/1FAIpQLScPjApZRUFWksYC2aBBonnYdin2FbAPCKp16wR0z9Fi7MgY-A/viewform?usp=sf_link

Deadline: 31 October

WAG 5

Improving plyometric performance for gymnastics

Saturday 21 November from 7pm to 9pm CET

By Nick Ruddock (GBR)

Register here

https://docs.google.com/forms/d/e/1FAIpQLScitImYdPyRaQgGjYHxQMeCgcoBBTqwnTvbyZo4BkqHsIS7G/viewform?usp=sf_link

Deadline: 18 November