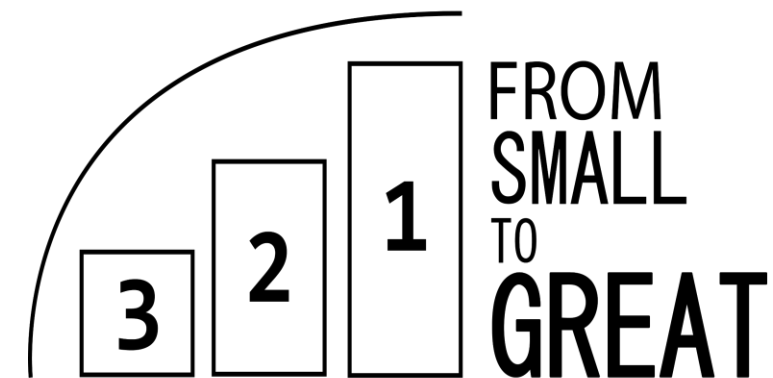




Co-funded by the
Erasmus+ Programme
of the European Union

SELECTION OF GYMNASTS AND THE INITIAL YEARS OF THE TRAINING AND COMPETITION PROCESS IN GK „INOVA GIM” AND IN THE CROATIAN GYMNASTICS ASSOCIATION



WE ENCOUNTER TWO WAYS OF SELECTING CHILDREN

①

- the system of achieving groups of the school of gymnastics
- recreational gymnastics
 - 4-5 years of age
 - longer process

②

- focused selection
- boys go through certain data
- measurements and tests
- short process



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simple mandatory exercise

regional and state competitions

basic elements (swings, circles...)

best boys from regional competitions → qualify for the Croatian Championship

from 6 to 12 years of age





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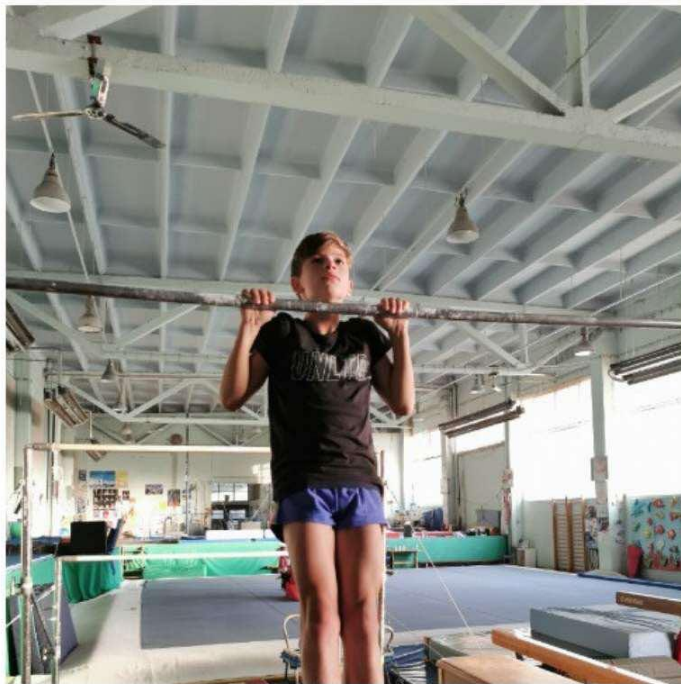
EXERCISES

Trainers have the opportunity to create
what and how they will work!



- recreational program is skipped – a serious high level program
- the selected children start with gymnastics at the age of 6 or 7
- 5-10 boys with the best predispositions
- tests: flexibility, explosive power, speed, strength, body shape and measurements

A large blue circle containing the white number 2, positioned on the right side of the slide.





THANK YOU FOR YOUR
ATTENTION!



GIMNASTIČKI KLUB

INOVA GIM

OSIJEK