

Flavio Bessi**XVII Freiburg International Gymnastics Congress: An outstanding continuing education programme for coaches with top speakers and renowned scientists**

The Department of Sport and Sport Science at the University of Freiburg hosts a world meeting of gymnastics enthusiasts and experts

Freiburg, Germany - October 20, 2023 - The picturesque city of Freiburg in southwestern Germany recently became the epicenter of the gymnastics world as it played host to the Freiburg International Gymnastics Congress. This prestigious event, held at the Department of Sport and Sports Science of the University of Freiburg for the 17th time, brought together gymnasts, coaches and sports scientists from different countries to exchange cutting-edge knowledge and ideas.

The Freiburg International Gymnastics Congress, held from October 14 to October 15, was once more an exceptional experience, drawing participants and attendees from all over Germany, but also from different countries. Coaches of all levels, researchers and gymnasts gathered on the beautiful university campus at the foot of the Black Forest to partake in a program that combined insightful presentations, and hands-on workshops.

The list of the renowned speakers and scientists gives an idea of the standard of this event:

- Yurii Akhmerov UKR
- Almir Atiković, BIH
- Marco Antonio Bortoleto, BRA
- Flavio Bessi, GER
- Eric Boucharin FRA
- Ivan Čuk, SLO
- Lina Fay GER
- Katja Ferger GER
- Hardy Fink CAN
- Axel Fries GER
- Monèm Jemni, GBR
- Ursula Koch GER
- Leticia Lima, BRA
- Robin Link GER
- Michel Marina, ESP
- Falk Naundorf GER
- Jonas Rohleder GER
- Ghazal Seilsepour GER
- Claudia Seitz GER
- Sabine Storz GER
- Michael Vid GER
- Melanie Voss GER

Their groundbreaking either research or experience contributes to develop the way we understand gymnastics.

Attendees had the opportunity to participate in practical workshops led by gymnastics coaches and specialists. These workshops covered a wide range of topics, from basics on different

apparatus to advanced gymnastics skills. Moreover, the main organiser and responsible of Artistic Gymnastics at the Department of Sport and Sport Science at the University of Freiburg, Flavio Bessi, facilitated an atmosphere of knowledge exchange and scientific exploration. Several parallel sessions ran throughout the event, allowing scientists and researchers to present their latest findings and engage in in-depth discussions. Topics spanned from biomechanics guidelines for difficult vaults to the new education system of the FIG were presented.

Two particularly engaging sessions featured Marco Bortoleto, president of the Education Commission of the FIG, and Hardy Fink, former Director of the FIG Coach Academy, a pioneer in coach education, shared insights on current topics.

Global Collaborations and Networking

The Freiburg International Gymnastics Congress served as a platform for building global connections within the gymnastics community. Coaches, athletes, and scientists had the opportunity to network and forge collaborations, with the goal of advancing the sport and promoting its inclusivity and accessibility worldwide.

As the congress concluded, it left an indelible mark on all those who participated. Attendees departed with a renewed passion for gymnastics, armed with the latest research and practical knowledge to elevate their gymnastics careers, be it as athletes, coaches, or scientists.

The success of the Freiburg International Gymnastics Congress reaffirmed the power of such gatherings in propelling the gymnastics world forward. The city and the University of Freiburg founded in 1457, with their rich history and stunning landscapes, provided a fitting backdrop for this remarkable event. With the inspiration and knowledge gained, the gymnastics community looks forward to scaling new heights and achieving even greater feats in the years to come.



(photo Jonas Rohleder)