



International scientific-professional conference

“Smarter Gymnastics”

Zagreb, Croatia | August 21-23, 2026

CONFERENCE PROGRAMME

Day 1 – Friday, August 21, 2026		
TIME	ACTIVITY	VENUE
12:00 – 16:30	Arrival of participants and registration	Hotel Westin Zagreb
17:00 – 20:30	Watching the Finals	Arena Zagreb
21:00 – 22:00	Dinner*	Hotel Westin Zagreb
Day 2 – Saturday, August 22, 2026		
09:00 – 09:30	Opening Ceremony	Hotel Westin Zagreb
09:30 – 10:30	Round Table	Hotel Westin Zagreb
10:30 – 11:00	Coffee break	Hotel Westin Zagreb

11:00 – 12:00	Plenary Lecture – Prof. Flavio Bessi <i>Are we training in line with current scientific evidence? A reflection on our ritual practices.</i>	Hotel Westin Zagreb
12:00 – 13:30	Oral presentations	Hotel Westin Zagreb
13:30 – 14:00	Lunch*	Hotel Westin Zagreb
14:00 – 15:40	Poster session	Hotel Westin Zagreb
16:00 – 19:00	Watching the Finals	Arena Zagreb
20:00 – 21:00	Dinner*	Hotel Westin Zagreb
Day 3 – Sunday, August 23, 2026		
09:00 – 10:00	Plenary Lecture – Prof. Ivan Čuk <i>Mens Sana in Corpore Sano: Past, Present, and Future</i>	Hotel Westin Zagreb
10:00 – 11:30	Oral presentations	Hotel Westin Zagreb
11:30 – 12:00	Coffee break	Hotel Westin Zagreb
12:00 – 12:20	Closing Ceremony & Awards	Hotel Westin Zagreb
12:20 – 13:00	Lunch*	Hotel Westin Zagreb
13:30 – 17:10	Watching the Finals	Arena Zagreb
20:00 – 21:00	Dinner*	Hotel Westin Zagreb
Day 4 – Monday, August 24, 2026		
All day	Departure of participants	Hotel Westin Zagreb

* Lunch and dinner are not included in the Conference Fee. They can be booked together with accommodation.

22 AUGUST, 2026

Oral Presentation Schedule

TIME	PRESENTER	TITLE OF PRESENTATION
12:00– 12:10	Vivien Wehovszky	PERFORMANCE EFFICIENCY IN ELITE RHYTHMIC AND ARTISTIC GYMNASTS: THE ROLE OF COMPETENCIES, MOTIVATION, AND PSYCHOLOGICAL FACTORS
12:10– 12:20	Almir Atiković	MAPPING THE SCIENTIFIC DEVELOPMENT OF GYMNASTICS RESEARCH: A BIBLIOMETRIC ANALYSIS OF THE SCIENCE OF GYMNASTICS JOURNAL AND INTERNATIONAL DATABASE EVIDENCE
12:20– 12:30	Renata Barić	MENTAL HEALTH LITERACY AND EATING DISORDERS IN GYMNASTICS: ARE COACHES READY TO HELP?
12:30– 12:40	Sarah Burger	CODE OF POINTS VS. BIOMECHANICS: WHAT CONSTITUTES A “TECHNICALLY GOOD LANDING” IN ARTISTIC GYMNASTICS?
12:40– 12:50	Vesna Babić	TRAINING METHODS AND PRACTICAL APPLICATION OF ATHLETICS-BASED CONTENT IN THE AEROBIC TRAINING OF YOUNG FEMALE GYMNASTS
12:50– 13:00	Leroy Donoso Usen	EXECUTIVE FUNCTIONS AND ARTISTIC GYMNASTICS IN CHILDREN: SYNTHESIS OF EVIDENCE FROM A SYSTEMATIC REVIEW
13:00– 13:10	Ahsen Büyükaslan Bohinc	IDIOPATHIC SCOLIOSIS AND HYPOKYPHOTIC SAGITTAL SPINAL PROFILE IN RHYTHMIC GYMNASTS: ASSOCIATIONS WITH BODY COMPOSITION
13:10– 13:20	Claudia Costa	VISUAL BEHAVIOUR IN RHYTHMIC GYMNASTICS: COMPARING ISOLATED AND CONTEXTUALISED TASKS THROUGH AN ECOLOGICAL DYNAMICS LENS
13:20– 13:30	Jonas Rohleder	BRIDGING THEORY AND PRACTICE THROUGH FLIPPED LEARNING IN GYMNASTICS EDUCATION

22 AUGUST, 2026

Poster Presentation Schedule

TIME	PRESENTER	TITLE OF PRESENTATION
14:00–14:05	Sunčica Delaš Kalinski	WHAT IS HIGHEST (AND LOWEST) STRESSFUL FOR YOUNG FEMALE GYMNASTS"
14:05–14:10	Marija Milas	SMART JUDGING IN ARTISTIC GYMNASTICS: OPPORTUNITIES AND CHALLENGES OF DIGITAL JUDGING SYSTEMS
14:10–14:15	Matija Baron	UNCOVERING COACHING STYLES: LEADERSHIP AND MOTIVATIONAL PERSPECTIVES IN ARTISTIC GYMNASTICS
14:15–14:20	Korina Brnada	LEARNING AND CORRECTING THE KEY TECHNICAL POINTS OF THE ROUND-OFF THROUGH PHASE-BASED TEACHING PROGRESSIONS IN ARTISTIC GYMNASTICS
14:20–14:25	Karmen Šibanc	JUDGING BIAS AT THE 1926 WORLD GYMNASTICS CHAMPIONSHIP IN LYON
14:25–14:30	Adriana Krnáčová	KINEMATIC AND FLEXIBILITY PARAMETERS OF THE SPLIT LEAP JUMP IN ARTISTIC AND RHYTHMIC GYMNASTICS
14:30–14:35	Gordana Furjan-Mandić	AESTHETIC IMPRESSION IN RHYTHMIC GYMNASTICS
14:35–14:40	Olga Kyselovičová	BRIDGING SCIENCE AND COACHING: 3D KINEMATIC MODELING OF JUMP ACQUISITION IN AEROBIC GYMNASTICS
14:40–14:45	Lucija Milčič	HAND SKIN INJURIES IN ARTISTIC GYMNASTS
14:45–14:50	Elena Milenković	METHODOLOGICAL AIDS IN RHYTHMIC GYMNASTICS FOR MOTOR DEVELOPMENT
14:50–14:55	Mauro Nemčanin	POMMEL HORSE-SPECIFIC PHYSICAL PREPARATION AND ENDURANCE IN MEN'S ARTISTIC GYMNASTICS: A NARRATIVE REVIEW
14:55–15:00	Agata Pałka	THE ABILITY OF GIRLS AGED 11–14 WHO PRACTISE ACROBATIC GYMNASTICS TO MAINTAIN STATIC BALANCE
15:00–15:05	Matjaž Pezdirc	TYPES AND SEQUENCE OF ERRORS DURING CIRCLES ON THE POMMEL HORSE
15:05–15:10	Pirmin Philipps	GYMNASTICS ROTATION PREFERENCES IN NOVICES: A QUANTITATIVE STUDY ON POSSIBLE ROTATION DIRECTION RELATIONSHIPS
15:10–15:15	Mojica Rode	UNDERSTANDING ARTISTIC IMPRESSION IN RHYTHMIC GYMNASTICS: A PHILOSOPHICAL REVIEW
15:15–15:20	Ľuboš Rupčík	CORE MUSCLE FUNCTION AS A DETERMINANT OF LANDING STABILIZATION IN FEMALE ARTISTIC GYMNASTS
15:20–15:25	Žan Zorn	IMPLEMENTATION OF GYMNASTICS CONTENT IN SLOVENIAN LOWER SECONDARY SCHOOLS: A 20-YEAR COMPARISON
15:25–15:30	Zoran Čuljak	INITIAL PREDICTORS OF BASIC ARTISTIC GYMNASTICS SKILL ACQUISITION IN SEVEN-YEAR-OLD CHILDREN
15:30–15:35	Dominika Korpová	INDIVIDUAL MOTOR AND TECHNICAL PROFILING OF WOMEN'S ARTISTIC GYMNASTS NOMINATED FOR THE EUROPEAN CHAMPIONSHIPS
15:35–15:40	Ratko Vuković	DOES GYMNASTICS TRAINING AFFECT GROWTH IN STATURE AMONG CHILDREN?

23 AUGUST, 2026

Oral Presentation Schedule

TIME	PRESENTER	TITLE OF PRESENTATION
10:00– 10:10	Dušan Đorđević	WHAT DISTINGUISHES SUCCESSFUL FROM UNSUCCESSFUL ROCHE VAULTS? A BIOMECHANICAL ANALYSIS OF THE RUN-UP APPROACH IN ELITE MEN’S ARTISTIC GYMNASTS
10:10– 10:20	Sandra Korban	PERFORMANCE ENHANCEMENT THROUGH THE SIMULTANEOUS PRESENTATION OF VIDEO SELF- AND EXPERT-MODELING
10:20– 10:30	Tom Lecocq	CAN A SINGLE IMU SEGMENT THE SEVEN PHASES OF ARTISTIC GYMNASTICS VAULTS
10:30– 10:40	Falk Naundorf	RELEVANCE OF JUNIOR SUCCESSES FOR LATER SENIOR SUCCESSES AMONG EUROPEAN GYMNASTS
10:40– 10:50	Marko Perić	2026 EUROPEAN GYMNASTICS CHAMPIONSHIPS: SUSTAINABLE BENEFITS FOR LOCAL RESIDENTS
10:50– 11:00	Peter Vončina	STUDENTS’ PERCEPTIONS OF PERFORMANCE, ORGANIZATION, AND SPOTTING OF SAFE GYMNASTICS 4ALL WEBSITE
11:00– 11:10	Marko Erak	EFFECTS OF ELASTIC BAND TRAINING ON TECHNICAL EXECUTION OF RHYTHMIC EXERCISES AND BALANCE IN YOUNG FEMALE GYMNASTS
11:10– 11:20	Dennis Urhausen	DO JUDGES SEE WHAT MECHANICS MEASURE? COMPARING BIOMECHANICAL AND JUDGE-BASED EVALUATION OF THE WATANABE DISMOUNT
11:20– 11:30	Arnaud Gouelle	HAND PLACEMENT AND SEGMENTAL ALIGNMENT ON THE TRAINING MUSHROOM: A SKILL-LEVEL ANALYSIS