

Abstract:

Title: Recruitment and Selection of Talents in Acrobatic Gymnastics

This thesis contains the processed technique from general process of selection of talented individuals including recommended motoric tests, which should be unified for all acrobatic gymnastics clubs. This work also includes specific views followed by demands for future acrobatic gymnasts. These views can contribute to a broader perspective on the matter by trainers and this should partially ensure the right method for the selection of talents. Significant parts of the thesis are appendices where primary and continuous observations of individuals are registered. The motoric and mental evolution of an individual can be evaluated and accurate findings from this evaluation can be concluded thanks to this material. Furthermore, the thesis covers the outcome of enquiries relating to this topic made to international gymnastics clubs.

Key words:

Acrobatic gymnastics, sport preparation, talent, selection