



# Perspective for the development of aerial gymnastics in the Republic of Adygea

UDC 338.48



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Received by the editorial office on 10.10.2024

## Abstract

**Objective of the study** was to explore the historical and contemporary facets of the evolution of aerial gymnastics in the Republic of Adygea, we conducted a theoretical analysis and surveyed the local population.

**Methods and structure of the study.** The results of the growth in popularity of aerial gymnastics in the republic since the first section was established in 2018 have been collected and analyzed based on information sources about the competitions held during this time. An assessment has been made of the increase in the number of sections created in the settlements of Adygea and wishing to practice aerial gymnastics based on data from sociological surveys of the republic's residents.

**Results and conclusions.** The article explores the history of the emergence and growth of a new sport that is gaining traction in the Republic of Adygea. It delves into the origins of the sport and its potential for further development. The article also addresses the challenges of achieving full official recognition at the state level and the establishment of a unified air sports federation. These initiatives would significantly accelerate the sport's development and popularity across the country and regions. Despite initial obstacles, such as the lack of adequate training facilities, the enthusiasm of coaches and the dedication of young athletes have allowed for the first championship of the republic to be held in 2019, with international participation. The number of participants in this new discipline is growing annually. In 2023, the Republic Air Sports Federation was established. The success of coaches and young athletes has led to an increase in the number of fans and spectators at the ongoing competitions. Based on the results of a sociological survey, a plan for the development of this sport in the communities of the republic is being created, a coaching pool is being trained, and efforts are being made to encourage children and young people to engage in sports, including aerial gymnastics.

**Keywords:** *aerial gymnastics, pole, ring, aerial silks, acrobatics, special training, aerial belts, slings.*

**Introduction.** The development of mass sports and physical education in the Republic of Adygea has always received much attention. Along with popular sports that have long been cultivated in the republic, such as various types of martial arts, track and field, and sports games, interest in new types of sports that have relatively recently entered the world sports scene, but have already managed to gain fans in many countries around the world, including Russia, is also growing in Adygea. One of these types is aerial gymnastics [2].

**Objective of the study** was to explore the historical and contemporary facets of the evolution of aerial gymnastics in the Republic of Adygea, we conducted a theoretical analysis and surveyed the local population.

**Methods and structure of the study.** While conducting a study on the history of the origin and prospects for the development of aerial gymnastics in the Republic of Adygea, the results of the first years of this sport's existence were analyzed.

As part of the study, a sociological survey of residents of Maikop and Takhtamukaysky District was conducted in February 2024, aimed at identifying the interest and opportunities of children and adolescents to engage in any kind of sport. The survey results are shown in (Figure 2-9). The questions were sent through partner social networks and chats in Telegram channels, WhatsApp groups, advertising groups of Maikop and Takhtamukaysky District. More than 1000 people completed the survey.



**Results of the study and discussion.** Despite the relatively short period, interesting material has accumulated on the history of the development of a new sports discipline for the republic [5].

The first aerial gymnastics section in Adygea was opened in 2018 in the urban-type settlement of Yablonovsky, only 5 children aged 7 to 12 years were involved, and already in 2019 the first Polygon championship from the International Federation of Aerial Sports (4 versions of the rules) was held with the support of the administration of the municipality «Yablonovsky urban settlement». Participants from many regions of the country came to it, there were also representatives from abroad (Georgia). The championship presented categories according to various versions of the rules, including the international rank title. Performances took place on a pole, aerial silks and a ring. In the future, this championship is held annually.

In 2020, the Wings club began its work, in 2022, the aerial gymnastics section Plastilin opened in Maykop. In 2023, an aerial gymnastics section was opened in the village of Kozet, Takhtamukaysky district, Bailando studio. According to the order of the Committee for Physical Culture and Sports of the Republic issued on 09.08.2023 No. 513 on the accreditation of the regional federation of the RFSOO «Federation of Aerial Gymnastics of the Republic of Adygea», this sport received official status in the republic. Today, aerial gymnastics coaches conduct systematic classes on a regular basis, exchange information on training methods, share experiences and successes of their students. With the help of the created group in social networks, they conduct discussions on the further development of the discipline and its popularization. Archives with information on the results of various competitions are accumulated. Work is underway to form photo reports of training and various tournaments, demonstration performances. Based on the accumulated materials, training methods and requirements for sports elements performed at various competitions were studied. Experiments have been conducted on the use of massage for different muscle groups involved in various exercises [3, 4]. Statistics are kept on section graduates who have linked their future lives with sports and entered higher sports educational institutions; some of them are already interning in aerial gymnastics sections and are preparing to become trainers in this sport.

In June 2023, Order No. 437 of the Ministry of Sports of the Russian Federation was issued on the

recognition and inclusion of the discipline «Aerial Gymnastics» in the All-Russian Register of Sports and Sports Disciplines under code number 1930001411Я. This means that the country's sports world has officially acquired a new, beautiful, dynamic and spectacular discipline - aerial gymnastics, and it has become possible to hold tournaments under the auspices of official sports organizations. The issue of creating a single federation of aerial gymnastics remains unresolved. There are several federations, but so far there is no single organization of the new discipline either in Russia or in the world as a whole. The optimal solution would be to create a single, powerful, authoritative federation that includes all existing types of aerial gymnastics and sports equipment [3]. Sports categories, certification of judges and other opportunities of officially recognized sport are received only by those schools and studios that are members of an accredited regional federation that is part of the unified All-Russian Federation (Article 22 of the Federal Law of 04.12.2007 No. 392-FZ «On Physical Culture and Sports in the Russian Federation»<sup>1</sup>).

Despite the existing problems, aerial gymnastics is conquering more and more regions. The number of people wishing to engage in this sport is growing. In order to popularize this sport, already under the auspices of the ARFSOO «Aerial Gymnastics Federation» in the village of Yablonovsky in the DK «Fakel» on November 19, 2023, aerial gymnastics competitions were held, which brought together athletes and leading coaches of the republic. Young athletes demonstrated their skills on various sports equipment, and coaches had the opportunity to exchange experiences and discuss problems and ways of further development of aerial sports in the republic. The growing popularity of aerial gymnastics is evidenced by the fact that athletes involved in this sport are regularly invited to demonstration performances at various competitions and festive events. Thus, at the opening of the republican championship in sports acrobatics in the village of Takhtamukai, the performance of aerial gymnasts was very warmly received by the audience and caused a storm of delight. In general, any sporting event in the republic is not just a sports competition, but a holiday with an invariable national flavor and performances by folk groups. The federation also actively cooperates with public organizations of the Krasnodar Territory.

<sup>1</sup> Federalnyy zakon №392-FZ O fizicheskoj kulture i sporte v Rossijskoj Federatsii: [prinyat Gosudarstvennoy Dumoy 16 noyabrya 2007 goda: odobren Sovetom Federatsii 23 noyabrya 2007 goda]- Moskva: Rossiyskaya gazeta ot 8 dekabrya 2007 goda-Nº276.