

VLADIMIR ZAGLADA

VLADIMIR ZAGLADA was born in Soviet Leningrad (today, St. Petersburg, Russia) in November, 1944. He received a degree in coaching gymnastics from the Lvov (Ukraine) Institute of Physical Education. He went on to do graduate work at Moscow's Lenin Institute of Physical Education, earning a Candidate of Pedagogical Sciences (the approximate equivalent of a PhD). In 1964 he was granted the title Master of Sport of the USSR in Acrobatic Gymnastics. Zaglada has devoted his 40 year professional life to the theory and practice of artistic gymnastics, including as coach and consultant for the senior and junior Soviet women's and girl's gymnastics teams, assisting in their preparation for World and Olympic competition. After serving as a senior professor at the main physical education institutes of Lvov and Moscow, he served as the head coach for Moscow-Dynamo's Olympic Reserve School, where many of the Soviet Union's top female gymnasts spent their childhoods training to become champions. Later he became the first president of Dynamo-Moscow's

Gymnastics Club. He was a member of the Women's Technical Committee of the Soviet Gymnastics Federation, a member of the Executive Board of the Dynamo-Moscow City Council, an Honorary Member of Russian Dynamo, and a vice-president of the Dynamo-Southampton Gymnastics Club (now the United Kingdom's Dynamo School of Gymnastics). He served as producer and artistic director for the Soviet Gala Concert at the 1991 World Gymnaestrada in Amsterdam and has appeared as a gymnastics expert on both CNN and CBS. The author of numerous scholarly books and articles on artistic gymnastics, he coauthored (with Tatyana Lisitskaya) *Floor Exercises for Women*, which has been translated into Japanese and English and is recognized as one of the best monographs on the subject. For years he contributed chapters to textbooks used in the top institutes of physical education in the Soviet Union and Russia and has written a number of works on programmed learning. He is recognized in *The Encyclopedia of Gymnastics* as having made a significant contribution to the shaping of both the



theory and practice of Soviet gymnastics, including through his contributions in the area of branch programming, which led to changes in how complex gymnastics exercises are taught at the highest levels of training. In 1999 Zaglada left Dynamo to accept the position of technical director for men's gymnastics in Great Britain. He arrived in the United States on September 10, 2001. Since this time has he worked as head gymnastics coach for clubs in Minnesota and Georgia, where he produced a numbers of state and regional champions.



BOOK PROMO

A delight for all lovers of rhymed poetry and gymnastics, *Gymmy the Owl and His Friends* offers children and parents entertaining and amusing poems and useful information about gymnastics and gymnastics terminology. Author Vladimir Zaglada, who worked at the highest levels of Soviet gymnastics during its heyday, created Gymmy and his friends as a way of introducing young children and their parents to the world of gymnastics. Readers of any age will be drawn in by his parallels between the natural abilities of animals and the skills humans must work hard to develop in order to perform gymnastics feats. Illustrator Katya Korobkina brings to life a charming community of "Nature's Gymnasts."

Author of *Gymmy the Owl and His Friends* and *One Coach's Journey from East to West*, Vladimir Zaglada