

## SHORT HISTORICAL NOTES XVIII

Anton Gajdoš, Bratislava, Slovakia

Ph.D. Anton Gajdoš born on 1.6.1940 in Dubriniči (today Ukraine) lives most of his life in Bratislava (ex TCH, nowadays SVK). He comes from gymnastics family (his brother Pavel have world championship medals) and he devoted his life to gymnastics. His last achievement is establishment of Narodna encyklopedia športu Slovenska ([www.sportency.sk](http://www.sportency.sk)). Among his passion is collecting photos and signatures of gymnasts. As we tend to forget old champions and important gymnasts, judges and coaches, we decided to publish part of his archive under title Short historical notes. All information on these pages is from Anton's archives and collected through years.



**VLADIMIR IVANOVIČ SILIN (2 June 1921, Pokrovsk, Russia – 16 March 2015, Sankt Peterburg, Russia)**



After secondary school Vladimir Ivanovič Silin started to study history at Saratovka University in 1938. When entered university he started to do swimming, gymnastics and athletics. He was very successful at gymnastics among university students. In 1941 Germany invaded Soviet Union and he volunteered in 1941 in Red Army to defend Moscow. After he fight for Moscow, he was transferred to Army Faculty of Physical Culture in 1942, where he became a lecturer at Department of Gymnastics and developed training plan of physical conditioning for Red Army soldiers and also teach it in practice during war times.

At the end of the war, he took part at the Victory Parade in Moscow. He stayed in the Army until retired as professor of gymnastics at Leningrad Lesgaft Army Faculty of Physical Culture.

After the war he earned category Master of Sport in gymnastics, and started to coach gymnasts. In 1945 he performed with his team mates on Red Square in Moscow his high bar

exercise, but not on just ordinary high bar, **he performed his exercise on high bar, which was placed 8.5 meter above the ground.**



Photos above from his performance on Red Square in 1945

He coached Dmitri Leonkin, Josif Bedriev and Mikhail Perlman, gymnasts who were members of winning Soviet Union team at Helsinki Olympic Games in 1952.

Later he was for 20 years international judge. Most important is his work in area of sport psychology, where he was in charge of psychological preparation of soviet gymnasts between 1956 and 1968, when soviet gymnasts showed their excellence and domination.



He wrote many articles and books, probably most important is his book: Psychological preparation of gymnasts: methodic recommendations from 1974, where his expert knowledge and practical knowledge working with gymnasts have been described.

He was decorated with many rewards in Soviet Union and Russia. Besides war ordens, the most important reward was in 1996, when he earned title of Emeritus of Physical Culture in Russian Federation.

Besides all work he wrote also poems about gymnastics. Below is poem to celebrate Gymnastics Day with professor's signature.

# День гимнастики

Нас на века объединяла,  
К гимнастике родной любовью!  
Вела к помостам, пьедесталам,  
Трудиться заставляла вновь.

Где чемпионы. Где награды.  
Где олимпийцы – мастера,  
Все это в славном Ленинграде,  
Поздравить Вас всех здесь пора!

Нам руки жали, награждали,  
Призы давали иногда!  
А мы мозоли все срывали,  
Накладок не было тогда.

Есть и в гимнастике кумиры,  
Им дали множество наград,  
В честь СССР, Европы, Мира,  
И золото Олимпиад!

Крутились и группировались,  
А тренер нас не страховал,  
В те годы <sup>мы</sup> тренировались,  
В пыли малюсеньких спортзал.

Мы встретились, поговорили,  
Что пролетело много лет,  
А чтоб Вы встречу не забыли,  
Шлем гимнастический совет!

Круги крутили и «окрошку»,  
Ломались о паркетный пол,  
Тогда ведь не было дорожки,  
Не клали в ямы поролон!

Чтоб были Вы аэробичны,  
Чтоб каждый был силен, атлет!  
Юны, стройны и гимнастичны,  
Здоровы много, много лет!

В кресте рвал мышцы Алекперов,  
А где-то Ложкин подрастал.  
На перекладине он первым,  
Прямым дубль-сальто выполнял!

И девушек мы поздравляем,  
И любим Вас от всей души,  
Чистосердечно заявляем –  
Вы – гимнастично хороши!

Гимнастике мы все отдали,  
Ее мы любим всей душой,  
Побед мы терпеливо ждали,  
И к нам пришел успех большой!

Сегодня есть у нас причина  
Поднять за девушек бокал,  
Ну, и за Вас – орлы, мужчины,  
Чтобы никто не унывал!

ноябрь 2003 г. профессор Владимир Силин