

Written by John Crumlish
Tuesday, 07 August 2018 06:38



Winner of five medals at the recent European junior championships, British gymnast **Amelie Morgan** told IG in a recent interview that her practical physical and psychological approach to training helps produce success in competition.

“Mentally, I’m pretty relaxed,” said Morgan, who won two silver medals (all-around, balance beam) and three bronze medals (vault, floor exercise, team) at the 2018 European Junior Championships held August 2-5 in Glasgow, Scotland. “I don’t stress out over the small stuff and try to just look at the bigger picture.”

Morgan, who finished second all-around to fellow quintuple medalist **Giorgia Villa** of Italy in Glasgow, said there is no secret to her consistency and competitive excellence.

“I’m not superstitious, and I believe hard work and putting in the numbers are what make the difference,” she told IG.

Read the complete interview with Morgan in the June 2018 issue of *International Gymnast* magazine.

International Gymnast magazine's coverage of gymnasts who competed at the 2018 European women's championships includes:

“Swinging for Success” - short feature on Sweden's Jonna Adlerteg (May 2015)

"Swedish History-maker" - profile on Adlerteg (November 2010)

"La Bella Basile" - profile on Italy's Martina Basile (March 2017)

"I'm Not Complicated" - short profile on France's Marine Boyer (June 2017)

"French Force" - cover story on Melanie De Jesus Dos Santos of France (July/August 2017)

De Jesus Dos Santos center poster (January/February 2018)

"Belgian Beauty" - profile on Belgium's Nina Derwael (June 2015)

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