

		GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - TIRRENIA,						09-19.07.2018			
DATE	<i>MON</i>	<i>THE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>	<i>MON</i>	<i>THE</i>	<i>WED</i>	<i>THE</i>
	<i>9-Jul-18</i>	<i>10-Jul-18</i>	<i>11-Jul-18</i>	<i>12-Jul-18</i>	<i>13-Jul-18</i>	<i>14-Jul-18</i>	<i>15-Jul-18</i>	<i>16-Jul-18</i>	<i>17-Jul-18</i>	<i>18-Jul-18</i>	<i>19-Jul-18</i>
TIME											
07:30	W A K E U P										
08:00	B R E A K F A S T										
					Gr. I+II						
		8.00-8.50	9.00-10.30	8.30-10.30	8,30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	8.15-9.00
		ORIENTATION	CHOREOG.	TRAINING	V	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BALLET
		MEETING	Gr.I	Gr.II	I	Gr.II	Gr.I	Gr. II	Gr.I	Gr. I	COURSE
		9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	ONLY FOR
		CHOREOG.	BEACH I	TRAINING	I	BEACH II	BEACH I	BEACH II	BEACH I	BEACH I	COACHES
	A	Gr. I+II	9.00-12.30	Gr. I	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35
		10.40-12.30	TRAINING			TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING
	R	BEACH	Gr. II		TO	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I+II	P
		FOR ALL		12:30							
	R			PHOTO!	F						A
13:00					L	L U N C H					
	I				O						R
		15.00-19.00	15.00-16.30	15.00-16.30	R	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-17.30
	V	TRAINING	CHOREOG.	CHOREOG.	E	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BEACH
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	Gr.II	FOR ALL
	A		16.40-18.40	THEORY	C	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	16.40-19.30	18.30-19.15
			BEACH II	LECTURE	E	BEACH I	BEACH II	PISA	PISA	PISA	THE GYMNASTS
	L		15.45-19.15	VAULT		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	SHOW
			TRAINING	Sergey		TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I	Gr. I	
				BEACH							
				FOR ALL							
20:00	D I N N E R										19:30
											BANQUET
20:30											
21:00		THEORY	THEORY	PARK	THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	
		Physical	FLIGHT	TIRRENIA	LECTURE	Specific	LECTURE	LECTURE	LECTURE	ACROBATIC	
22:00		Preperation	ELEMENTS			Aspects	TRAMPOLIN	CODE OF	PREPARATION		
		Principle	BARS		BEAM	Training		POINTS	for Juniors		
		Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick		

PROGRAMME GENERAL DU STAGE D'ENTRAÎNEMENT GAF JUNIORS -				TIRRENIA				09-19.7.2018			
DATE	LU	MA	ME	JE	VE	SA	DI	LU	MA	ME	JE
	9-Jul-18	10-Jul-18	11/07/2018	12-Jul-18	13-Jul-18	14-Jul-18	15-Jul-18	16-Jul-18	17-Jul-18	18-Jul-18	19-Jul-18
TIME											
07:30	REVEIL										
08:00	PETIT-DEJEUNER										
					Gr. I+II						
		8.00-8.50	9.00-10.30	8.30-10.30	8,30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	8.15-9.00
		SEANCE	CHOREG.	Entraînement	V	CHOREG.	CHOREG.	CHOREG.	CHOREG.	CHOREG.	Cours
		D'ORIENTATION	Gr.I	Gr.II	I	Gr.II	Gr.I	Gr. II	Gr.I	Gr.I	BALLET
		9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	POUR
		CHOREG.	PLAGE I	Entraînement	I	PLAGE II	PLAGE I	PLAGE II	PLAGE I	PLAGE I	ENTRAINEURS
	A	Gr. I+II	9.00-12.30	Gr. I	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35
		10.40-12.30	Entraînement		E	Entraînement	Entraînement	Entraînement	Entraînement	Entraînement	Entraînement
	R	PLAGE	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II	Gr. II	Gr. I+II
		POUR TOUS									
	R			12:30							
				PHOTO!	F						
13:00					L	DINER					
					O						
					R						
		15.00-19.00	15.00-16.30	15.00-16.30	R	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-17.30
	V	Entraînement	CHOREG.	CHOREG.	E	CHOREG.	CHOREG.	CHOREG.	CHOREG.	CHOREG.	PLAGE
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	Gr.II	POUR TOUS
			16.40-18.40	Théorie	C	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	16.40-19.30	18.30-19.15
	E		PLAGE II	Cours	E	PLAGE I	PLAGE II	PISA	PISA	PISA	SHOW
			15.45-19.15	Sault		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	DES GYMNASTES
			Entraînement	Sergey		Entraînement	Entraînement	Entraînement	Entraînement	Entraînement	
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I	Gr. I	
				PLAGE							
				POUR TOUS							
20:00	SOUPER										19:30
											BANQUET
20:30											
21:00		THEORY	THEORY	PARK	THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	
		Physical	FLIGHT	TIRRENIA	LECTURE	Specific	LECTURE	LECTURE	LECTURE	ACROBATIC	
22:00		Preperation	ELEMENTS		BEAM	Aspects	TRAMPOLIN	CODE OF	PREPARATION		
		Principle	BARS			Training		POINTS	for Juniors		
		Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick		

ALLGEMEINES PROGRAMM DES UEG TRAININGCAMPS FÜR JUNIORINNEN IN TIRRENIA							09-19.07.2018				
DATE	MO	DI	MI	DO	FR	SA	SO	MO	DI	MI	DO
	9-Jul-18	10-Jul-18	11-Jul-18	12-Jul-18	13-Jul-18	14-Jul-18	15-Jul-18	16-Jul-18	17-Jul-18	18-Jul-18	19-Jul-18
TIME											
07:30	AUFSTEHEN										
08:00	FRÜHSTÜCK										
					Gr. I+II						
	8.00-8.50	9.00-10.30	8.30-10.30	8,30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	9.00-10.30	8.15-9.00	
	Orientierungs- Sitzung	CHOREOG. Gr.I	TRAINING Gr.II	B E	CHOREOG. Gr.II	CHOREOG. Gr.I	CHOREOG. Gr. II	CHOREOG. Gr.I	CHOREOG. Gr. II	BALLET KURS	
	9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	FÜR	
	CHOREOG.	STRAND I	TRAINING	U	STRAND II	STRAND I	STRAND II	STRAND I	STRAND I	TRAINER	
A	Gr. I+II	9.00-12.30	Gr. I	C	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35	A
	10.40-12.30	TRAINING		H	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	
N	STRAND FÜR ALLE	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II	Gr. II	Gr. I+II	B
K			12:30 PHOTO!	F							R
13:00				L	MITTAGESSEN						
U				O							E
	15.00-19.00	15.00-16.30	15.00-16.30	R	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-17.30	
N	TRAINING	CHOREOG.	CHOREOG.	E	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	STRAND	I
	Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	Gr.II	FÜR ALLE	
F		16.40-18.40	THEORIE	Z	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	16.40-19.30	18.30-19.15	S
		STRAND II	KURS		STRAND I	STRAND II	PISA	PISA	PISA	SHOW DER	
T		15.45-19.15	SPRUNG		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	TURNERINNEN	E
		TRAINING	Sergey		TRAINING	TRAINING	TRAINING	TRAINING	TRAINING		
		Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I	Gr. I		
			STRAND FÜR ALLE								
20:00	ABENDESSEN									19:30 BANKETT	
20:30											
21:00	THEORY Physical	THEORY FLIGHT	PARK TIRRENIA	THEORY LECTURE	THEORY Specific	THEORY LECTURE	THEORY LECTURE	THEORY LECTURE	THEORY ACROBATIC		
22:00	Preperation Principle	ELEMENTS BARS		BEAM	Aspects Training	TRAMPOLIN	CODE OF POINTS	PREPARATION for Juniors			
	Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick			