



Prot. n. 5722/SN/CF

Roma, 21/6/2010

Ai COMPONENTI LA DELEGAZIONE ITALIANA

LORO INDIRIZZI

e, per quanto di competenza:

Ai DIRETTORE TECNICO NAZIONALE GAM/GAF

MELZO

e, per conoscenza:

Ai REFERENTI CDF PER SEZ. MASCHILE

LORO INDIRIZZI

Ai COMPONENTI DEL CONSIGLIO DIRETTIVO FED.

LORO INDIRIZZI

Ai COMPONENTI DEL COLLEGIO DEI REVISORI CONT.

LORO INDIRIZZI

Ai REFERENTE DELLE RELAZIONI INTERNAZIONALI

GALLARATE

Alle SOCIETA' GINNASTICHE FEDERATE interessate

LORO SEDI

Ai COMITATI REGIONALI interessati

LORO SEDI

^ ^ ^ ^ ^

OGGETTO: STAGE DI ALLENAMENTO E FORMAZIONE U.E.G.

Per ginnasti junior – sez. artistica maschile

Tirrenia, 20-30 luglio 2010

Si comunica di seguito la composizione della delegazione Italiana e le notizie logistiche relative allo stage di allenamento per ginnasti junior indetto dall'Unione Europea di Ginnastica che avrà luogo a Tirrenia dal 20 al 30 luglio 2010.

CONVOCATI

ginnasti

LO PRESTO Luca

PRO PATRIA BUSTESE

GJIZA Abri

PANARO MODENA

tecnico

BARBIERI Marcello

NANNA Nicola

Coordinatore FGI-UEG : Rino SCALA

DATE

Arrivo: entro le 18:00 di martedì 20 luglio 2010

Partenza : dopo la prima colazione di venerdì 30 luglio 2010

SEDE DELLO STAGE/ALLOGGIO

Lo stage si svolgerà presso il

CENTRO DI PREPARAZIONE OLIMPICA CONI

Vione dei Vannini snc – 56018 Tirrenia (PI)

Tel. 050/39400 – fax 050/32392

dove è previsto anche l'alloggio.

PROGRAMMA

Vedi lo schema allegato

RIMBORSI

La F.G.I. avrà a suo carico le seguenti spese dei componenti la delegazione ufficiale:

- rimborso delle spese di viaggio di andata e ritorno sostenute, in ferrovia (2^classe) o con mezzo pubblico di linea, per raggiungere la località dell'allenamento.

Cordiali saluti

IL SEGRETARIO GENERALE

f.to (Michele Maffei)

GENERAL PROGRAM

JW=Jacob WISCHNIA	MA=Mircea APOLZAN	FV=Fulvio VAILATI	RS=Rino SCALA	DL=Diego LAZZARICH
PC=Pierre COPONAT	VB=Valeri BELENKI	VP=Valentin POTAPENKO	AF=Alberto FORNERA	RB=Rossana BONZI

RB=Rossana BONZI



EDUCATIONAL TRAINING CAMP
Men's Artistic Gymnastics, Juniors
Tirrenia (ITA), 20th to 30th of July 2010
GENERAL PROGRAM



Tuesday, 20th of July		
All day	Arrival of the participants	Airport Pisa

Wednesday, 21st of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Opening of the training camp, roll call and organisation	CONI centre
10h00	Free training – physical preparation or technical training	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Introduction strength circuit, bent arms (PC/AF/VB/DL) • Technical training – basic structures	CONI gym hall
19h45	Dinner	Restaurant
21h00	Welcome evening for the coaches	CONI centre

Thursday, 22nd of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joints preparation (all coaches) • Strength circuit, straight arms (all coaches) • Technical training – basic structures	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Choreography and warm-up (RB) • Floor acrobatic forward 60' (PC) • Technical training	CONI gym hall
19h45	Dinner	Restaurant
21h00	Theory: Selection criteria and systems (FV)	CONI centre

The staff				
JW=Jacob WISCHNIA (UEG)	MA=Mircea APOLZAN (UEG)	FV=Fulvio VAILATI (ITA)	RS=Rino SCALA (ITA)	DL=Diego LAZZARICH (ITA)
PC=Pierre COPONAT (FRA)	VB=Valeri BELENKI (GER)	VP=Valentin POTAPENKO (FRA)	AF=Alberto FORNERA	RB=Rossana BONZI (ITA)



EDUCATIONAL TRAINING CAMP
Men's Artistic Gymnastics, Juniors
Tirrenia (ITA), 20th to 30th of July 2010
GENERAL PROGRAM



Friday, 23rd of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joint preparation (all coaches) • Strength program – individual (all coaches) • Technical training – basic structures	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training (gymnasts are free, no training): • Pommels horse 60' (VB) • 18h00 - Floor acrobatic backward 60' (DL)	CONI gym hall
19h45	Dinner	Restaurant
21h00	Theory: Planning and competition (FV)	CONI centre

Saturday, 24th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joint preparation (all coaches) • Strength circuit – bent arms (all coaches) • 11h15 - High bar (PC) • Floor - acrobatic backward (PC)	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Choreography and warm-up (RB) • 17h30 - Parallel bars - support 60' (VB) • Technical training	CONI gym hall
19h45	Dinner	Restaurant
21h00	FIG Regulations and the Code of Points – 2010 updates (MA)	CONI Centre

The staff				
JW=Jacob WISCHNIA (UEG)	MA=Mircea APOLZAN (UEG)	FV=Fulvio VAILATI (ITA)	RS=Rino SCALA (ITA)	DL=Diego LAZZARICH (ITA)
PC=Pierre COPONAT (FRA)	VB=Valeri BELENKI (GER)	VP=Valentin POTAPENKO (FRA)	AF=Alberto FORNERA	RB=Rossana BONZI (ITA)



EDUCATIONAL TRAINING CAMP
Men's Artistic Gymnastics, Juniors
Tirrenia (ITA), 20th to 30th of July 2010
GENERAL PROGRAM



Sunday, 25th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joints preparation (all coaches) • Strength circuit – straight arms (all coaches) • 11h15 - High bar (PC) • Floor - acrobatic forward (PC)	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Choreography and warm-up (RB) • 17h30 - Parallel bars – suspension 60' (VB) • Technical training	CONI gym hall
19h45	Dinner	Restaurant
21h00	Theory: Video or Luna Park	CONI centre

Monday, 26th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joints preparation (all coaches) • Strength circuit – bent arms (all coaches) • 11h15 – Floor tumbling (DL/PC)	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Choreography and warm-up (RB) • 17h30 - Floor tumbling (DL/PC) • Technical training	CONI gym hall
19h45	Dinner	Restaurant
21h00	Theory: Presentation DL	CONI Centre

The staff				
JW=Jacob WISCHNIA (UEG)	MA=Mircea APOLZAN (UEG)	FV=Fulvio VAILATI (ITA)	RS=Rino SCALA (ITA)	DL=Diego LAZZARICH (ITA)
PC=Pierre COPONAT (FRA)	VB=Valeri BELENKI (GER)	VP=Valentin POTAPENKO (FRA)	AF=Alberto FORNERA	RB=Rossana BONZI (ITA)



EDUCATIONAL TRAINING CAMP
Men's Artistic Gymnastics, Juniors
Tirrenia (ITA), 20th to 30th of July 2010
GENERAL PROGRAM



Tuesday, 27th of July		
08h00	Breakfast	Restaurant
All day	Excursion to Florence and Pisa	
19h45	Dinner	Restaurant

Wednesday, 28th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
10h00	Presentation (gymnasts are free): • Basic elements and facts on rings (DL)	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training: • Choreography and warm-up (RB) • 17h30 - Floor tumbling (DL/PC) • Technical training	CONI gym hall
19h45	Dinner	Restaurant

Thursday, 29th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
09h00	Briefing (communications) and Training: • Choreography and warm-up (RB) • Joints preparation (all coaches) • Strength circuit – straight arms (all coaches) • 11h15 – Floor Tumbling (DL/PC)	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30	Training - Vault (DL)	CONI gym hall
20h00	Banquet	Restaurant

Friday, 30th of July		
All day	Departure of the participants	Airport Pisa

The staff				
JW=Jacob WISCHNIA (UEG)	MA=Mircea APOLZAN (UEG)	FV=Fulvio VAILATI (ITA)	RS=Rino SCALA (ITA)	DL=Diego LAZZARICH (ITA)
PC=Pierre COPONAT (FRA)	VB=Valeri BELENKI (GER)	VP=Valeri POTAPENKO (FRA)	AF=Alberto FORNERA	RB=Rossana BONZI (ITA)

Additional information

- Address of the training camp: C.N.A. CONI, Via dei Vannini, 56018 Tirrenia, Italia;
Tel.: +390.50.394.00; Fax.: +390.50.323.92
E-mail: cpotirrenia@coni.it
Web-site: <http://tirrenia.coni.it/>
- The UEG training camp is organised with the support of the:
ITALIAN GYMNASTICS FEDERATION (FEDERAZIONE GINNASTICA D'ITALIA)
Viale Tiziano 70, 00196 ROMA, ITALIA,
Tel.: +39.06.3685.8177; Fax.: +39.06.3685.8113
E-mail: info@federginnastica.it
Web-site: www.federginnastica.it
- The staff and function:

No.	Name and first name	Function	Telephone	E-mail
1.	WISCHNIA Jacob (ISR)	Responsible UEG	+972.54.468.0770	wischs@yahoo.com
2.	APOLZAN Mircea (ROU)	Responsible UEG	+40.744.35.84.83	mapolzan@romgym.ro
3.	SCALA Rino (ITA)	Administrative Director	+39.339.8345354	rino.scala@libero.it
4.	FORNERA Alberto (ITA)	Assistant to the Admins.Director	+39.3394662157	inuvis@internetpiu.com
5.	VAILATI Fulvio (ITA)	Expert	+39.02955066276	fulvio.vailati@federginnastica.it
6.	LAZZARICH Diego (ITA)	Expert	+39.333.2023464	dglzrch@yahoo.it
7.	BONZI Rossana (ITA)	Expert	+39.347.5284841	fililand1@libero.it
8.	POTAPENKO Valentin (FRA)	Expert		
9.	COPONAT Pierre (FRA)	Expert		
10.	BELENKI Valeri (GER)	Expert	+49.7113581525	valeri@belenki.de
11.	HIRSCH Robert (GER)	Video		
12.		Medical assistance		