

		GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - TIRRENIA, 08-18.07.2011									
DATE	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON
	8-Jul-11	9-Jul-11	10-Jul-10	11-Jul-11	12-Jul-11	13-Jul-11	14-Jul-11	15-Jul-11	16-Jul-11	17-Jul-11	18-Jul-11
TIME											
7.30		WAKE UP									
8.00		BREAKFAST									
					Gr. I+II						
		8.00-8.45	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	8.15-9.00	
		ORIENTATION	CHOREOG.	TRAINING	V	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BALLET	
		MEETING	Gr.I	Gr.I	I	Gr.II	Gr.I	Gr. II	Gr.I	COURSE	
		9.00-10.30	10.40-12.00	10.30-12.30	S	10.40-12.30	10.40-12.00	10.40-12.30	10.40-12.30	COACHES	D
		CHOREOG.	BEACH I	TRAINING	I	BEACH II	BEACH I	BEACH II	BEACH I	9.00-12.00	
	A	Gr. I+II	9.00-12.30	Gr. II	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	TRAINING	E
		10.40-12.30	TRAINING			TRAINING	TRAINING	TRAINING	TRAINING	Gr. I+II	
	R	BEACH	Gr. II		TO	Gr. I	Gr. II	Gr. I	Gr. 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	15.00-17.30	
	V	TRAINING	CHOREOG.	CHOREOG.	E	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BEACH	T
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	FOR ALL	
	A		16.40-18.40	THEORY	C	16.40-18.40	16.40-18.40	16.40-18.40	16.40-18.40	18.30-19.15	U
			BEACH II	LECTURE	E	BEACH I	BEACH II	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	SHOW	R
			TRAINING	NICK		TRAINING	TRAINING	TRAINING	TRAINING		
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I		E
				BEACH							
				FOR ALL							
										19.30	
20.00		D I N N E R								BANQUET	
20.30											
21.00		THEORY	THEORY	PARK	THEORY	Cours	THEORY	THEORY	THEORY		
		LECTURE	LECTURE	TIRRENIA	CODE OF	ACROBATIC	LECTURE	NEW FLIGHT	Specifics		
22.00		TRAMPOLIN	BARS		POINTS	PREPARATION	BEAM	ELEMENTS	aspects of		
						FOR THIS AGE		BARS	training 8-12		
		NELLU	JOZEF		DONATELLA	NELLU	CORINA	NICK	NELLU		

		PROGRAMME GENERAL DU STAGE D'ENTRAÎNEMENT GAF JUNIORS - TIRRENIA, 08-18.07.2011									
DATE	VE	SA	DI	LU	MA	ME	JE	VE	SA	DI	LU
	8-Jul-11	9-Jul-11	10-Jul-11	11-Jul-11	12-Jul-11	13-Jul-11	14-Jul-11	15-Jul-11	16-Jul-11	17-Jul-11	18-Jul-11
TIME											
7.30		R E V E I L									
8.00		PETIT-DEJEUNER									
					Gr. I+II						
		8.00-8.45	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	8.15-9.00	
		SEANCE	CHOREG.	Entraînement	V	CHOREG.	CHOREG.	CHOREG.	CHOREG.	Cours	
		D'ORIENTATION	Gr.I	Gr.I	I	Gr.II	Gr.I	Gr. II	Gr.I	BALLET	
		9.00-10.30	10.40-12.00	10.30-12.30	S	10.40-12.30	10.40-12.00	10.40-12.30	10.40-12.30	ENTRAINEURS	
		CHOREG.	PLAGE I	Entraînement	I	PLAGE II	PLAGE I	PLAGE II	PLAGE I	9.00-12.00	
	A	Gr. I+II	9.00-12.30	Gr. II	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	Entraînement	D
		10.40-12.30	Entraînement		E	Entraînement	Entraînement	Entraînement	Entraînement	Gr. I+II	
	R	PLAGE	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II		E
		POUR TOUS		12.30							
	R			PHOTO!	F						P
13.00					L	D I N E R					
	I				O						A
		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	15.00-17.30	
	V	Entraînement	CHOREG.	CHOREG.	E	CHOREG.	CHOREG.	CHOREG.	CHOREG.	PLAGE	R
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	POUR TOUS	
	E		16.40-18.40	Théorie	C	16.40-18.40	16.40-18.40	16.40-18.40	16.40-18.40	18.30-19.15	T
			PLAGE II	Cours	E	PLAGE I	PLAGE II	PISA	PISA	SHOW	
	E		15.45-19.15	Sault		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	DES GYMNASTES	
			Entraînement	Nick		Entraînement	Entraînement	Entraînement	Entraînement		
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I		
				PLAGE							
				POUR TOUS							
										19.30	
20.00		S O U P E R								BANQUET	
20.30											
21.00		THEORIE	THEORIE	PARC	Théorie	Cours	THEORIE	THEORIE	THEORIE		
		COURS	COURS	TIRRENIA	Code de	ACRO	COURS	nouveaux	aspects		
22.00		TRAMPOLINE	BARRES		pointage	Préparation	POUTRE	éléments de vol	spécifiques		
						pour cet âge		BARRES	entraîn. 8-12		
		Nellu	Jozef		Donatella	Nellu	Corina	Nick	Nellu		

		ALLGEMEINES PROGRAMM DES UEG TRAININGCAMPS FÜR JUNIORINNEN IN TIRRENIA - 08-18.07.2011									
DATE	FR	SA	SO	MO	DI	MI	DO	FR	SA	SO	MO
	8-Jul-11	9-Jul-11	10-Jul-11	11-Jul-11	12-Jul-11	13-Jul-11	14-Jul-11	15-Jul-11	16-Jul-11	17-Jul-11	18-Jul-11
TIME											
7.30		AUFSTEHEN									
8.00		FRÜHSTÜCK									
					Gr. I+II						
		8.00-8.45	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	8.15-9.00	
		Orientierungs-	CHOREOG.	TRAINING	B	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BALLET	
		Sitzung	Gr.I	Gr.I	E	Gr.II	Gr.I	Gr. II	Gr.I	KURS	
		9.00-10.30	10.40-12.00	10.30-12.30	S	10.40-12.30	10.40-12.00	10.40-12.30	10.40-12.30	TRAINER	
		CHOREOG.	STRAND I	TRAINING	U	STRAND II	STRAND I	STRAND II	STRAND I	9.00-12.00	
	A	Gr. I+II	9.00-12.30	Gr. II	C	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	TRAINING	A
		10.40-12.30	TRAINING		H	TRAINING	TRAINING	TRAINING	TRAINING	Gr. I+II	
	N	STRAND	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II		B
		FÜR ALLE		12.30							
	K			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	15.00-17.30	
	N	TRAINING	CHOREOG.	CHOREOG.	E	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	STRAND	I
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	FÜR ALLE	
	F		16.40-18.40	THEORIE	Z	16.40-18.40	16.40-18.40	16.40-18.40	16.40-18.40	18.30-19.15	S
			STRAND II	KURS		STRAND I	STRAND II	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	TURNERINNEN	E
			TRAINING	NICK		TRAINING	TRAINING	TRAINING	TRAINING		
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I		
				STRAND							
				FÜR ALLE							
										19.30	
20.00		ABENDESSEN								BANKETT	
20.30											
21.00		THEORIE	THEORIE	TIRRENIA	THEORIE	Kurs	THEORIE	THEORIE	THEORIE		
		KURS	KURS	PARK	CODE OF	ACROBATIK	KURS	NEUE FLUG-	spezifische		
22.00		TRAMPOLIN	BARREN		POINTS	Vorbereitung	BALKEN	ELEMENTE	Trainings-		
						für dieses Alter		BARREN	aspekte 8-12		
		Nellu	Jozef		Donatella	Nellu	Corina	Nick	Nellu		

