



EDUCATIONAL CAMP
Men's Artistic Gymnastics, Juniors
Tirrenia (ITA), 19th to 29th of July 2011
GENERAL PROGRAM



Tuesday, 19th of July – arrival of participants

Wednesday, 20th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Free time for all participants	
09h30-10h30	Opening meeting, roll call and organization	CONI centre
10h30-12h15	Free training – accommodation, physical preparation or technical training	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 - Strength circuit, bent arms (experts) • 17h30-19h30 - Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

Thursday, 21st of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – Selection criteria and system (FV)	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, straight arms (experts) • 11h15-12h15 – Floor acrobatics backward (VP) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – Floor acrobatic forward (VP) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

The staff		
JW=Jacob WISCHNIA (UEG)	MA=Mircea APOLZAN (UEG)	FV=Fulvio VAILATI (ITA)
Jl=Jordan IOVTCHEV (BUL)	VB=Valeri BELENKI (GER)	LM=Laurent Maertens
VP=Valentin POTAPENKO (FRA)	DL=Diego LAZZARICH (ITA)	AF=Alberto FORNERA
RB=Rossana BONZI (ITA)	RS=Rino SCALA (ITA)	RH=Robert Hirsch (GER)

Friday, 22 nd of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – Planning and competition (FV)	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, bent arms (experts) • 11h15-12h15 – Pommels-horse, 1st part (VB) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – Pommels-horse, 2nd part (VB) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

Saturday, 23 rd of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – Floor evolution during events (DL)	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, straight arms (experts) • 11h15-12h15 – Parallel bars, support (VB) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – Parallel bars, suspension (VB) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

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Sunday, 24 th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – Updates Code of Points (MA)	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, bent arms (experts) • 11h15-12h15 – Rings 1st part (JI) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – Rings 2nd part (JI) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

Monday, 25 th of July		
07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – Updates FIG regulations (MA)	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, straight arms (experts) • 11h15-12h15 – Vault 1st part (DL) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – Vault 2nd part (DL) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

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Tuesday, 26th of July – visit to Florence and Pisa

Wednesday, 27th of July

07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-10h00	Free time for all participants	CONI centre
10h00-12h15	Training: <ul style="list-style-type: none"> • 10h00-10h30 – Briefing coaches and gymnasts • 10h30-11h15 – Strength circuit, bent arms (experts) • 11h15-12h15 – High bar, 1st part (LM) 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-19h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Choreography and warm-up (RB) • 17h30-18h30 – High bar, 2nd part (LM) • 18h30-19h30 – Free technical training – basic structures 	CONI gym hall
20h00	Dinner	Restaurant

Thursday, 28th of July

07h30	Wake-up	Hotel
08h00	Breakfast	Restaurant
08h45-09h45	Briefing and Theory – TBD	CONI centre
09h30-12h15	Training: <ul style="list-style-type: none"> • 09h30-10h00 – Choreography and warm-up (RB) • 10h00-10h30 – Joints preparation program (all coaches) • 10h30-11h15 – Strength circuit, straight arms (experts) • 11h15-12h15 – Free technical training – basic structures 	CONI gym hall
12h45	Lunch	Restaurant
14h00-16h00	Beach	
16h30-17h30	Training: <ul style="list-style-type: none"> • 16h30-17h30 – Free technical training – basic structures 	CONI gym hall
17h30-18h30	Closing meeting – Remarks	CONI centre
18h30-19h30	Free time for all participants	
20h00	Banquet	Restaurant

Friday, 29th of July – departure of participants

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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
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Web-site: <http://tirrenia.coni.it/>
- The UEG training camp is organised with the support of the:
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Tel.: +39.06.3685.8177; Fax.: +39.06.3685.8113
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- The staff and function:

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13.	Dr. Piero Lo Schiavo (ITA)	Medical assistance		