
















































































	<b>EDUCATIONAL CAMP for GYMNASTS AND COACHES</b> <b>Men's Artistic Gymnastics, Juniors,</b> <b>Tirrenia (ITA), 19<sup>th</sup> to 29<sup>th</sup> of July 2011</b> <b>GENERAL PROGRAM</b>					
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Time	Tuesday 19.07	Wednesday 20.07	Thursday 21.07		Friday 22.07	Saturday 23.07		
07h30	<div></div> <div>Arrival of participants</div>	Wake-up		Wake-up		Wake-up		
08h00		<div></div> Breakfast		<div></div> Breakfast		<div></div> Breakfast		
08h45-09h45		Free time for all participants		Theory <div></div> Briefing Selection criteria and system FV	Theory <div></div> Briefing Planning and competition FV	Theory <div></div> Briefing Floor evolution during events DL		
09h30-10h00		Meeting <div></div> Opening meeting Roll call Organisation	Training	<div></div> Choreography Warm-up RB	<div></div> Choreography Warm-up RB	<div></div> Choreography Warm-up RB		
10h00-10h30				<div></div> Joints preparation program All coaches	<div></div> Joints preparation program All coaches	<div></div> Joints preparation program All coaches		
10h30-11h15		Training		<div></div> Strength circuit Straight arms Experts	<div></div> Strength circuit Bent arms Experts	<div></div> Strength circuit Straight arms Experts		
11h15-12h15				<div></div> Floor acrobatics Backward VP	<div></div> Pommel-horse 1 <sup>st</sup> part VB	<div></div> Parallel bars Support VB		
12h45		<div></div> Lunch	<div></div> Lunch		<div></div> Lunch		<div></div> Lunch	
14h00-16h00		<div></div> Beach	<div></div> Beach		<div></div> Beach		<div></div> Beach	
16h30-17h30		Training <div></div> Strength circuit Bent arms Experts	Training	<div></div> Choreography Warm-up RB	<div></div> Choreography Warm-up RB	<div></div> Choreography Warm-up RB		
17h30-18h30				<div></div> Floor acrobatics Forward VP	<div></div> Pommel-horse 2 <sup>nd</sup> part VB	<div></div> Parallel bars Suspension VB		
18h30-19h30				Free technical training Basic structures		Free technical training Basic structures		
20h00		<div></div> Dinner	<div></div> Dinner		<div></div> Dinner		<div></div> Dinner	

Time	Sunday 24.07		Monday 25.07		Tuesday 26.07	Wednesday 27.07		Thursday 28.07		Friday 29.07	
07h30	Wake-up		Wake-up		  Visit to Florence and Pisa	Wake-up		Wake-up		  Departure of participants	
08h00	 Breakfast		 Breakfast			 Breakfast		 Breakfast			
08h45-09h45	Theory	 Briefing Updates Code of Points MA	Theory	 Briefing Updates FIG Regulations MA		Free time for all participants		Theory	 TBD		
09h30-10h00	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB		Training	 Briefing coaches and gymnasts	Training	 Choreography Warm-up RB		
10h00-10h30		 Joints preparation program All coaches		 Joints preparation program All coaches					 Joints preparation program All coaches		
10h30-11h15		 Strength circuit Bent arms Experts		 Strength circuit Straight arms Experts					 Strength circuit Straight arms Experts		
11h15-12h15		 Rings 1 <sup>st</sup> part JI		 Vault 1 <sup>st</sup> part DL					Free technical training Basic structures		
12h45	 Lunch		 Lunch			 Lunch		 Lunch			
14h00-16h00	 Beach		 Beach			 Beach		 Beach			
16h30-17h30	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB		Training	 Choreography Warm-up RB	Training	Free technical training Basic structures		
17h30-18h30		 Rings 2 <sup>nd</sup> part JI		 Vault 2 <sup>nd</sup> part DL			 High bar 2 <sup>nd</sup> part LM	Meeting	 Closing meeting Remarks		
18h30-19h30		Free technical training Basic structures		Free technical training Basic structures			Free technical training Basic structures		Free time for all participants		
20h00	 Dinner		 Dinner			 Dinner		 Banquet			

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

### Additional information

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- The UEG training camp is organised with the support of the:  
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- The staff and function:

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13.	Dr. LOSCHIAVO Pierro (ITA)	Medical assistance		