

	EDUCATIONAL CAMP for GYMNASTS AND COACHES Men's Artistic Gymnastics, Juniors, Tirrenia (ITA), 25th of June to 5th of July 2012 GENERAL PROGRAM					
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Time	Monday 25.06	Tuesday 26.06		Wednesday 27.06		Thursday 28.06		Friday 29.06		
07h30	 Arrival of participants	Wake-up		Wake-up		Wake-up		Wake-up		
08h00		 Breakfast		 Breakfast		 Breakfast		 Breakfast		
08h45-09h45		Free time for all participants		Theory	 Briefing Selection criteria and system FV	Theory	 Briefing Planning and competition FV	Theory	 Briefing Floor evolution during events DL	
09h30-10h00		Meeting	 Opening meeting Roll call Organisation	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB	
10h00-10h30					 Joints preparation program All coaches		 Joints preparation program All coaches		 Joints preparation program All coaches	
10h30-11h15		Training	Free training (physical preparation/ technical training)		 Strength circuit Straight arms Experts		 Strength circuit Bent arms Experts		 Strength circuit Straight arms Experts	
11h15-12h15					 Floor acrobatics Backward VP		 Pommel-horse 1 st part CB		 Parallel bars Support CB	
12h45		 Lunch		 Lunch		 Lunch		 Lunch		
14h00-16h00		 Beach		 Beach		 Beach		 Beach		
16h30-17h30		Training	 Strength circuit Bent arms Experts	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB	Training	 Choreography Warm-up RB	
17h30-18h30			Free technical training Basic structures		 Floor acrobatics Forward VP		 Pommel-horse 2 nd part CB		 Parallel bars Suspension CB	
18h30-19h30					Free technical training Basic structures				Free technical training Basic structures	
20h00		 Dinner		 Dinner		 Dinner		 Dinner		

Time	Saturday 30.06		Sunday 01.07	Monday 02.07		Tuesday 03.07		Wednesday 04.07		Thursday 05.07
07h30	Wake-up		 Visit to Florence and Pisa	Wake-up		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		 Choreography Warm-up RB	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 st part II		 Vault 1 st part DL		 High bar 1 st part LM	Free technical training Basic structures			
12h45	 Lunch			 Lunch		 Lunch		 Lunch		
14h00-16h00	 Beach			 Beach		 Beach		 Beach		
16h30-17h30	Training	 Choreography Warm-up RB		 Choreography Warm-up RB	Training	 Choreography Warm-up RB	Training	Free technical training Basic structures		
17h30-18h30		 Rings 2 nd part II		 Vault 2 nd part DL		 High bar 2 nd 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)	Il=Iordan IOVTCHEV (BUL)	LM=Laurent Maertens (FRA)	CB=Collie Barry (GBR)
VP=Valentin POTAPENKO (FRA)	DL=Diego LAZZARICH (ITA)	AF=Alberto FORNERA (ITA)	RB=Rossana BONZI (ITA)	RS=Rino SCALA (ITA)	

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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