

GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - TIRRENIA, 06-16.07.2012											
DATE	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON
	6-Jul-12	7-Jul-12	8-Jul-12	9-Jul-12	10-Jul-12	11-Jul-12	12-Jul-12	13-Jul-12	14-Jul-12	15-Jul-12	16-Jul-12
TIME											
07:30		WAKE UP									
08:00		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		
		NEW FLIGHT	LECTURE	TIRRENIA	LECTURE	ACROBATIC	CODE OF	LECTURE	Specifics		
22:00		ELEMENTS	BEAM		BARS	PREPARATION	POINTS	TRAMPOLIN	aspects of		
		BARS				FOR THIS AGE			training 8-12		
		NICK	CORINA		JOZEF	NELLU	DONATELLA	NELLU	NICK		

DATE	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	
	6-Jul-12	7-Jul-12	8-Jul-12	9-Jul-12	10-Jul-12	11-Jul-12	12-Jul-12	13-Jul-12	14-Jul-12	15-Jul-12	16-Jul-12	
TIME												
07:30		WAKE UP										
08:00		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			
		NEW FLIGHT	LECTURE	TIRRENIA	LECTURE	ACROBATIC	CODE OF	LECTURE	Specifics			
22:00		ELEMENTS	BEAM		BARS	PREPARATION	POINTS	TRAMPOLIN	aspects of			
		BARS				FOR THIS AGE			training 8-12			
		NICK	CORINA		JOZEF	NELLU	DONATELLA	NELLU	NICK			

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ALLGEMEINES PROGRAMM DES UEG TRAININGCAMPS FÜR JUNIORINNEN IN TIRRENIA - 06-16.07.2012											
DATE	FR	SA	SO	MO	DI	MI	DO	FR	SA	SO	MO
	6-Jul-12	7-Jul-12	8-Jul-12	9-Jul-12	10-Jul-12	11-Jul-12	12-Jul-12	13-Jul-12	14-Jul-12	15-Jul-12	16-Jul-12
TIME											
07:30		AUFSTEHEN									
08:00		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		
		NEUE FLUG-	KURS	PARK	KURS	ACROBATIK	CODE OF	KURS	spezifische		
22:00		ELEMENTE	BALKEN		BARREN	Vorbereitung	POINTS	TRAMPOLIN	Trainings-		
		BARREN				für dieses Alter			aspekte 8-12		
		Nick	Corina		Jozef	Nellu	Donatella	Nellu	Nick		

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