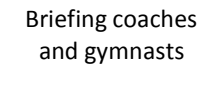
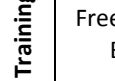


	EDUCATIONAL CAMP for GYMNASTS AND COACHES Men's Artistic Gymnastics, Juniors, Tirrenia (ITA), 1st of July to 11th of July 2013 GENERAL PROGRAM					
---	---	--	--	--	---	---

Time	Monday 01.07	Tuesday 02.07	Wednesday 03.07	Thursday 04.07	Friday 05.07
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 All participants (coaches and gymnasts)	Training  Choreography Warm-up RB	Training  Choreography Warm-up RB	Training  Choreography Warm-up RB
10h00-10h30					
10h30-11h15		Training Free training (accommodation physical preparation/ technical training)	Training  Joints preparation program All coaches	Training  Joints preparation program All coaches	Training  Joints preparation program All coaches
11h15-12h15					
12h45		 Lunch	 Lunch	 Lunch	 Lunch
14h00-16h00		 Beach	 Beach	 Beach	 Beach
16h30-17h30		Training  Strength circuit Bent arms Experts Free technical training Basic structures	Training  Choreography Warm-up RB  Floor acrobatics Forward VP Free technical training Basic structures	Training  Choreography Warm-up RB  Pommel-horse 2 nd part VB Free technical training Basic structures	Training  Choreography Warm-up RB  Parallel bars Suspension VB Free technical training Basic structures
17h30-18h30					
18h30-19h30					
20h00		 Dinner	 Dinner	 Dinner	 Dinner

Time	Saturday 06.07	Sunday 07.07	Monday 08.07	Tuesday 09.07	Wednesday 10.07	Thursday 11.07			
07h30	 Visit to Florence and Pisa	Wake-up	Wake-up	Wake-up	Wake-up	 Departure of participants			
08h00		 Breakfast	 Breakfast	 Breakfast	 Breakfast				
08h45-09h45		Theory  Briefing 2013 Code of Points MA	Theory  Briefing Updates FIG Regulations MA	Free time for all participants			Theory  TBD		
09h30-10h00		Training 	Training 				 Choreography Warm-up RB		
10h00-10h30			Training		 Joints preparation program All coaches				
10h30-11h15					 Strength circuit Bent arms Experts				
11h15-12h15					 Free technical training Basic structures				
12h45		 Lunch	 Lunch	 Lunch	 Lunch				
14h00-16h00		 Beach	 Beach	 Beach	 Beach				
16h30-17h30		Training 	Training 	Training 			Training Free technical training Basic structures		
17h30-18h30									Meeting 
18h30-19h30					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)	VB=Valeri Belenki	LM=Laurent Maertens (FRA)	
VP=Valentin POTAPENKO (FRA)	DL=Diego LAZZARICH (ITA)	AF=Alberto FORNERA (ITA)	RB=Rossana BONZI (ITA)	RS=Rino SCALA (ITA)	

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
E-mail: cpotirrenia@coni.it
Web-site: <http://tirrenia.coni.it/>
- The UEG training camp is organised with the support of the:
ITALIAN GYMNASTICS FEDERATION (FEDERAZIONE GINNASTICA D'ITALIA)
Viale Tiziano 70, 00196 ROMA, ITALIA,
Tel.: +39.06.3685.8177; Fax.: +39.06.3685.8113
E-mail: info@federginnastica.it
Web-site: www.federginnastica.it

- The staff and function:

No.	Name and first name	Function	Telephone	E-mail
1.	WISCHNIA Jacob (ISR)	Responsible UEG	+972.54.468.0770	wischs@yahoo.com
2.	APOLZAN Mircea (ROU)	Responsible UEG	+40.744.35.84.83	mapolzan@romgym.ro
3.	SCALA Rino (ITA)	Administrative Director	+39.339.834.5354	rino.scala@libero.it
4.	FORNERA Alberto (ITA)	Assistant Administrative Director	+39.339.466.2157	inuvik@internetpiu.com
5.	VAILATI Fulvio (ITA)	Expert	+39.029.550.66276	fulvio.vailati@federginnastica.it
6.	LAZZARICH Diego (ITA)	Expert	+39.333.2023.464	dglzrch@yahoo.it
7.	BELENKI Valeri (GER)	Expert	+49.711.358.1525	valeri@belenki.de
8.	POTAPENKO Valentin (FRA)	Expert	+33.387.367.614	le_russe_57@hotmail.com
9.	MAERTENS Laurent (FRA)	Expert	+33.687.140.356	maertens.laurent@free.fr
10.	BONZI Rossana (ITA)	Expert	+39.347.5284.841	fililand1@libero.it
11.	HIRSCH Robert (GER)	Video	+49.30.551.226.00	rob_hirsch@web.de
12.	Dr. LOSCHIAVO Pierro (ITA)	Medical assistance		