

	Men's Artistic Gymnastics, Juniors, Tirrenia EDUCATIONAL CAMP for GYMNASTS AND COACHES (ITA), 1st of July to 11th of July 2014 GENERAL PROGRAM		
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Time	Tuesday 1.07	Wednesday 2.07	Thursday 03.07		Friday 04.07		Saturday 05.07	
07h30	 Arrival of participants	Wake-up		Wake-up		Wake-up		
08h00		 Breakfast		 Breakfast		 Breakfast		
08h45-09h45		Free time for all participants		Theory  Briefing Floor evolution during events DL	Theory  Briefing FIG/UEG MATTERS JW	Theory  Briefing Planning and competition BC		
09h30-10h00		Meeting 	Training	 Choreography Warm-up RB	 Choreography Warm-up RB	 Choreography Warm-up RB		
10h00-10h30				 Joints preparation program All coaches	 Joints preparation program All coaches	 Joints preparation program All coaches		
10h30-11h15		Training		 Strength circuit Straight arms Experts	 Strength circuit Bent arms Experts	 Strength circuit Straight arms Experts		
11h15-12h15				 Floor acrobatics Backward VP	 Parallel bars Support VB	 Pommel-horse 1 st part BC		
12h45		 Lunch		 Lunch		 Lunch		
14h00-16h00		 Beach		 Beach		 Beach		
16h30-17h30		Training	Training	 Floor acrobatics Forward VP	 Parallel bars Suspension VB	 Pommel-horse 2 nd part BC		
17h30-18h30				 Choreography Warm-up RB	 Choreography Warm-up RB	 Choreography Warm-up RB		
18h30-19h30				Free technical training Basic structures		Free technical training Basic structures		
20h00		 Dinner		 Dinner		 Dinner		

Time	Sunday 06.07		Monday 07.07	Tuesday 08.07		Wednesday 09.07		Thursday 10.07		Friday 11.07
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 Selection criteria and system BC		Theory	 Briefing FIG/UEG MATTERS JW	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 DL		 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	 Rings 2 nd part DL		 Vault 2 nd part DL	Training	 High bar 2 nd part LM	Training	Free technical training Basic structures		
17h30-18h30		 Choreography Warm-up RB		 Choreography Warm-up RB		 Choreography Warm-up RB	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)	MV = Mario Vukoja(UEG)	DA =Demitry Andreev(UEG)	VB =Valeri Belenki(GER)	LM =Laurent Maertens (FRA)	VP =Valentin Potapenko (FRA)
DL =Diego Lazarich (ITA)	BC =Barry Collie(GBR)	RB =Rossana Bonzi (ITA)	RH =Robert Hirsch(GER)	RS =Rino Scala (ITA)	AZ =Alesandro Zanardi(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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