



**Men's Artistic Gymnastics, Juniors, Tirrenia EDUCATIONAL CAMP for GYMNASTS AND COACHES
(ITA), 28 of June to 8th of July 2015
GENERAL PROGRAM**



Time	Sunday 28/6	Monday 29/6	Tuesday 30/6	Wednesday 01.07	Thursday 02.07		
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 FIG/UEG MATTERS MV	Theory  Briefing Selection criteria and system BC	Theory  Briefing Planning and competition BC		
09h30-10h00		Meeting 	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 (accommodation 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		 Vault 1 st part DL	 Pommel-horse 1 st part BC
12h45		 Lunch	 Lunch	 Lunch	 Lunch		
14h00-16h00		 Beach	 Beach	 Beach	 Beach		
16h30-17h30		Training 	Training	 Floor acrobatics Forward VP	Training	 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	Free technical training Basic structures
20h00		 Dinner	 Dinner	 Dinner	 Dinner		

Time	Friday 03.07	Saturday 04.07	Sunday 05.07	Monday 06.07	Tuesday 07.07	Wednesday 08.07	
07h30	 Visit to Florence and Pisa	Wake-up		Wake-up		 Departure of participants	
08h00		 Breakfast		 Breakfast			
08h45-09h45		Theory  Briefing Floor evolution during events DL	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				
10h30-11h15			 Strength circuit Bent arms Experts	 Strength circuit Straight arms Experts			
11h15-12h15		 Parallel bars Suppport VB	 Rings 1st part DL	 High bar 1st part LM	Free technical training Basic structures		
12h45		 Lunch		 Lunch			
14h00-16h00		 Beach		 Beach			
16h30-17h30		Training  Parallel bars Suspension VB	Training  Rings 2nd part DL	Training  High bar 2nd part LM	Training Free technical training Basic structures		
17h30-18h30					 Choreography Warm-up RB		Meeting  Closing meeting Remarks
18h30-19h30					Free technical training Basic structures		Free time for all participants
20h00		 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

- 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 UEC/MTC president	+972.54.468.0770	jacky.wischnia@gmail.com
2.	VUKOJA MARIO (CRO)	Responsible UEG/MTC member	+385.98.1788.888	Mario.vukoja1972@gmail.com
3.	DMITRY ANDREEV(RUS)	Responsible UEG/MTC member	+7910.712.4666	Dmitry.and@gmail.com
4.	SCALA Rino (ITA)	Administrative Director	+39.339.834.5354	rino.scala@libero.it
5.	ZANARDI ALESSANDRO(ITA)	Assistant Adminstrative Director	+39.328.429.8962	Zanardi.crl@gmail.com
6.	COLLIE BARRY (GBR)	Expert	+44.7739.99.0271	Barry.collie@british-gymnastics.org
7.	LAZZARICH Diego (ITA)	Expert	+39.333.2023.464	dglzrch@yahoo.it
8.	BELENKI Valeri (GER)	Expert	+49.711.358.1525	valeri@belenki.de
9.	POTAPENKO Valentin (FRA)	Expert	+33.387.367.614	le_russe_57@hotmail.com
10.	MAERTENS Laurent (FRA)	Expert	+33.687.140.356	maertens.laurent@free.fr
11.	BONZI Rossana (ITA)	Expert	+39.347.5284.841	rossanabonzi@libero.it
12.	HIRSCH Robert (GER)	Video	+49.30.551.226.00	rob_hirsch@web.de
13.	Dr. LOSCHIAVO Pierro (ITA)	Medical assistance		