

		GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - TIRRENIA, 12-13 JULY 2015						09-19.07.2015			
DATE	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	9-Jul-15	10-Jul-15	11-Jul-15	12-Jul-15	13-Jul-15	14-Jul-15	15-Jul-15	16-Jul-15	17-Jul-15	18-Jul-15	19-Jul-15
TIME											
07:30		WAKE UP									
08:00		BREAKFAST									
					Gr. I+II						
		8.00-8.50	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.II	I	Gr.II	Gr.I	Gr. II	Gr.I	COURSE	
		9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	ONLY FOR	D
		CHOREOG.	BEACH I	TRAINING	I	BEACH II	BEACH I	BEACH II	BEACH I	COACHES	
	A	Gr. I+II	9.00-12.30	Gr. I	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35	E
		10.40-12.30	TRAINING			TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	
	R	BEACH	Gr. II		TO	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I+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	16.40-19.30	16.40-19.30	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	Sergey		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	THEORY	THEORY	THEORY	THEORY		
		Specifics	VAULT	TIRRENIA	LECTURE	FLIGHT	LECTURE	LECTURE	ACROBATIC		
22:00		aspects of	development		BEAM	ELEMENTS	TRAMPOLIN	CODE OF	PREPARATION		
		training 10-12				BARS		POINTS	FOR THIS AGE		
		Colombo	Colombo		Rodica	Dieter	Sergey	Donatella	Roberto		

	PROGRAMME GENERAL DU STAGE D'ENTRAÎNEMENT GAF JUNIORS - TIRRENIA, 09-19.07.2015										
DATE	JE	VE	SA	DI	LU	MA	ME	JE	VE	SA	DI
	9-Jul-15	10-Jul-15	11-Jul-15	12-Jul-15	13-Jul-15	14-Jul-15	15-Jul-15	16-Jul-15	17-Jul-15	18-Jul-15	19-Jul-15
TIME											
07:30		R E V E I L									
08:00		PETIT-DEJEUNER									
					Gr. I+II						
		8.00-8.50	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	
		SEANCE	CHOREG.	Entraînement	V	CHOREG.	CHOREG.	CHOREG.	CHOREG.	Cours	
		D'ORIENTATION	Gr.I	Gr.II	I	Gr.II	Gr.I	Gr. II	Gr.I	BALLET	
		9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	POUR	
		CHOREG.	PLAGE I	Entraînement	I	PLAGE II	PLAGE I	PLAGE II	PLAGE I	ENTRAINEURS	
	A	Gr. I+II	9.00-12.30	Gr. I	T	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35	D
		10.40-12.30	Entraînement		E	Entraînement	Entraînement	Entraînement	Entraînement	Entraînement	
	R	PLAGE	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II	Gr. I+II	E
		POUR TOUS		12:30							
	R			PHOTO!	F						P
13:00					L	DINER					
	I				O						A
		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	Entraînement	CHOREG.	CHOREG.	E	CHOREG.	CHOREG.	CHOREG.	CHOREG.	PLAGE	R
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	POUR TOUS	
	E		16.40-18.40	Théorie	C	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	18.30-19.15	T
			PLAGE II	Cours	E	PLAGE I	PLAGE II	PISA	PISA	SHOW	
	E		15.45-19.15	Sault		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	DES GYMNASTES	
			Entraînement	Sergey		Entraînement	Entraînement	Entraînement	Entraînement		
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I		
				PLAGE							
				POUR TOUS							
										19:30	
20:00		S O U P E R								BANQUET	
20:30											
21:00		THEORY	THEORY	PARK	THEORY	THEORY	THEORY	THEORY	THEORY		
		Specifics	VAULT	TIRRENIA	LECTURE	FLIGHT	LECTURE	LECTURE	ACROBATIC		
22:00		aspects of	development		BEAM	ELEMENTS	TRAMPOLIN	CODE OF	PREPARATION		
		training 10-12				BARS		POINTS	FOR THIS AGE		
		Colombo	Colombo		Rodica	Dieter	Sergey	Donatella	Roberto		

		ALLGEMEINES PROGRAMM DES UEG TRAININGCAMPS FÜR JUNIORINNEN IN TIRRENIA -12-2009-19.07.2015									
DATE	DO	FR	SA	SO	MO	DI	MI	DO	FR	SA	SO
	9-Jul-15	10-Jul-15	11-Jul-15	12-Jul-15	13-Jul-15	14-Jul-15	15-Jul-15	16-Jul-15	17-Jul-15	18-Jul-15	19-Jul-15
TIME											
07:30		AUFSTEHEN									
08:00		FRÜHSTÜCK									
					Gr. I+II						
		8.00-8.50	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- Sitzung	CHOREOG. Gr.I	TRAINING Gr.II	B E	CHOREOG. Gr.II	CHOREOG. Gr.I	CHOREOG. Gr. II	CHOREOG. Gr.I	BALLET KURS	
		9.00-10.30	10.40-12.30	10.30-12.30	S	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	FÜR	
		CHOREOG.	STRAND I	TRAINING	U	STRAND II	STRAND I	STRAND II	STRAND I	TRAINER	
	A	Gr. I+II	9.00-12.30	Gr. I	C	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.30	9.00-12.35	A
		10.40-12.30	TRAINING		H	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	
	N	STRAND	Gr. II			Gr. I	Gr. II	Gr. I	Gr. II	Gr. I+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. Gr. II	CHOREOG. Gr. I+II	E N	CHOREOG. Gr.I	CHOREOG. Gr.II	CHOREOG. Gr.I	CHOREOG. Gr.II	STRAND FÜR ALLE	I
	F		16.40-18.40	THEORIE	Z	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	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	Sergey		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		THEORY Specifics	THEORY VAULT	PARK TIRRENIA	THEORY LECTURE	THEORY FLIGHT	THEORY LECTURE	THEORY LECTURE	THEORY ACROBATIC		
22:00		aspects of training 10-12	development		BEAM	ELEMENTS BARS	TRAMPOLIN	CODE OF POINTS	PREPARATION FOR THIS AGE		
		Colombo	Colombo		Rodica	Dieter	Sergey	Donatella	Roberto		