

**GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - TIRRENIA, 07.-17.07.2016**

DATE	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	7-Jul-16	8-Jul-16	9-Jul-16	10-Jul-16	11-Jul-16	12-Jul-16	13-Jul-16	14-Jul-16	15-Jul-16	16-Jul-17	17-Jul-16
TIME											
07:30	<b>W A K E U P</b>										
08:00	<b>B R E A K F A S T</b>										
					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	9.00-10.30	8.15-9.00
		ORIENTATION	CHOREOG.	TRAINING	V	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BALLET
		MEETING	Gr.I	Gr.II	I	Gr.II	Gr.I	Gr. II	Gr.I	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	10.40-12.30	ONLY FOR
		CHOREOG.	BEACH I	TRAINING	I	BEACH II	BEACH I	BEACH II	BEACH I	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	9.00-12.30	9.00-12.35
		10.40-12.30	TRAINING			TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING
	R	BEACH	Gr. II		TO	Gr. I	Gr. II	Gr. I	Gr. II	Gr. II	Gr. I+II
		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	15.00-16.30	15.00-17.30
	V	TRAINING	CHOREOG.	CHOREOG.	E	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	CHOREOG.	BEACH
		Gr. I+II	Gr.II	Gr. I+II	N	Gr.I	Gr.II	Gr.I	Gr.II	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	16.40-19.30	18.30-19.15
			BEACH II	LECTURE	E	BEACH I	BEACH II	PISA	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	15.45-19.15	SHOW
			TRAINING	Sergey		TRAINING	TRAINING	TRAINING	TRAINING	TRAINING	
			Gr. I	17.00-19.00		Gr. II	Gr. I	Gr. II	Gr. I	Gr. I	
				BEACH							
				FOR ALL							
20:00	<b>D I N N E R</b>										19:30
											BANQUET
20:30											
21:00		THEORY	THEORY	PARK	THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	
		Specifics	FLIGHT	TIRRENIA	LECTURE	Roots	LECTURE	LECTURE	LECTURE	ACROBATIC	
22:00		aspects of	ELEMENTS			ELEMENTS	TRAMPOLIN	CODE OF	PREPARATION		
		training 10-12	BARS		BEAM	BARS		POINTS	FOR THIS AGE		
		Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick		

**PROGRAMME GENERAL DU STAGE D'ENTRAÎNEMENT GAF JUNIORS - TIRRENIA, 07-17.07.2016**

DATE	JE	VE	SA	DI	LU	MA	ME	JE	VE	SA	DI
	7-Jul-16	8-Jul-16	9-Jul-16	10-Jul-16	11-Jul-16	12-Jul-16	13-Jul-16	14-Jul-16	15-Jul-16	16-Jul-16	17-Jul-16
TIME											
07:30	<b>R E V E I L</b>										
08:00	<b>PETIT-DEJEUNER</b>										
		8.00-8.50	9.00-10.30	8.30-10.30	Gr. I+II 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
	V	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	
		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	Saut		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	<b>S O U P E R</b>										
										BANQUET	
20:30											
21:00		<b>THEORY</b> Specifics	<b>THEORY</b> FLIGHT	<b>PARK</b> TIRRENIA	<b>THEORY</b> LECTURE	<b>THEORY</b> Roots	<b>THEORY</b> LECTURE	<b>THEORY</b> LECTURE	<b>THEORY</b> ACROBATIC		
22:00		aspects of training 10-12	<b>ELEMENTS</b> BARS		<b>BEAM</b>	<b>ELEMENTS</b> BARS	<b>TRAMPOLIN</b>	<b>CODE OF</b> POINTS	<b>PREPARATION</b> FOR THIS AGE		
		Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick		

**ALLGEMEINES PROGRAMM DES UEG TRAININGCAMPS FÜR JUNIORINNEN IN TIRRENIA, 07-17.07.2016**

	DO	FR	SA	SO	MO	DI	MI	DO	FR	SA	SO
DATE	7-Jul-16	8-Jul-16	9-Jul-16	10-Jul-16	11-Jul-16	12-Jul-16	13-Jul-16	14-Jul-16	15-Jul-16	16-Jul-16	17-Jul-16
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	9.00-10.30	8.15-9.00
	Orientierungs- Sitzung	CHOREOG. Gr.I	TRAINING Gr.II		<b>B</b>	CHOREOG. Gr.II	CHOREOG. Gr.I	CHOREOG. Gr. II	CHOREOG. Gr.I	<b>BALLET KURS</b>	
	9.00-10.30	10.40-12.30	10.30-12.30		<b>S</b>	10.40-12.30	10.40-12.30	10.40-12.30	10.40-12.30	<b>FÜR</b>	
		CHOREOG. Gr. I+II	<b>STRAND I</b> Gr. I	TRAINING	<b>U</b>	<b>STRAND II</b> 9.00-12.30	<b>STRAND I</b> 9.00-12.30	<b>STRAND II</b> 9.00-12.30	<b>STRAND I</b> 9.00-12.30	<b>TRAINER</b> 9.00-12.35	<b>A</b>
	<b>A</b>	10.40-12.30	TRAINING Gr. II		<b>C</b>	TRAINING Gr. I	TRAINING Gr. II	TRAINING Gr. I	TRAINING Gr. II	TRAINING Gr. I+II	<b>B</b>
		<b>STRAND</b> FÜR ALLE		12:30							
	<b>N</b>			<b>PHOTO!</b>	<b>F</b>						<b>R</b>
13:00					<b>L</b>	MITTAGESSEN					
	<b>K</b>				<b>O</b>						<b>E</b>
		15.00-19.00	15.00-16.30	15.00-16.30	<b>R</b>	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-16.30	15.00-17.30
	<b>N</b>	TRAINING Gr. I+II	CHOREOG. Gr.II	CHOREOG. Gr. I+II	<b>E</b>	CHOREOG. Gr.I	CHOREOG. Gr.II	CHOREOG. Gr.I	CHOREOG. Gr.II	<b>STRAND</b> FÜR ALLE	<b>I</b>
		<b>F</b>	16.40-18.40	<b>THEORIE</b>	<b>Z</b>	16.40-18.40	16.40-18.40	16.40-19.30	16.40-19.30	18.30-19.15	<b>S</b>
			<b>STRAND II</b>	<b>KURS</b>		<b>STRAND I</b>	<b>STRAND II</b>	PISA	PISA	<b>SHOW DER</b>	
	<b>T</b>		15.45-19.15	<b>SPRUNG</b>		15.45-19.15	15.45-19.15	15.45-19.15	15.45-19.15	<b>TURNERINNEN</b>	<b>E</b>
			TRAINING Gr. I	<b>Sergey</b>		TRAINING Gr. II	TRAINING Gr. I	TRAINING Gr. II	TRAINING Gr. I		
				17.00-19.00							
				<b>STRAND</b> FÜR ALLE							
										19:30	
20:00	ABENDESSEN									<b>BANKETT</b>	
20:30											
21:00		<b>THEORY Specifics</b>	<b>THEORY FLIGHT</b>	<b>PARK TIRRENIA</b>	<b>THEORY LECTURE</b>	<b>THEORY Roots</b>	<b>THEORY LECTURE</b>	<b>THEORY LECTURE</b>	<b>THEORY ACROBATIC</b>		
22:00		aspects of training 10-12	<b>ELEMENTS BARS</b>		<b>BEAM</b>	<b>ELEMENTS BARS</b>	<b>TRAMPOLIN</b>	<b>CODE OF POINTS</b>	<b>PREPARATION FOR THIS AGE</b>		
		Nick	Dieter		Rodica	Nick	Sergey	Donatella	Nick		