

GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - KUORTANE, 09-19.08.2021

GENERAL PROGRAM OF THE UEG TRAINING CAMP FOR WAG JUNIORS - KUORTANE, 09-19.08.2021							
DATE	MON	TUE		WED		THU	
	9-Aug-21	10-Aug-21		11-Aug-21		12-Aug-21	
		Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II
TIME							
BREAKFAST		08:00 BREAKFAST	07:30 BREAKFAST	08:45 BREAKFAST	08:15 BREAKFAST	08:15 BREAKFAST	08:45 BREAKFAST
		08:30-09:20					
		ORIENTATION MEETING					
	A	Veto & Kunto, Kuortane Hall					
09:00					09:00-12:30	09:00-12:30	
09:30	R	09:30-13:00	09:30-11:00	09:30-11:00	TRAINING	TRAINING	09:30-11:00
		TRAINING	CHOREOG.	CHOREOG.	Gr.II	Gr.I	CHOREOG.
	R	Gr.I	Gr. II	Gr. I			Gr. II
			2nd floor, hotel	2nd floor, hotel			2nd floor, hotel
	I						
11:10			11:10-12:10	11:10-12:10			11:10-12:10
	V		ACTIVITY Gr II	ACTIVITY Gr I			ACTIVITY Gr II
			church boat / inside games	swimming hall / outside games			swimming hall / outside games
	A			(beach volley, basket ball, mölkky)			(beach volley, basket ball, mölkky)
LUNCH	L	13:15 LUNCH	12:30 LUNCH	12:15 LUNCH	12:45 LUNCH	12:45 LUNCH	12:15 LUNCH
15:00		15:00-16:30	15:00-18:30	15:00-18:30	15:00-16:30	15:00-16:30	15:00-18:30
		CHOREOG.	TRAINING	TRAINING	CHOREOG.	CHOREOG.	TRAINING
		Gr. I	Gr. II	Gr. I	Gr.II	Gr. I	Gr. II
		2nd floor, hotel			2nd floor, hotel	2nd floor, hotel	
		16:40-17:40					
		ACTIVITY Gr I			16.40-18.10	16.40-18.10	
		church boat / inside games			ACTIVITY II	ACTIVITY I	
					water sports / bowling	water sports / bowling	
					(canoeing, kayaking, sub boarding)	(canoeing, kayaking, sub boarding)	
DINNER	18:15 / 18:45 DINNER	18:15 DINNER	18:45 DINNER	18:45 DINNER	18:15 DINNER	18:15 DINNER	18:45 DINNER
19:30							
20:00		THEORY		THEORY		THEORY	
		LECTURE		Physical		Code	
		VAULT		Preperation		of Points	
		Zoltan Jordanov		Principle		Donatella Sacchi	
		Veto & Kunto, Kuortane Hall		Nick Ruddock		Veto & Kunto, Kuortane Hall	
				Veto & Kunto, Kuortane Hall			
LATE SNACK	20:30 / 21:00 LATE SNACK	20:30 LATE SNACK	21:00 LATE SNACK	21:00 LATE SNACK	20:30 LATE SNACK	20:30 LATE SNACK	21:00 LATE SNACK
		21:30 LATE SNACK, COACHES		21:30 LATE SNACK, COACHES		21:30 LATE SNACK, COACHES	

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DATE	FRI 13-Aug-21		SAT 14-Aug-21		SUN 15-Aug-21	
	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I	Gr. II
TIME						
BREAKFAST	08:45 BREAKFAST	08:15 BREAKFAST	08:45 BREAKFAST	08:15 BREAKFAST	08:15 BREAKFAST	08:45 BREAKFAST
09:00		09:00-12:30			09:00-12:30	
09:30	09:30-11:00	TRAINING			TRAINING	09:30-11:00
	CHOREOG.	Gr.II			Gr.I	CHOREOG.
	Gr. I					Gr. II
	2nd floor, hotel					2nd floor, hotel
11:10	11:10-12:10					11:10-12:10
	ACTIVITY Gr I					ACTIVITY Gr II
	swimming hall / fresbee golf					swimming hall / fresbee golf
LUNCH	12:15 LUNCH	12:45 LUNCH	11:30 LUNCH	11:00 LUNCH	12:45 LUNCH	12:15 LUNCH
				11:45 BUS		
15:00	15:00-18:30	15:00-16:30	12:15 BUS		15:00-16:30	15:00-18:30
	TRAINING	CHOREOG.	VISIT		CHOREOG.	TRAINING
	Gr. I	Gr.II	TO THE		Gr. I	Gr. II
		2nd floor, hotel	AHTÄRI ZOO		2nd floor, hotel	
		16.40-18.10		16:45 BUS	16.40-18.10	
		ACTIVITY II			ACTIVITY I	
		water sports / inside sports			water sports / inside sports	
		(canoeing, kayaking, sub boarding)			(canoeing, kayaking, sub boarding)	
DINNER	18:45 DINNER	18:15 DINNER	18:30 DINNER	18:00 DINNER	18:15 DINNER	18:45 DINNER
19:30			19:30			
20:00	THEORY		CAMP FIRE		THEORY	
	Acrobatic				FLIGHT	
	development				ELEMENTS	
	Nick Ruddock				BARS	
	Veto & Kunto, Kuortane Hall				Ricard Crnjac	
					Veto & Kunto, Kuortane Hall	
LATE SNACK	21:00 LATE SNACK	20:30 LATE SNACK			20:30 LATE SNACK	21:00 LATE SNACK
	21:30 LATE SNACK, COACHES				21:30 LATE SNACK, COACHES	

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DATE	MON		TUE		WED	THU
	16-Aug-21		17-Aug-21		18-Aug-21	19-Aug-21
	Gr. I	Gr. II	Gr. I	Gr. II	Gr. I & Gr. II	
TIME						
BREAKFAST	08:45 BREAKFAST	08:15 BREAKFAST	08:15 BREAKFAST	08:45 BREAKFAST	07:30 BREAKFAST, COACHES 08:30 BREAKFAST, GYMNASTS	D
					08:15-09:00	E
					BALLET	P
09:00		09:00-12:30	09:00-12:30		COURSE	
09:30	09:30-11:00	TRAINING	TRAINING	09:30-11:00	ONLY FOR	A
	CHOREOG.	Gr.II	Gr.I	CHOREOG.	COACHES	
	Gr. I			Gr. II	Adriana Pop	R
	Gym hall			Gym hall	Gym hall	
						T
11:10	11:10-12:10			11:10-12:10	09:15-12:45	
	ACTIVITY Gr I			ACTIVITY Gr II	TRAINING	U
	swimming hall / outside games			swimming hall / outside games	Gr. I+II	
	(beach volley, basket ball, mölkky)			(beach volley, basket ball, mölkky)		R
LUNCH	12:15 LUNCH	12:45 LUNCH	12:45 LUNCH	12:15 LUNCH	13:00 LUNCH	E
					14:00-17:00	
15:00	15:00-18:30	15:00-16:30	15:00-16:30	15:00-18:30	VISIT TO	
	TRAINING	CHOREOG.	CHOREOG.	TRAINING	TUURI	
	Gr. I	Gr.II	Gr. I	Gr. II		
		Gym hall	Gym hall			
		16.40-18.10	16.40-18.10			
		ACTIVITY II	ACTIVITY I			
		water sports / bowling	water sports / bowling			
		(canoeing, kayaking, sub boarding)	(canoeing, kayaking, sub boarding)			
DINNER	18:45 DINNER	18:15 DINNER	18:15 DINNER	18:45 DINNER		
					18.30-19.15	
19:30					THE GYMNASTS' SHOW	
20:00		THEORY	THEORY		19:30	
		Self	Advanced		CLOSING DINNER, GYMNASTS	
		awareness	elements			
		in coaching	on floor			
		Nick Ruddock	Nicu Forminte		21:00	
		Veto & Kunto, Kuortane Hall	Veto & Kunto, Kuortane Hall		CLOSING DINNER, COACHES	
LATE SNACK	21:00 LATE SNACK	20:30 LATE SNACK	20:30 LATE SNACK	21:00 LATE SNACK		
		21:30 LATE SNACK, COACHES	21:30 LATE SNACK, COACHES			