

**Men's Artistic Gymnastics EDUCATIONAL CAMP for
Junior GYMNASTS AND COACHES
Thessaloniki
20/29 Aug 2024**

DATE	TIME	ACTIVITY
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20.08 Tuesday	ALL DAY	Arrival day
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21.08 Wednesday	07h00		Wake up
	08h00		Breakfast
	meeting	09h00-09h40	Introduction meeting (meeting room TBD) maybe in the Gym
	1st session	09h45-10h10	Warm up by RB
		10h15-11h45	Free training adaptation to apparatus (3 app.30m)
		11h45-11h55	Stretching
		12h00-12h55	Lecture and practical lecture in the Gym (TRAMPOLIN)
	13h15 : 13h30		Lunch
	2st session	16h00-16h15	Warm up by RB
		16h20-17h50	Free training adaptation to apparatus (3 app.30m)
		17h55-19h15	Lecture and practical lecture in the Gym (FLOOR EX)
	19h15-22h00		Free time
	20h00		Dinner
22h00		LIGHT'S OFF	

22.08 Thursday	06h45		Wake up
	1st session	07h00-07h45	Physical preparation & Stretching
		08h00	
	2st session	09h30-09h55	Joint preparation by 2 expert
		10h00-11h20	Free training with Experts (2 app.40m)
		11h25-11h55	Choreography Leg swings by RB
		12h00-12h40	Lecture 1°Part (<u>Group 1</u> POMMEL HORSE - <u>Group 2</u> RINGS)
		12h45-13h25	Lecture 1°Part (<u>Group 1</u> RINGS - <u>Group 2</u> POMMEL HORSE)
	13h45 : 14h00		Lunch
	16h30-19h30		Beach or Free time (BUS to 16h00/ from 19h00)
	20h00		Dinner
22h00		LIGHT'S OFF	

23.08 Friday		07h00	Wake up
		08h00	Breakfast
	1st session	09h00-09h25	Joint preparation by 2 expert
		09h30-10h50	Free training with Experts (2 app.40m)
		10h55-11h20	Stretching and artistic jumps by RB
		11h25-12h05	Lecture 1°Part (<u>Group 1 P.BARS - Group 2 H.BAR</u>)
		12h10-12h50	Lecture 1°Part (<u>Group 1 H.BAR - Group 2 P.BARS</u>)
		13h15 : 13h30	Lunch
	2st session	16h00-16h10	Warm up by RB
		16h15-17h35	Free training with Experts (2 app.40m)
		17h40-17h55	Stretching by RB
		18h00-18h40	Lecture 2°Part (<u>Group 1 POMMEL HORSE - Group 2 RINGS</u>)
		18h45-19h25	Lecture 2°Part (<u>Group 1 RINGS - Group 2 POMMEL HORSE</u>)
		19h30-22h00	Free time
		20h00 : 20h15	Dinner
	22h00	LIGHT'S OFF	

24.08 Saturday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
			08h00
	2st session	09h30-09h55	Joint preparation by 2 expert
		10h00-11h20	Free training with Experts (2 app.40m)
		11h25-11h45	Choreography and mobility by RB
		11h50-12h30	Lecture 2°Part (<u>Group 1 P.BARS - Group 2 H.BAR</u>)
		12h35-13h15	Lecture 2°Part (<u>Group 1 H.BAR - Group 2 P.BARS</u>)
		13h45 : 14h00	Lunch
		16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h00)
		20h00	Dinner
	21h00	Lecture for coaches C.N. Programming, preparation and composition of Junior exercises	
	22h00	LIGHT'S OFF	

25.08 Sunday		08h00	Wake up
		08h30	Breakfast
		09h00-12h00	Excursion trip (City tour TBD)
		13h00	Lunch
		16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)
		20h00	Dinner
		22h00	LIGHT'S OFF

26.08 Monday		07h00	Wake up
		08h00	Breakfast
	1st session	09h00-09h25	Warm up by RB
		09h30-11h30	Free training with Experts (3 app.40m)
		11h35-12h45	Lecture and practical lecture in the Gym (VAULT)
		12h50-13h15	Stretching with sticks
		13h45 : 14h00	Lunch
	2st session	16h00-16h10	Warm up by RB
		16h15-18h15	Free training with Experts (3 app.40m)
		18h20-18h45	Choreography with socks by RB
		18h50-19h30	Lecture (Gym or meeting room) for coaches Study and proposals for the increase of Strength Communication New CoP
	Meeting		
		18h45-22h00	Free time for gymnasts
	20h00	Dinner	
	22h00	LIGHT'S OFF	

27.08 Tuesday		06h45	Wake up
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2st session	09h30-09h55	Joint preparation on Big Step for Legs by RB
		10h00-12h40	Free training with Experts (4 app.)
		12h45-13h10	Choreography on Classic Bar by RB
		13h30 : 13h45	Lunch
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
	20h00	Dinner	
	22h00	LIGHT'S OFF	

28.08 Wednesday		07h00	Wake up
		08h00	Breakfast
	1st session	09h00-09h25	Warm up by RB
		09h30-11h30	Free training with Experts (3 app.)
		11h30-12h00	Elastics by RB
		12h00-12h50	Social activities
		12h00-12h30	Meeting with coaches
		12h30-13h00	Meeting with experts
		13h00	Lunch
		15h00-18h00	Social activities on the beach (BUS to 14h30/ from 18h00)
		19h00	Dinner (Banquet for gymnasts)
	20h00	Dinner (Banquet for coaches and experts)	
	22h00	LIGHT'S OFF	

29.08 Thursday	ALL DAY	Departure day
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