

FIG AGE GROUP DEVELOPMENT & COMPETITION PROGRAM for AEROBIC GYMNASTICS

5-Day Training Camp for SOUTH AFRICA

Brits, South Africa – February 21-25, 2019

Schedule (version – January 25, 2019)

FIG Expert: Desi BOGUSHEVA

Feb 20/21		Thursday February 21	Friday February 22	Saturday February 23	Sunday February 24	Monday February 25	Feb 26	
Wednesday, February 20 (or evening 19) -- Arrival of FIG expert Thursday, February 21 before 9am – Arrival of participants	09:00 – 10:30	Opening & Overview of FIG Programs & AGP <i>Critical 11-15 age</i> Gymnasts not needed	Technical Testing Program Artistic Progressions	Technical Testing Program Music, Rhythm, Ballet	Principles of Physical Preparation for Injury Prevention Gymnasts not needed	Competition Program Compulsories HP1 – HP2	Departures	
	10:30 – 10:45	Coffee Break						
	10:45-12:15	Understanding Growth Gymnasts not needed	Technical Testing Program Push-up Elements	Technical Testing Program Turn Elements	Technical Testing Program Circle Elements	Competition Program Routine Preparation HP3 – HP4		
	12:15 – 13:30	Lunch break						Competition Program Optional Rules Overview 12:00 - 13:00 Gymnasts not needed Questions/Closing 13:00 - 13:30
	13:30 – 15:00	Physical Testing Program	Technical Testing Program Support Elements	Free Afternoon	Technical Testing Program Acrobatic Elements			
	15:00 – 15:15	Coffee Break			Coffee Break			
	15:15 – 17:00	Physical Testing Program	Technical Testing Program Jump & Leap Elements		Competition Program Compulsories HP1 – HP2	Late Lunch and Early departures		
	Evening	Supper						