

U.E.G Training Camp WAG – Report

Tirrenia, 09 – 19 / 07 / 2010

Participation

35 gymnasts

36 coaches

18 countries

(AUT, CRO, CZE, ESP, FIN, FRA, GBR, IRL, ISR, ITA, LUX, NOR, POL, ROU, SUI, SWE, TUR, RUS)

Responsible

Orna Shai - WTC/UEG

Montserrat Ubia – WTC/UEG

Donatella Sacchi – Vice president WTC /FIG

Bars – Jozef Lukacs – HUN

Floor – François De Saint Martin - FRA

Beam – Rodica Demetrescu – ROU

Vault – Nick Ruddock - GBR

Choreography – Larisa Efremova - RUS

Camp Director – Rino Scala - ITA

Assistant Camp Director – Ernesto Lamborizio - ITA

General

- The atmosphere was very positive.
- The gymnasts worked hard with a lot of motivation.
- The coaches were positive in their efforts to increase their knowledge and very active in the gym hall.
- There was very good cooperation between the experts, coaches and gymnasts.
- A RUS gymnast and coach were invited by the UEG.

- The coaches, experts and assistants received a DVD with all the material that was filmed by a professional cameraman from France Promo Gym, a DVD with all lectures and music used for warm-up and choreographie.
- The basic level of the gymnasts was good (better than in the recent years).
- The Orientation meeting was presented in PPT.
- The lectures given by the experts were excellent.
- The social relationship between the coaches and the gymnasts from all the countries was very warm even more than usual.
- A new gymnasium was well equipped with good apparatus, which was beneficial for the practical sessions. We had a gym hall for choreography, which was spacious and comfortable.
- The condition of the accommodation (lodging, Meals -buffet system) was very pleasant.

The free time – beach, Luna Park, the visit in Florence and Pisa - was very relaxing and educational. We did the trip to Florence for all the participation in the same day.

- The visit to Pisa was separately from the trip to Florence and it was instead to go to the beach.
- During the "GYMNASTS SHOW" every Nation produced a small performance representing their country and it was very nice. The coaches did a very nice show for the gymnasts.
- The banqueting party was great fun.

In this training camp

- We had 3 new experts on Vault, Beam and Floor.
- Professional cameramen from France Promo Gym.

Two forms of training

Form 1 – group 1:

1. Warm up – 20 min.
2. Physical preparation – 30 min + 10 min flexibility.
3. Training with the experts (basic – learning study) – 2 h and 30 min.
4. Flexibility for gymnasts

Form 1 – group 2:

1. Choreography - 1 h and 30 min.
2. Beach.

Form 2 – group 1:

1. Warm up – 20 min.
2. Physical preparation – 30 min + 10 min flexibility.
3. Free training – helped by the experts – 2 h and 30 min.
4. Flexibility – 10 min.

Form 2 – group 2:

1. Choreography - 1 h and 30 min.
2. Beach.

- Everyday the groups were changed over.

Lectures for coaches - clarifications, code of points, theoretical course: vault, bars-basic flights elements, Beam- new dance elements according to the new code of points, Floor - acrobatics preparation for this age group.

Jozef Lukacs (HUN) –Bars

- Very professional.
- Wanted very much to share his knowledge with the coaches.
- Very co-operative and helped the gymnasts and coaches a great deal.
- Constructive corrections of the basic elements. Humorist and involved the gymnasts in enjoyable games.

- He put the same energy into working with every gymnast at any level.

Rodica Demetrescu (ROU) – Beam

- Very professional in her beam work.
- The warm up with music was very enjoyable and the new warm-up and working stages on the beam were excellent.
- Her technical corrections were appropriate.

François De Saint Martin (SUI) - Floor

- Very professional.
- Wanted very much to share his knowledge with the coaches.
- Very co-operative and helped the gymnasts and coaches very constructively.
- Very good corrections on both the basic and high-level elements.

Nick Ruddock (GBR) – Vault

- A young coach professional with a lot of motivation.
- Very co-operative and helped the gymnasts and coaches very constructively.
- His lectures were very professional in both their contents and performance.

Larisa Efremova (RUS) – Choreography

- Her choreographic training was very professional and modern with a good choice of music.
- The gymnasts and the coaches enjoyed her work very much. The basic bar work for the coaches were very useful.
- The level of the gymnasts in choreography and ballet was not so good, therefore Larisa did a very important work for the coaches and gymnasts.

Donatella Sacchi (ITA) – Vice president FIG/WTC

Worked very hard throughout the training camp with the coaches and the gymnasts in all the apparatus. Assisted greatly with translations especially with the ITA organisation with the RUS expert and with FRA and ITA teams. Her judging lecture about the new in code of points special for coaches was very professional and extremely useful for coaches.

Recommendations

1. The programme for the gymnast's age (10-12 years) should be maintained in the future. They are ready to learn and it is important at this age to maintain their motivation and for the coaches to increase their knowledge and motivation. Year by year the Federations have realised that this camp is an important step in the development process of coaching knowledge.
2. Training with the experts is important to the coaches for learning methodology of basic elements and for the study of certain elements.
3. It is important that the Experts prepared the lecture material for to give to the coaches.
4. We changed the basic programme and we add necessary elements according to the COP. We also gave more information about the new and more popular elements that are performed in the competitions.
5. Was very useful to have a professional cameraman, the coaches can work free without the necessity to use the camera all the time; the quality of the movies is excellent.
6. For the next year we need: mats for landing on the beam, a low beam, more landing mats, more sponge platforms for spotting.

Conclusion

It was an honour to have the UEG president Georges Guelzec and the MTC/UEG President, Gianfranco Marzolla, attending the course.

We would like to thank the U.E.G for their support.

We would like to thank the Italian Federation for the excellent organisation of the training camp.

We would like to thank Rino Scala the camp director and Ernesto Lamborizio the assistant and the "CONI" Centre for their hard work during the training camp.

The number of the coaches and gymnasts increase every year and we had many requests. It is very pleasing for us to find that the camp has increased in popularity and has become so successful.

It is necessary to continue to hold future camps for the advancement of the European gymnastics.

The young gymnasts are the future of European Gymnastics and it is important to give both coaches and gymnasts the best possible training and education.

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