

**Men's Artistic Gymnastics EDUCATIONAL CAMP for
Junior GYMNASTS AND COACHES
Thessaloniki
2022**

Date	Time	Activity	
27.06. monday	All day	Arrival day	
28.06. tuesday	07h00	Wake up	
	08h00	Breakfast	
	meeting 09h00-09h40	Introduction meeting (meeting room TBD) maybe in the Gym	
	1st session	09h50-10h10	Warm up by RB
		10h10-11h40	Free training adaptation to apparatus (3 app.)
		11h40-11h50	Stretching
		11h50-12h50	Lecture and practical lecture in the Gym (TRAMPOLIN)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training adaptation to apparatus (3 app.)
		17h40-19h10	Lecture and practical lecture in the Gym (FLOOR EX)
19h00-22h00	Free time		
20h00	Dinner		
22h00	LIGHT'S OFF		
29.06. wednesday	06h45	Wake up	
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Experts (3 app.)
		11h25-11h55	Choreography by RB
		11h55-13h25	Lecture and practical lecture in the Gym (POMMEL HORSE)
	13h30	Lunch	
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
20h00	Dinner		
22h00	LIGHT'S OFF		
30.06. thursday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h00	Free training with Experts (3 app.)
		11h00-11h20	Stretching and artistic jumps by RB
		11h20-12h50	Lecture and practical lecture in the Gym (RINGS)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training with Experts (3 app.)
		17h40-19h10	Lecture and practical lecture in the Gym (VAULT)
19h00-22h00	Free time		
20h00	Dinner		
22h00	LIGHT'S OFF		
01.07. friday	06h45	Wake up	
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-09h55	Joint preparation
		09h55-11h25	Free training with Experts (3 app.)
		11h25-11h55	Choreography and mobility by RB
		11h55-13h25	Lecture and practical lecture in the Gym (P. BARS)
	13h30	Lunch	
	16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)	
20h00	Dinner		
22h00	LIGHT'S OFF		

02.07. saturday	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

03.07. sunday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h00	Free training with Experts (3 app.)
		11h00-11h20	Stretching
		11h20-12h50	Lecture and practical lecture in the Gym (HIGH BAR)
	13h00	Lunch	
	2nd session	16h00-16h10	Warm up by RB
		16h10-17h40	Free training with Experts (3 app.)
		17h40-18h10	Physical preparation leading by experts
		18h10-18h30	Choreography with socks by RB
	meeting	18h00-19h30	Lecture in the meeting room for coaches (CoP 2022-2024)
		18h30-22h00	Free time for gymnasts
		20h00	Dinner
	22h00	LIGHT'S OFF	

04.07. monday	06h45	Wake up	
	1st session	07h00-07h40	Physical preparation & Stretching
		08h00	Breakfast
	2nd session	09h30-09h55	Joint preparation
		09h55-11h55	Free training with Experts (4 app.)
		11h55-12h25	Physical preparation leading by experts
		12h25-12h55	Choreography and mobility by RB
		13h30	Lunch
		16h30-19h30	Beach or Free time (BUS to 16h00/ from 19h30)
		20h00	Dinner
	22h00	LIGHT'S OFF	

05.07. tuesday	07h00	Wake up	
	08h00	Breakfast	
	1st session	09h00-09h30	Joint preparation
		09h30-11h30	Free training with Experts (4 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	

06.07. wednesday	All day	Departure day
-----------------------------	----------------	----------------------