

## **ARTISTRY SEMINAR**

“Which kind of Knowledge (theory& practice), the RG Coaches and Ballet Teachers, are needed to get the best artistry value in RG Routines”

### **TIME SCHEDULE/ ATHENS**

**PEACE AND FRIENDSHIP STADIUM: HALL B THEORY, HALL 7: PRACTICE**

**Friday 11 October 2024**

#### **10.00-12.00: Theory/ Part I**

- The role of music for a unique composition
- Base music Knowledges for the coaches and Judges
- How to teach the young gymnasts to listen and feel the music
- The role of music for Guiding Idea and Character of the composition
- Music and body- facial expression

#### **12.00-13.00: Practice**

- Ballet lesson for young gymnasts (BARRE)

#### **13.00-13.30: Pause**

#### **13.30-15.30: Practice**

- Dance steps and use of apparatus Hoop & Ball

#### **15.30-17.30: Practice**

- Dynamic elements for Body and Apparatus
- Correct study and timing execution of vertical rotations

**Saturday 12 October 2024**

#### **10.00-12.00: Theory/Part II**

- The role of music for a unique composition
- Base music Knowledges for the coaches and Judges
- How to teach the young gymnasts to listen and feel the music
- The role of music for Guiding Idea and Character of the composition
- Music and body- facial expression

#### **12.00-13.00: Practice**

- Ballet lesson for young gymnasts (CENTER)

#### **13.00-13.30: Pause**

#### **13.30-15.30: Practice**

- Risk
- Acrobatic rotations

#### **15.30-17.30: Practice**

- Waves with clubs and Ribbon

## **TIME SCHEDULE/ THESSALONIKI**

### **GYMNASTICS INDOOR HALL MIKRA**

**Sunday 13 October 2024**

**10.00-12.00: Theory/ Part I**

- The role of music for a unique composition
- Base music Knowledges for the coaches and Judges
- How to teach the young gymnasts to listen and feel the music
- The role of music for Guiding Idea and Character of the composition
- Music and body- facial expression

**11.00-13.00: Practice**

- Ballet lesson for young gymnasts (BARRE)

**13.00-13.30: Pause**

**13.30-15.30: Practice**

- Dance steps and use of apparatus Hoop & Ball

**15.30-17.30: Practice**

- Dynamic elements for Body and Apparatus
- Correct study and timing execution of vertical rotations

**Monday 14 October 2024**

**10.00-12.00: Theory/Part II**

- The role of music for a unique composition
- Base music Knowledges for the coaches and Judges
- How to teach the young gymnasts to listen and feel the music
- The role of music for Guiding Idea and Character of the composition
- Music and body- facial expression

**12.00-13.00: Practice**

- Ballet lesson for young gymnasts (CENTER)

**13.00-13.30: Pause**

**13.30-15.30: Practice**

- Risk
- Acrobatic rotations

**15.30-17.30: Practice**

- Waves with clubs and Ribbon