

Timetable

Saturday 9.30 – 15.30

9.30 – 9.45 Welcome

9.45 – 10.45 Children rules TV in theory

Training sessions:

11.00 – 12.00 Series of steps, kips and hops (technique, posture etc.)

12.00 – 13.00 BMS (technique and fluency)

13.00 - 13.30 **Lunch**

13.30 – 14.30 Short Program New rules

14.30 – 15.00 Dynamic mobility training

15.00 - 15.30 Rule game 😊

Sunday 9.30 – 15.30

9.30 – 9.45 Questions from Saturday

9.45 – 10.45 Junior&Senior rules TV in theory

A, B or C (Healthy aspects as well) with demogymnasts:

11.00 – 12.00 Balances

12.00 – 13.00 Jumps/leaps

13.00 – 13.30 **Lunch**

Videoanalysis jun&sen:

13.30 – 14.00 TV elements

14.00 – 14.30 Card game 😊

14.30 – 15.00 AV-A in general

15.00 – 15.30 AV-B elements



Picture Sami Ilmonen