



## **IFAGG seminar 30. March, Padova ITA**

### **Preliminary schedule of theoretical and practice lessons:**

**10.00-11.00. Introductory lecture.** Basics for gymnastics coach / Tatiana Miroshnychenko and Lilia Morozova

**11.00-11.45. Lecture.** Causes and consequences of gymnastics injuries / Natalia Chelnokova, doctor surgeon orthopedic traumatology

**11.45-12.00 Coffee break**

**12.00-13.00 Practice.** Basic principles of AGG. Basic skills and the basic elements of AGG and methods of teaching / Veera Kainulainen

**13.00-14.00 Lunch**

**14.00-15.30 Presentation of the short program /** Tarja Rasimus-Jarvinen and Olga Ponikarova

**15:45-17:15 Practice: Short program with choreographers**

15:45-16:15 Pascal Chanterie

16:15-16:45 Saniya Glyzina

15:45-17:15 Antton Laine

17:15-17:30 Possible questions

**17:30-18:15 Practice:** Basics of the main AGG choreography (balances, pivots/turns) in the children's categories / Elena Dukova

**18:15 Closing the course**