

# Olympic Solidarity-FIG Academy for Artistic Gymnastics – Level 1

Bogota, Colombia --- August 20-27, 2018

**Course Schedule** – version July 24, 2018

**FIG Academy Experts: Ximena (Mini) Rodriguez CHI (course leader), Gustavo Sito ARG, Andres Llanos Gerardino COL**

August 19 & 20	Time	Monday August 20	Tuesday August 21	Wednesday August 22	Thursday August 23	Friday Aug24	Saturday August 25	Sunday August 26	Monday August 27	Tues. Aug28
<b>Sunday, August 19 - Arrival of FIG Experts</b> <b>Monday, August 20 - Arrival of all candidates</b>	09:00 – 10:30		<b>Anatomy A</b> <i>Mini Rodriguez</i>	<b>Biomechanics B</b> <i>Mini Rodriguez</i>	<b>Anatomy B</b> <i>Mini Rodriguez</i>	<b>Individual Preparation for Examinations</b> <b>Gymnasts will be available - 09:00 – 12:15</b>	<b>Psychology</b> <i>Mini Rodriguez</i>	<b>MAG – PBars</b> <i>Gustavo Sito</i> <b>WAG – Floor</b> <i>Andres Gerardino</i>	<b>Practical Examination</b> <b>MAG – WAG</b>  <b>08:00 – 14:00</b>	<b>D E P A R T U R S</b>
	10:30 – 10:45	Coffee or Tea Break					Coffee or Tea Break			
	10:45 – 12:15		<b>Biomechanics A</b> <i>Mini Rodriguez</i>	<b>Physiology A</b> <i>Mini Rodriguez</i>	<b>Physiology B</b> <i>Mini Rodriguez</i>		<b>Trampoline for Gymnastics</b> <b>MAG &amp; WAG</b> <i>Andres Gerardino</i>	<b>MAG – PBars</b> <i>Gustavo Sito</i> <b>WAG – Bars</b> <i>Andres Gerardino</i>		
	12:15 – 14:00	Lunch					Lunch			
	14:00 – 15:30	<b>Meeting of FIG Experts</b>	<b>MAG – Floor</b> <i>Gustavo Sito</i> <b>WAG – Vault</b> <i>Andres Gerardino</i>	<b>MAG – PHorse</b> <i>Gustavo Sito</i> <b>WAG – Floor</b> <i>Andres Gerardino</i>	<b>MAG – Rings</b> <i>Gustavo Sito</i> <b>WAG – Vault</b> <i>Andres Gerardino</i>		<b>MAG – Vault</b> <i>Gustavo Sito</i> <b>WAG – Music &amp; Artistry</b> <i>Mini Rodriguez</i>	<b>MAG – HBar</b> <i>Gustavo Sito</i> <b>WAG – Floor</b> <i>Andres Gerardino</i>		
	15:30 – 15:45	Coffee or Tea Break					Coffee or Tea Break			
	15:45 – 17:15		<b>MAG – Floor</b> <i>Gustavo Sito</i> <b>WAG – Bars</b> <i>Andres Gerardino</i>	<b>MAG – Phorse</b> <i>Gustavo Sito</i> <b>WAG – Floor</b> <i>Andres Gerardino</i>	<b>MAG – Rings</b> <i>Gustavo Sito</i> <b>WAG – Bars</b> <i>Andres Gerardino</i>		<b>MAG – Vault</b> <i>Gustavo Sito</i> <b>WAG – Beam</b> <i>Andres Gerardino</i>	<b>MAG – HBar</b> <i>Gustavo Sito</i> <b>WAG – Beam</b> <i>Andres Gerardino</i>		
	17:15 – 17:30	<b>Opening Information &amp; Exam Instruction</b> <i>Mini Rodriguez</i> <b>19:30-21:00</b>		Short Break			<b>Individual Preparation for Examination</b>	<b>Individual Preparation for Examination</b>	<b>Theory Examination</b> <b>19:30-20:30</b>	
17:30 - 19:00 Lectures			<b>Music &amp; Rhythm</b> <b>MAG &amp; WAG</b> <i>Mini Rodriguez</i> <b>17:30-19:00</b>							