



## FIG Academy for Acrobatic Gymnastics – Level 3

Aalen, Germany --- 19-24 April 2022

**Course Schedule** – version March 14, 2022



**FIG Academy Experts: Chris Evans (GBR) (course leader), Sergej Tretyakov (BEL), Lourenço França (POR), Thomas Heinen (GER)**

	Time	Monday April 18	Tuesday April 19	Wednesday April 20	Thursday April 21	Friday April 22	Saturday April 23	Sunday April 24	Mond April 25	
<b>Sunday April 17 - Arrival of FIG Experts Monday, April 18 - Arrival of all candidates</b>	09:00 – 10:30		<b>L1 &amp; L2 Review Biomechanics</b> Chris Evans	<b>Psychology Gaze Control of Movement</b> Tomas Heinen	<b>Medical Etiology of Injuries</b> Chris Evans	<b>Individual Elements Cat 2</b> Lourenço França	<b>Routine Construction</b> Lourenço França	<b>Practical Examination</b>  <b>Individual Elem.</b>  <b>Group Elements</b>  <b>08:00 - 13:30</b>	<b>Departure</b>	
	10:30 – 10:45	Coffee Break								
	10:45 – 12:15	<b>Meeting of FIG Experts</b>	<b>Medical Growth &amp; Development</b> Chris Evans	<b>Psychology Lost Skill Syndrome</b> Tomas Heinen	<b>Physical Prep for Injury Prevention</b> Chris Evans	<b>Balance Skills Pairs</b> Sergej Tretyakov	<b>Men's Group Balance</b> Sergej Tretyakov			
	12:15 – 14:00	Lunch								Late Lunch
	14:00 – 15:30	<b>Meeting of FIG Experts</b>	<b>Balance Skills Common Principles</b> Sergej Tretyakov	<b>Artistic Preparation</b> Lourenço França	<b>Creativity &amp; Choreography</b> Lourenço França	<b>Women's Group Balance</b> Sergej Tretyakov	<b>Men's Group Dynamic</b> Lourenço França			
	15:30 – 15:45	Coffee Break								
	15:45 – 17:15		<b>Dynamic Skills Common Principles</b> Lourenço França	<b>Dynamic Skills Pairs</b> Sergej Tretyakov	<b>Balance Skills Pairs</b> Sergej Tretyakov	<b>Women's Group Dynamic</b> Lourenço França	<b>Individual Preparation for Examination</b>			
	<b>Chris Evans 18:30-20:00</b>	<b>Opening Information</b>  <b>Exam Instruction</b>		<b>Individual Elements Cat 1</b> Sergej Tretyakov  <b>17:30 - 19:00</b>	<b>Individual Preparation for Examination</b>	<b>Individual Preparation for Examination</b>	<b>Theory Examination</b>  <b>19:30 - 20:30</b>	<b>Closing Dinner</b>		