

14–24th July 2005

UEG TRAINING CAMP TIRRENIA

Nicole Watson + Tracy Cooper

After a 4 hour train journey to Stanstead, we flew to Pisa and arrived at 3.30pm. The temperature was a hot 35 degrees. When we arrived at the campus we were issued with T shirts and timetables. We spent the afternoon looking around and relaxing. In the evening we ate dinner together and had an orientation meeting.

Each morning breakfast was 8 am, then training or choreography at 9 am. We were grouped with Russia, Greece, Ireland, Austria, Switzerland and Poland. There were 2 gymnasts the same age as Nicole, the Russian and Italian girls. These were the youngest on the camp.

Each day consisted of 1&1/2 hours choreography and 4 hours apparatus training. On alternate days we ran our own programmes and the other days were ran by the experts.

The training hall was good with vault, tumble strip and 2 bars to pit, 3 beams, A bars and a floor. There was plenty of safety matting and blocks for supporting. We are told next year they will have a new gym built and ready for the next camp.



Each day we had a bus provided that took us to and from the beach, this gave everyone

Tirrenia Camp 2005

a chance to relax and socialise together and the gymnasts loved it. Each evening after dinner the coaches had a lecture by the experts on various aspects of gymnastics from apparatus to the code of points. This was excellent as it gave so many varied ideas on skills and set ups to use with basic gymnasts through to elite.

We had an added bonus of a trip to a theme park and a trip to Pisa and Florence.



Tirrenia Gymnastics Hall

The trip was a valuable learning experience for both myself and Nicole and one we will never forget. We both made friends for life who we now miss. I have learnt to take on other peoples ideas and advice as well as relaxing in other coaches company. Nicole shone throughout the entire camp and trained everyday at her best, I received many positive comments about Nicole's work and attitude on the camp.

The camp gave many positive experiences, and If given the opportunity again I would certainly return. I would also strongly recommend the camp and experience to any other coaches who may get the opportunity.

On behalf of Sandbach Gymnastics I would like to thank the UEG for enabling us to have such a memorable experience. The experts made the camp what it was, their hard work, motivation and passion for gymnastics was passed on to all.

The Coaches



The Experts

Orna Shai,
Donatella Sacchi
Zsuzsa Kalmar
Jozsef Lukas

Larisa Efremova
Giorgio Colombo
Rino Scala
Tino Lamborizio

Thanks for making it a wonderful experience!