

# ELEVATE 21



DUBAI, UAE



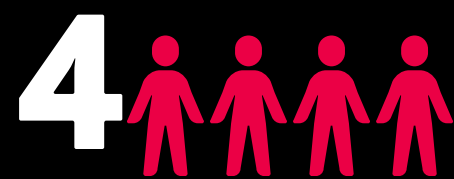
# INTRODUCTION

COACHES FROM DIFFERENT COUNTRIES HELD THE LAST EVENT IN 2 DAYS WITH 24 HOURS OF TRAINING.

PARTICIPANTS TOOK AWAY ONLINE CONTENT ON AN E-LEARNING PLATFORM TO ACCESS ALL THE GYMNASTICS MATERIAL FOR 3 MONTHS, IN ADDITION TO THEIR SPECIALIZATION CERTIFICATION WITH A EUROPEAN SYSTEM WORKLOAD OF 1 ECTS, WHICH WILL BE PROVIDED FOR E-GYMNASTICS, GERMANY,

IN THIS EVENT WAS TWO SESSIONS PER DAY; THEORETICAL MORNINGS AND PRACTICAL AFTERNOONS, DURING 4 DAYS THESE WERE THE NUMBERS OF THE LAST COURSE

# ELEVATE 21



EXPERTS



MONTHS E-LEARNING  
PLATFORM ACCESS



DIFFERENTS  
NATIONALITIES



HOURS TRAINING

# CONTENT & SCHEDULE

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THE EXPERTS WILL FOCUS THE FIRST TWO DAYS ON THE FUNDAMENTALS, THE BASIC TRAINING BASED ON SCIENTIFIC RESEARCH, THE REASONS OF PHYSICAL PREPARATION TO ACCOMPANY THE TECHNIQUE, THE COORDINATION AND ITS PREPONDERANT ROLE IN STRENGTH AND SPEED, THE TECHNICAL PART AND ITS TRANSFER TO THE PRACTICE, WHICH SHOULD BE AN ESSENTIAL PART IN ANY GYM WITH A CONSCIOUS AND PROFESSIONAL WORK. THE LAST TWO DAYS WILL FOCUS MORE ON PLANNING, PERIODIZATION, TECHNIQUE, AND SPOTTING WITH THE GYMNAST TO CLIMB HEALTHILY IN THE DIFFICULTY OF THE ELEMENTS.

COURSE WITH THE POSSIBILITY TO SHARE GYMNASTICS IDEAS AND ASK THE EXPERTS TO CLARIFY TECHNICAL DOUBTS AND MORE.

THE PRACTICAL PART YOU WILL CHOOSE INTO WAG AND MAG, AND THE PARTICIPANTS WILL BE ABLE TO CHOOSE WHAT THEY WANT TO PERFECT IN THEIR SPECIALIZATION ACCORDING TO THE EQUIPMENT. AT THE END OF THE PRACTICAL PART, THERE WILL BE SOME LECTURES, INTERACTIVE DISCUSSION TOPICS, AND ANYTHING ELSE THE PARTICIPANTS WISH TO EXPLORE.

GREAT OPPORTUNITY TO NETWORK, DEVELOP AND GROW IN THIS ENVIRONMENT FOR COACHES AND PROGRAM DIRECTORS, AND GYM OWNERS AROUND THE GCC



4 

DAYS CLASSES

16 

MODULS CLASSES

20 

PARTICIPANTS

2 

E-LEARNING  
PLATFORMS

# ELEVATE 21

## TECHNICAL DIRECTOR



FLAVIO BESSI PHD  
UNIFREIBURG, GERMANY



EXPERT FIG / CHAIRMAN OF THE COMMITTEE FOR EDUCATION AND TRAINING FOR COACHES GYMNASTICS GERMAN FEDERATION DTB PROJECT MANAGER DEUTSCHER OLYMPISCHER SPORTBUND & INTERNATIONAL OLYMPIC COMMITTEE IOC "FROM OCTOBER 1 TO 2, THE FIRST-EVER INTERNATIONAL FITNESS COURSE WAS HELD IN DUBAI, UNITED ARAB EMIRATES. COACHES FROM 16 COUNTRIES HAVE BENEFITED FROM THIS UNIQUE OPPORTUNITY ORGANIZED BY E-GYMNASTICS & FITREPUBLIK. TOGETHER, WITH EMRYS FARLAND, WE LED BOTH THE THEORY CLASSES AND THE PRACTICAL SESSIONS. ALL SESSIONS TOOK PLACE AT FITREPUBLIK'S BEAUTIFUL FACILITIES IN DUBAI SPORTS CITY. WE TAUGHT HIGHLY MOTIVATED COACHES ABOUT BIOMECHANICS, TRAINING THEORY, COMMUNICATION SKILLS, AND TRANSFERRING THIS KNOWLEDGE INTO PRACTICE.

THE PARTICIPANTS GAINED SUCH INFORMATION DURING THE COURSE, EXCHANGING AND DISCUSSING IDEAS AND EXCLUSIVE ACCESS TO THE E-GYMNASTICS LMS (LEARNING MANAGEMENT SYSTEMS), WHERE THEY CAN FIND MANY MORE VALUABLE MATERIALS TO READ OR DEEPEN THEIR KNOWLEDGE. EVERYONE PRESENT (TEACHERS, PARTICIPANTS, ORGANIZERS, THE FITREPUBLIK TEAM BEHIND THE SCENES) AGREED: THIS WAS ONLY THE FIRST OF A SERIES OF TRAINING SESSIONS THAT WILL CONTINUE TO TAKE PLACE. LAST YEAR WAS A GREAT SUCCESS, WHERE I MET MANY INSPIRING PEOPLE AND MADE NEW TEAMMATES IN THE UAE.

EMILIO WERE FANTASTIC HOSTS, IN THIS INCREDIBLE CITY, DUBAI.

WE WILL HAVE NEW EXPERTS, WC CHAMPION SABINA COJOCAR FROM ROMANIA, AND OTHER EXPERTS IN THEIR FIELD. WE OFFER A FOCUS ON NEW TECHNIQUES AND NETWORKING OPPORTUNITIES. WE ARE PROUD TO BE PART OF THIS EXCITING PROJECT"

# SPEAKERS OF THE COURSE

# ELEVATE 21



EMRYS FARLAND  
EXPERT FIG LEVEL 3  
FITREPUBLIK, SOUTH AFRICA

TRAINING PRINCIPLES AND  
STRENGTH & CONDITIONING IN  
ARTISTIC GYMNASTICS



SABINA COJOCAR  
WC & EUROPEAN CHAMPION  
FITREPUBLIK, ROMANIA

EXPERIENCE IN THE HIGH  
PERFORMANCE & TALENT  
DETECTION IN WAG



EMILIO ROMERO QUIRINO  
MEDICINE & SCIENCE IN SPORT  
FITREPUBLIK, CHILE

FOUNDATION, STRENGTH &  
COORDINATION IN ARTISTIC  
GYMNASTICS, FBS SYSTEM

