



GYMNASTICS CAMP
RFEG

A CAMP TO LEARN
LIKE **THE BEST**

**ARTISTIC
GYMNASTICS**



**RHYTHMIC
GYMNASTICS**



01 WHAT IS GYMNASTICS CAMP?

Gymnastics Camp is a project from the Real Federación Española de Gimnasia offering the chance of living a training experience at the highest level in order to discover and share gymnastics values, both artistic and rhythmic.

HIGH LEVEL FORMATION THROUGH GYMNASTICS



02 WORK AREAS

PROGRAM DESIGNED BY THE
TECHNICAL TEAM OF THE **REAL
FEDERACIÓN ESPAÑOLA DE
GIMNASIA**



TRAINING

Apparatus technique, posture control, specific training.

SPORT EDUCATION

punctuation code, nutrition, psychology, training methodologies.

**RECREATIONAL
ACTIVITIES**

Games linked to sport values. Teamwork, effort, leadership and self-control.

**MUSIC APPLIED TO
MOVEMENT (rhythmic
gymnastics)**

Contemporary dance, classical, salsa and flamenco.

**PHYSICAL TRAINING (artistic
gymnastics)**

Physical training for every apparatus.



INITIATION

GYMNASTS PRACTICING 2/3 HOURS PER WEEK.

PROMISES

GYMNASTS INITIATED IN REGIONAL COMPETITIONS.

TECHNIFICATION

FEDERATED GYMNASTS COMPETING IN A NATIONAL LEVEL WITH LICENSE.

LIVE A **GREAT EXPERIENCE** OF PERSONALIZED LEARNING



03 DAY CAMP



DAY CAMP

Addressed to participants from 7 years old.

Level test: Sunday.

Campus: 5 days, from Monday to Friday.

Exhibition: Saturday.

Sport Facilities: Universidad Europea de Madrid.

Pick up points: Universidad Europea de Madrid.

08:30	Check in
09:00	Training session
10:30	Shower and Snack
11:00	Sport Education
12:00	Recreational activity
13:00	Lunch and dental hygiene
14:00	Swimming pool
16:00	Training session
17:30	Specific activity*
18:30	Shower and Snack
19:00	Check out

*** Music applied to movement or Strength and conditioning**



04 RESIDENTIAL CAMP



RESIDENTIAL CAMP

Addressed to participants from 9 years old.
7 days, from Sunday to Saturday.

Sport facilities and Residence:
Universidad Europea de Madrid.

Pick up point: Universidad Europea de Madrid.

Delivery point: Universidad Europea de Madrid.

Transfer service (ask for more info).

08:30	Breakfast
09:00	Training session
10:30	Shower and Snack
11:00	Sport formation
12:00	Recreational activity
13:00	Lunch and dental hygiene
14:00	Swimming Pool

16:00	Training Session
17:30	Specific activity*
18:30	Shower and Snack
19:30	Family callings
21:00	Dinner
22:00	Night game
23:00	Rest time

*Music applied to movement or Strength and Conditioning



05 PROFESSIONAL TEAM



Coaches

At Gymnastics Camp training sessions are directed by first level technicians and gymnasts. Members of the Real Federación Española de Gimnasia.



Monitors

Professionals and students from education, psychology or pedagogy. All our monitors have educative vocation, in this way they apply our program with excellence.



Master Class

Our master classes are a fundamental part of our program, complementing the daily work with specific seminars of world-class gymnasts.



06 FACILITIES





Universidad Europea de Madrid

One of the most prestigious private universities worldwide. The Campus of Villaviciosa de Odón stands out for its modern facilities. Larger than 25 hectares, the campus has every resource needed for the practice of the Gymnastics Camp.



Sport facilities

At UEM facilities we have an indoor pavilion with all the equipment needed for gymnastics practice, with capacity for 500 participants. Beside a large sports complex equipped with swimming pools, gyms, athletics track, football fields...



Residence

The UEM has two college residences with capacity for 500 people, distributed in double and single rooms, all of them with outside views to the gardens and private bathroom, where our residential participants will enjoy all the amenities.



07 QUALITY AND EXCELLENCE

Nutrition

Meals are supervised by a nutritionist in order to guarantee its adjustment to participants needs and to quality requirements for the Real Federación Española de Gimnasia Camp.

Breakfast: It includes liquid supply with fruit juices, dairy products and carbohydrates.

Training break: energetic input.

Lunch: main and second course, dessert, bread and water.

Snack: snack and hydration.

Dinner: main and second course, dessert, bread and water.

Day Camp doesn't includes breakfast nor dinner.

Personal hygiene

Our objective is to teach participants certain hygiene and body care habits to make an impact in their health and interpersonal relationships.

On this matter, every participant should bring:

- **Toothbrush and toothpaste.**
- **Shower gel and shampoo.**
- **Comb or Hair brush.**
- **Towel.**



Laundry service

Residence has washing machines, a weekly day will be established in order to use the laundry service, supervised by a monitor to make sure the younger ones don't have any problem to clean their training clothes (2 weeks camp only).

Private insurance

Sanitary assistance during the camp is covered through a private medical insurance, thereby we ensure to assist a gymnast as fast as possible if an injury happens.

Gift to participants

- Diploma accrediting participation.
- Photographic memory of their experience at Gymnastics Camp.
- Training kit.
- Rhythmic gymnastics toes.
- Training bag.



Visit to CAR

As an activity for both Residential Camp and Day Camp, a guided tour of the High-Performance Sports Center in Madrid will be given.



08 A TRANSFORMATIVE EXPERIENCE



“It has been a unique experience for our son, thank you very much to every professional involved with the Gymnastics Camp”



“My 9-year-old daughter says dedication and effort are really important to achieve your goals, we are going to repeat next summer without a doubt”



“The experience has been really intense and gratifying, our daughter has done friendships going beyond her love for gymnastics”





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