



AGG INTERNATIONAL BULLETIN 1/2010 20.1.2010

Dear friends of AGG,

Welcome back from holidays, IFAGG
Wishes you a good start for year 2010!

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Announcements

- World Cup I and Challenge Cup I 26.-28.3.2010 will not take place in Wroclaw, Poland (host city cancelled). **New host for World Cup I and Challenge Cup I is Finland, date 26th – 28th March, 2010.** Invitation will be announce on the IFAGG website www.ifagg.com in the “News” section and in the competition calendar.
- IFAGG Deep Technique course will take place 10th - 11th February in Tartu, Estonia More information (invitation, preliminary schedule etc.) on the www.ifagg.com .
- IFAGG Training Camp will be organized this coming summer in Spain. More information on the www.ifagg.com 1.2.2010.
- Rule updates will be published week 6, after the International Judges Course in Prague has taken place 29.-31.1.2010.
- IFAGG International judges course Prague, Czech Republic 29.-31.1.2010. If you still wish to participate in the Judges Course, please send registration immediately to office@ifagg.com and r.vrbova@kr-olomoucky.cz. More information on www.ifagg.com Schedule frame is: Friday 29th course between 18:00 – 21:00 hours. Saturday 30th 09:00 – 19:30 hours and Sunday 31st 09:00 – 13:00 including exams.
- World Championships will take place in Varna, Bulgaria 10th – 13th June, 2010. Invitation will be published on www.ifagg.com
Some tourist links: www.travel-bulgaria.com and www.discover-bulgaria.com



Licenses 2010

All gymnasts and judges who are taking part to IFAGG international events need to have a license for year 2010. The prices of each license type are the same as in 2009.

Senior gymnast	20 EUR/ year 2010
Junior gymnast	10 EUR/ year 2010
Judge	50 EUR/ year 2010

Licence payments

The gymnast(s) / judge(s) Licences is paid only one (1) time during the year.
The Licences have to be paid to IFAGG from national AGG Federation /Association or directly from club before that gymnast(s)/ judge(s) participate in the 1st International competition (World Championships, Junior Championships, World Cup, Challenge Cup) during the year.

GYMNAST LICENCE payment

Make transfer to IFAGG account
SAMPO BANK
Address: Unioninkatu 22, Helsinki, 00075 SAMPO
Account: 800015-70979378
I.B.A.N: FI9880001570979378
S.W.I.F.T: DABAFIHH

Important:

Please mention while you make the payment to account:

Code: IFAGG GYMNAST LICENCE 2010

- Country
- Team / Club name

Send to IFAGG office by e- mail:

1. Inscription of GYMNAST LICENCE 2010 (*See document attached)
2. Copy of payment

Send to IFAGG office: office@ifagg.com

Inscription of GYMNAST LICENCE 2010 (*See document attached)



JUDGE LICENCE payment

1. Make transfer to IFAGG account

SAMPO BANK

Address: Unioninkatu 22, Helsinki, 00075 SAMPO

Account: 800015-70979378

I.B.A.N: FI9880001570979378

S.W.I.F.T: DABAFIHH

Important:

Please mention while you make the payment to account:

Code: IFAGG JUDGE LICENCE 2010

- Judge name
- Country

Send to IFAGG office: office@ifagg.com:

1. Inscription of JUDGE LICENCE 2009 (*See document attached)
2. Copy of payment

Deep Technique course for AGG judges and coaches 10.-11.2.2010 Tartu Estonia

Course venue: Tartu London Hotell, Rüütli 8, Oxford Hall
from the airport of Tartu with taxi ab. 15
minutes, from city centre 15 minutes with bus
from railway station or 5 minutes from bus
station
[www.tartu.ee/ kaart/](http://www.tartu.ee/kaart/)

Course outfit: Casual outfit (you are able to move), drinking
bottle, notebook and pen

Course fee: **Course fee 150,-**
Please, watch out to the additional cost according to your bank.

Pay the course fee to IFAGG bank account:

BANK: Sampo Bank plc, Unioninkatu 22,
Helsinki, 00075 SAMPO

IBAN NUMBER: FI9880001570979378
Swift code: PSPBFIHH (Swift code)





NOTE:

Only in very special cases we can accept cash. There are two Sampo Bank offices in Tartu, Estonia. In case of cash, you can contact Sampo Bank office in Tartu and make your deposit there. See bank offices below:

Sampo Bank / Ülikooli Street outlet

Address: Ülikooli 6a, 51003 Tartu

Open: Mon-Fri 9.00-18.00; Sun 10.00-14.00

Sampo Bank / Lõunakeskuse outlet

Address: Ringtee 75, 50501 Tartu

Open: Mon-Sat 10.00-20.00, Sun 10.00-16.00

PROGRAM (preliminary)

Wednesday 10th February, 2010

- 12:00 Opening of the course
- 12:15-13:00 AGG rules and demonstrations of rules
AGG Technique: what is characteristic for AGG, what separates it from other gymnastics sports
- 13:00-14:30 required and supplementary body movements
- 14:30-15:00 Coffee break (sandwiches, coffee or tea)
- 15:00-16:30 Video analysis technique and execution
- 16:30-18:00 Video analysis Technical and Artistic value

Thursday 11th February, 2010

Place: Sport Hall, gym. nr.2, address: Turu 8)

- 9:00-10.30 Dynamics and fluentness in required difficulties and supplementary elements
- 10:30- 11:30 Demonstration of balances
- 11:30-12:30 Lunch
- 12:30-13.30 Demonstration of AGG jumps and leaps
- 13:30-14.30 AGG Technique, collaborate in AGG
- 14:30-15.00 Discussion and questions
Summary of the course

IFAGG contact info:

Main Office telephone number: +358 (0) 44 30 43 708

E-mail: office@ifagg.com