




International Coach Course of AGG

March 15th 2024
Espoo, Finland

INVITATION

Finnish Gymnastics Federation and International Federation of Aesthetic Group Gymnastics have the pleasure to invite you to participate in an educational event.

SPORT	Aesthetic Group Gymnastics (AGG)
DATE	15 th of March 2024, at 8:30-12:00 Helsinki time
EVENT VENUE	OVO Training Center / Esport Center Koivu-Mankkaan tie 3, 02200 Espoo 
HOST ORGANIZATION	Finnish Gymnastics Federation Contact person: Laura Uimonen Phone/Whatsapp: +358 50 5485734 E-mail: laura.uimonen@voimistelu.fi Website: www.voimistelu.fi IFAGG LIAISON: INTERNATIONAL FEDERATION OF AESTHETIC GROUP GYMNASTICS - IFAGG E-mail: office@ifagg.com Website: www.ifagg.com
RULES AND REGULATIONS	All participants must follow the IFAGG rules and regulations.
INVITED ORGANIZATION	IFAGG and FGF will invite all IFAGG members and not members for participation
REGISTRATION	All registrations must be done online on both IFAGG and LOC site. IFAGG registration site: https://ifagg.com/v1/page.php?n=8&event=0110 LOC registration (accreditation): https://q.surveypal.com/IFAGG-coach-course
REGISTRATION DEADLINES	Definitive registration – March 11th 2024
ENTRY FEES	The non-reimbursable Entry fee is: <ul style="list-style-type: none">• 60 EUR - IFAGG members (IFAGG will send invoice)• 70 EUR – not IFAGG members (IFAGG will send invoice)

	The fee covers all lessons by IFAGG instructors and practice lessons. This fee must be paid to IFAGG according to the invoice sent by the IFAGG main office by the due date.
SCHEDULE	<p>AGG Technique and body movements for Coaches – Tarja Rasimus-Jarvinen</p> <p>8:30-9:15 Theory of AGG technique and body movements</p> <p>9:15-12:00 Practical lessons in sports hall</p> <p>Content: AGG body movements from fundamentals to advanced level</p> <ul style="list-style-type: none"> •Philosophy of AGG technique and body movements •Basics or body movement technique •How to build body movement series, how to combine with different movements •How to teach body movement techniques •Role of music in body movement series •Advanced level: how to bring variety and difficulty to body movement series, including dynamics and tempo variation.
ONLINE OPTION	Coaches are welcome to take this course also online. Please note that this course contains practical lessons and participants need to have space to do body movements themselves.
ACCOMMODATION, TRANSPORT & MEALS	Transportation, meals and accommodation are not provided. Suggestion of transportation and accommodation is upon request.

Sincerely Yours,



Maria Laakso, President of LOC

Approved by Council of IFAGG