

# The Federation Internationale de Gymnastique (FIG)

## Coaching Academy Programme

The Federation Internationale de Gymnastique (FIG) Academy Programme is the culmination of a worldwide education programme for coaches in gymnastics. The FIG Academy Programme consists of three levels of coaches' education. Candidates who meet special pre-requisites and achieve exceptional examination results will be awarded the FIG Coaches' Brevet.

## First FIG Academy for Acrobatic Gymnastics in Hong Kong

FIG Academy for Acrobatic Gymnastics Level 1 was held from 9th to 16th December 2019 in Hong Kong. We are honour to have 3 experts from the FIG, Mr. Lourenço França (POR), Mr. Jorge Mendez (BEL), and Mr. Sergey Tretyakov (ESP) to conduct the course. There were 17 coaches from 5 countries/regions including China, India, Iran, Italy and Hong Kong taking part in this course. It is a valuable opportunity to develop and promote Acrobatic Gymnastics in Hong Kong.



During the academy programme, friendship was built among participants from different countries/regions, that provided a platform for them to share and exchange ideas in coaching. Lastly, congratulations to all participants who completed the examination. Let's work together towards a common goal "Developing Gymnastics In The World".

The rich course contents covered anatomy, biomechanics, physiology, and psychology on sport training. Participants were led through practical workshops and theoretical lectures which aimed to effective and safe training progression for gymnasts from the grass root to the Elite levels.

