



# 2019

Aerobic Gymnastics National Level  
Judges Course and Coaches Clinic

## POST EVENT REPORT





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## Aerobic Gymnastics National Level Judges Course and Coaches Clinic Post Event Report 2019

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# ABOUT.

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## ABOUT

*"Spreading the message of fitness in the country is a very wonderful job which is being now carried out by FITYOUTH. I wish Mr. Anoop, Mr. Chhetri and others all the very best for the successful conduct of the clinic. Also, I would like to convey my best wishes to all the participants and tell them that go back to your respective places and spread the message of Fitness and develop this beautiful sport in the country."*

**Mr. Joginder Singh,  
Former Technical  
Committee Member of GFI**

## The Aerobic Gymnastics National Level Judges Course and Coaches Clinic 2019



The Aerobic Gymnastics National Level Judges Course and Coaches Clinic 2019 was held from 21 to 24 February 2019. With about 35 delegates, participants and volunteers to the course and coaches' clinic. This event was organized by **Fityouth ANAC India** in association of **Deen Dayal Upadhyaya College, (University of Delhi)** This event entrenched FIG Code of Points in Judging Aerobic Gymnastics routines and practical guidelines were provided to the participants related to the Indian Aerobic Gymnastics community. This event is the stepping stone for **Fityouth ANAC India** to continue to create a more robust and sustainable platform for Indian gymnasts, coaches and athletes to deliver their best performances.

This event brought together high-level experts from **Gymnastic Federation of India (GFI)** Mr. Sunil Chhetri and Mr. Shashi Narayan to share the stage along with Mr. Anoop Gurung (**Founder and Director, Fityouth ANAC India**) as the speakers and imparted their knowledge.

This year, we hosted a total of 24 participants from different states across India. They were acquainted with latest FIG Code of points in Difficulty, Execution, Artistic and CJP categories of Aerobic Gymnastics and Aerodance Judging.



# KEY FIGURES

The AEROBIC GYMNASTICS NATIONAL LEVEL JUDGES COURSE AND COACHES CLINIC saw a high level of middle to upper management taking part. The event witnessed the gracious presence of **Dr. Hem Chand Jain** (Principal, Deen Dayal Upadhyaya College)

**Dr. Anek Goel** (Organizing Secretary), **Mr. Praveen Sharma** (Former International Gymnast and Founder of The Gymnastic Academy, Dwarka) along with **Mr. Brij Mohan** (Co-founder, TGA) and **Mr. Yatin** (Former International Basket Ball player)





# Venue and Accommodation.

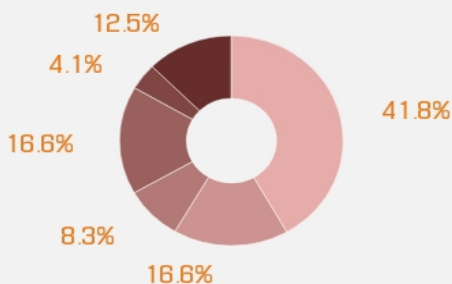
Aerobic Gymnastics National Level Judges Course and Coaches Clinic was organized at

**Deen Dayal Upadhyaya College, Sector-3,  
Dwarka, New Delhi.**

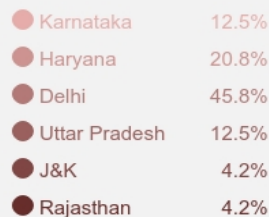
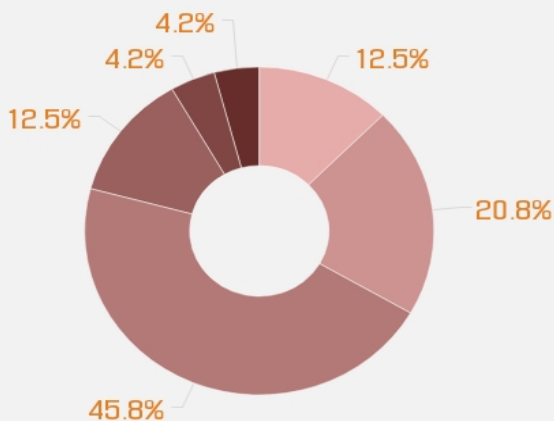
All thanks to Organizing Secretary Dr. Anek Goel. With his assistance it is all possible to entreat state of the art infrastructure and facilities to smoothly conduct this course.



# Participant Profile



# States Participated







# OVERVIEW.

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# OVERVIEW

*"I congratulate Fityouth ANAC India to take initiative to conduct such judges and coaches' clinic in New Delhi. It is a great pleasure to me that Aerobics is developing day by day and This is a very good and attractive discipline which should be developed throughout India because I basically feel that it'll be quite a beneficial discipline to the all Indians who are very much interested in dancing and singing and music and the choreography. "*

**Mr. Makrand Joshi**  
Asian Gymnastic Union  
Technical Committee Member  
in Aerobics Gymnastics,  
Executive Member of GFI

## 1. Opening Ceremony

Organizing Secretary Dr. Anek Goel graced the occasion with his opening speech, followed by FIG International Judge and Level 3 Coach Mr. Sunil Chhetri who apprised the course participants about the Course Schedule and Exam Structure.

Member of Asian Gymnastic Union Technical Committee Gymnastics for All Mr. Narayan Shashi further imparted General Information about Aerobic Gymnastics

Fityouth ANAC India Aerobic Gymnastics National Level Judges Course and Coaches Clinic drew GFI experts and FIG Level 3 Coaches and International Judges of Aerobic Gymnastics to prepare, conduct and deliver this course congruently with their knowledge and expertise.

## 2. Theoretical Sessions

The theoretical sessions witnessed knowledge leaders such as Mr Narayan Shashi, Mr. Sunil Chhetri and Mr. Anoop Gurung who shared the technical insights in different categories of judging Aerobic Gymnastics namely Difficulty, Execution, Artistic and Chair of Judges Panel. Each session was precise, updated with latest FIG Code of Points 2017-2020 and divided into smaller units for easy comprehension.



# OVERVIEW

## 3. Practical Sessions

The four days of course was designed to include practical sessions as well to give hands -on experience to participants for technical skills learned in theoretical sessions. Practical Sessions were given sequentially in Artistic category to include Basic Steps/AMP/General Content, in Difficulty (A, B, C, D), Execution and CJP

## 4. Video Analysis and Practice

Video Analysis sessions proved beneficial to participants where they get ample time to practice judging the sample routines of Aerobic Gymnastics in Artistic, Difficulty, Execution and CJP category

## 5. Theory and Practical Exam

Last day of the event was crucial as the Theory Exam and Practical Exam was conducted to test the skills that participants had learnt

## 6. Distribution of Certificates and Brevets

Certificates of Course Completion is awarded to all the participants who has completed the course and Brevet Levels were given to those after scrutinizing the Theory and Practical Exam score sheets of participants

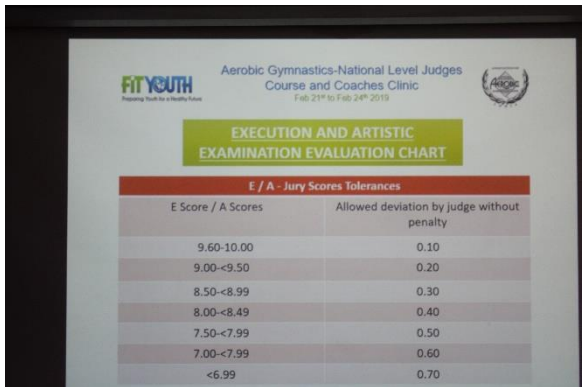
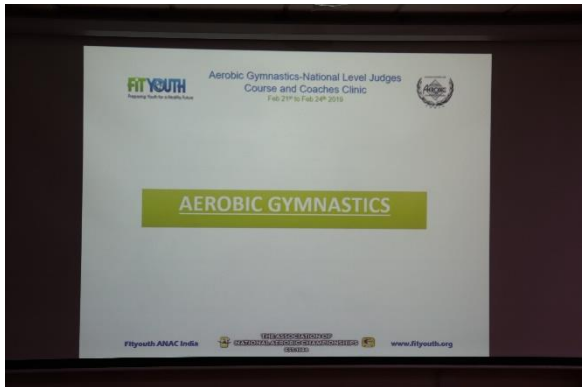


“The *Aerobic Gymnastics National Level Judges Course and Coaches Clinic* shaped the regional and National Aerobic Gymnastics Coaches, professionals and gymnasts through Knowledge exchange with *key influencers.*”





# GALLERY





# GALLERY







# GALLERY





# GALLERY







# GALLERY



# FEEDBACK

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## FEED- BACK

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## CONCLUSION

*All of you will be happy for all the gathered for Aerobics. And I also wanted to keep some such programs in India. Only then Aerobics can be developed. From my side all success to you. And with all the wishes you all move forward. When I was made the Chairman of Aerobics in 2007, I thought it to every angle to develop this sport and aerobics has gone up very much today. On this, you will focus and move forward.  
Very Best of Luck*

**Mr. Kaushik Bidiwala**  
**FIG Executive Member,**  
**Joint Vice President**  
**of GFI**

Aerobic Gymnastics National Level Judges Course and Coaches Clinic 2019 ended on a high note, with the distribution of Brevet marksheets for the national Judges of this year.

In the final event survey, a total of 89% of all attendees rated Aerobic Gymnastics National Level Judges Course and Coaches Clinic 2019 as good-to-excellent. The platform also garnered excellent ratings in the ability to provide attendees an opportunity to network as well as interact with senior management.

Looking ahead, Aerobic Gymnastics National Level Judges Course and Coaches Clinic 2019 will drive the momentum towards providing the robust platform for Indian gymnast, coaches and professionals to enhance their skills

It will be the must-to-go event as it aims to propel knowledge sharing between gymnasts, coaches, judges and sports professionals. It is hoped that these courses will continue to grow and we will see a greater adoption of FIG CODE of Points in judging Aerobic Gymnastics in National, state and Regional Championships.

We look forward to welcoming you at

**AEROBIC  
GYMNASTICS  
NATIONAL  
LEVEL JUDGES  
COURSE AND  
COACHES  
CLINIC 2020**