



Activity Report

1.	Name of Event	Asia International AGG Coach Course- Level 1 with IFAGG Educational & Development																																											
2.	Date	June 5-9, 2023																																											
3.	Venue	<p>Aristo Sports Arena Lot 766, Jalan Baru, 43000 Kajang, Selangor, Malaysia</p> <p>Google map: Press for Map Link</p>																																											
4.	Event Schedule	<table border="1"> <thead> <tr> <th>Time</th> <th>Tuesday June 6</th> <th>Wednesday June 7</th> <th>Thursday June 8</th> <th>Friday June 9</th> </tr> </thead> <tbody> <tr> <td>09:00 – 10:30 1h30</td> <td> Registration 08:30-0850 ➤ Opening of the Coaching Course ➤ Exam Info ➤ What is AGG </td> <td> Outline of Short Program Generalities Routine presentation with video </td> <td> Routine Construction Part 1 (Lecture Room) Music Technicality </td> <td> Theory Examination 9:30-10:30 Practical Examination (Routine) Max 10min per group 10:45-12:00 </td> </tr> <tr> <td>10:30 – 10:45</td> <td colspan="4">Coffee or Tea Break</td> </tr> <tr> <td>10:45 – 12:15 1h30</td> <td> Lecture Room Foundation of Basic Fundamental AGG </td> <td> AGG Body Movement: Body Waves Body Swing Bending Lean / Lunge Twist Relaxation Contraction Other body Movement </td> <td> How to create & compose AGG routines </td> <td> Practical Examination (Skills) 12:15 – 13:45 Max 10min per person Group A Group B Group C </td> </tr> <tr> <td>12:15 – 14:00</td> <td colspan="4">Lunch</td> </tr> <tr> <td>14:00 – 15:30 1h30</td> <td> AGG Physical Preparation Breathing skills Body Preparation Warm Up Session </td> <td> AGG Body Movement Series in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior </td> <td> Routine Construction Part 2 Group work (Gym) </td> <td></td> </tr> <tr> <td>15:30 – 15:45</td> <td colspan="4">Coffee or Tea Break</td> </tr> <tr> <td>15:45 – 17:15 1h30</td> <td> Strength Exercises to improve AGG gymnast </td> <td> AGG Balance & Jumps / Leaps in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior </td> <td> Individual / Team Preparation </td> <td> Closing Dinner & Results (19:00pm) </td> </tr> </tbody> </table>				Time	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9	09:00 – 10:30 1h30	Registration 08:30-0850 ➤ Opening of the Coaching Course ➤ Exam Info ➤ What is AGG	Outline of Short Program Generalities Routine presentation with video	Routine Construction Part 1 (Lecture Room) Music Technicality	Theory Examination 9:30-10:30 Practical Examination (Routine) Max 10min per group 10:45-12:00	10:30 – 10:45	Coffee or Tea Break				10:45 – 12:15 1h30	Lecture Room Foundation of Basic Fundamental AGG	AGG Body Movement: Body Waves Body Swing Bending Lean / Lunge Twist Relaxation Contraction Other body Movement	How to create & compose AGG routines	Practical Examination (Skills) 12:15 – 13:45 Max 10min per person Group A Group B Group C	12:15 – 14:00	Lunch				14:00 – 15:30 1h30	AGG Physical Preparation Breathing skills Body Preparation Warm Up Session	AGG Body Movement Series in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior	Routine Construction Part 2 Group work (Gym)		15:30 – 15:45	Coffee or Tea Break				15:45 – 17:15 1h30	Strength Exercises to improve AGG gymnast	AGG Balance & Jumps / Leaps in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior	Individual / Team Preparation	Closing Dinner & Results (19:00pm)
Time	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9																																									
09:00 – 10:30 1h30	Registration 08:30-0850 ➤ Opening of the Coaching Course ➤ Exam Info ➤ What is AGG	Outline of Short Program Generalities Routine presentation with video	Routine Construction Part 1 (Lecture Room) Music Technicality	Theory Examination 9:30-10:30 Practical Examination (Routine) Max 10min per group 10:45-12:00																																									
10:30 – 10:45	Coffee or Tea Break																																												
10:45 – 12:15 1h30	Lecture Room Foundation of Basic Fundamental AGG	AGG Body Movement: Body Waves Body Swing Bending Lean / Lunge Twist Relaxation Contraction Other body Movement	How to create & compose AGG routines	Practical Examination (Skills) 12:15 – 13:45 Max 10min per person Group A Group B Group C																																									
12:15 – 14:00	Lunch																																												
14:00 – 15:30 1h30	AGG Physical Preparation Breathing skills Body Preparation Warm Up Session	AGG Body Movement Series in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior	Routine Construction Part 2 Group work (Gym)																																										
15:30 – 15:45	Coffee or Tea Break																																												
15:45 – 17:15 1h30	Strength Exercises to improve AGG gymnast	AGG Balance & Jumps / Leaps in Short Program Children 8-10 /10-12 Children 12-14 Junior / Senior	Individual / Team Preparation	Closing Dinner & Results (19:00pm)																																									
5.	Participation Info	<p>6 Countries: 1 Instructor / 2 LOC / 13 participants / 12 gymnast</p> <p>Instructor: Saori Kubota (Japan)</p> <p>LOC: Sarah Sarraj & Onn Kwang Tung</p>																																											

		<p>Participants:</p> <p>Hong Kong</p> <ol style="list-style-type: none"> 1. Yolanda Ng Wan 2. Lai Nga Wai <p>Korea: Park Sun Young</p> <p>Kyrgyzstan: Olga Salikova</p> <p>Malaysia:</p> <ol style="list-style-type: none"> 1. Keoh Lay Khuan 2. Ningsari Atiqah Ali 3. Nur Atiya Junaidi 4. Nurn' Syarafana Saupi 5. Rusnadia Kassim 6. See Hui Yee 7. Shaleen Tay Hui Shing 8. Yap Lee Peng <p>Singapore: Nomura Arisa</p> <p>Gymnast: *Retired Pink Clubs Jewel Tan Jessy, Chen Zi Qing, Chen Zi Ern, Yeo Kai Lin, Yeo Kai Wen</p> <p>Pink Clubs Diamond Wong Tze Xin, Chang Joey, Zoe Koh, Yeo Kai Yin, Tee De Hui, Chloris Tee</p>
6.	Event Info	AGG Coaching Course -Level 1
7.	Summary	<p>The purpose of the coaching course is to develop and improve AGG knowledge for coaches in Asia and to involve participants or participating countries in AGG competitions. Asia is the most potential continent to promote AGG.</p> <p>Good information gain from coaches. They feel much more confident in their knowledge after attending the course. Thank you to Saori Kubota and IFAGG for the support given. It certainly to improve the knowledge of the coaches.</p>
8.	Additional Notes	<p>Participants required to sit for exams.</p> <p>There is 3 parts to the exam:</p> <p>Part 1: Theory</p> <p>Part 2: Practical Choreography</p> <p>Part 3: Practical Skills</p> <p>Each participants received AGG Tuah Purple Shirt & Fan</p>

Event Pictures

1.Group Photo



Before the start of the course



Closing of the course with MAGGA President & MAGGA Council Members

2.Theory Lesson



2.Practical Session



3.Choreography Test



Group A: Short Program 12-14



Group B: Short Program JR/SR

3.Practical Skill Test (Coaching Technique)



5.Promotional Artwork



Social Media -Registration Poster



Banner / Social Media Artwork



Participating Diploma Artwork

Report done by:

Sarah Sarraj
MAGGA Secretary General
Date: 13.06.2023