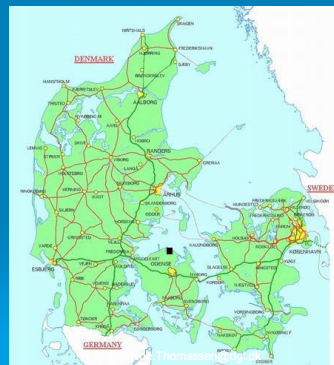


DGI - Danish Gymnastics and Sports Association - a brief introduction to danish gymnastics

Do you know Denmark?

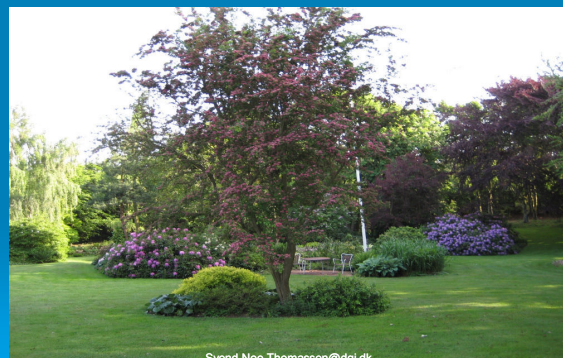


A culture of activity

- Biketrails!
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- Parent kid gymnastic
- Walk, run, bike, kayak – outdoorlife!
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- 2 seasons – gymnastics and football

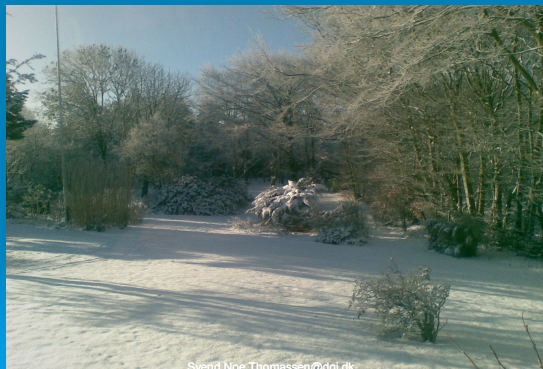
Svend.Noel.Thomassen@dgi.dk

2 seasons



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2 seasons



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DGI - Numbers

- 1.4 million members (5,5 million people lives in Denmark)
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- Small one-sport clubs
 - Huge clubs with many sports

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DGI - Numbes

- Each club is a member of one of the 16 regional associations
- The regional associations form DGI
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- 60+: 30.117 girls and 9.560 boys
- Instructors: 15.878 girls and 5.283 boys

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DGI - values

3 levels:

- Human approach
 - Respect for the individual
- Democracy
 - People's involvement
 - Commitment to the local community
 - Working united

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DGI - values

- Practice:
 1. Challenge
 2. Fellowship
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- Support voluntaries that like to do an effort for other in their sports.
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Being local



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The Danish Pools and Lottery Company

- When the Pools and Lottery Company has paid its prizes, administration costs etc., the remaining funds are given to various organisations in support of thousands of good causes through The Ministry of Culture.
- Around 220 million kr. to DGI

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Danish gymnastics in DGI

- Also fitness, pilates etc.
- Swing, rhythmic warm ups, games, "the free choice to be better" and non competitive
- Influence from parkour and streetdance
- Make it possible! – just try!

<http://www.youtube.com/watch?v=G9iDslQwPqQ&feature=related>

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DGI Landsstævne

- Landsstævne 2009
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- Peak in 1994, 1998: more than 45.000 and with teams from Brasil.
- Next will be in 2013

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See about the danish "Højskoler" specialized in gymnastics
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A local assoaciation

- On the schools and share the equipments.
- Having volunTERS instructors and leaders.
- Doing small events as performances, Christmas tree and training in the night.
- Passing on invitations from DGI to camps and events.

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Run for fun with warm up



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How to be a instructor?

- Engagement, initiative and responsibility.
- Assistent coach as 12 year old.
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- Keep working and keep the eyes open!

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A typical training

- Ice breaker – now focus on gymnastic
- Warm up: stretching, swing, jumps, running, physical training and maybe some games or basics (handstand etc.)
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- Time for the free acrobatics.
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A typical season

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- Entering with our flag – Dannebrog
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- Girls choreografi - equipment
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- All together – the grand finale!
- Marching out with the flag

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Projects in DGI

- Gymnastikkaravanen: A truck filled with gymnastic equipments.
- www.Springsikker.dk: instruction video
- Other aspects: foreningsfitness, parkour, etc.

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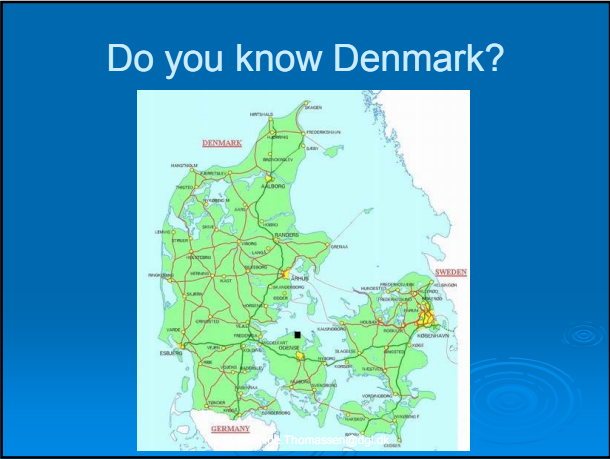
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- My email for questions: svend.noe.thomassen@dji.dk
Você pode perguntar em Portugeuse tambem!

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- a brief introduction to danish gymnastics



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