

## INTRODUCTION

### Hungarian Gymnaestrada Team, Tiszaújváros Group



*Lisboa, XII. World Gymnaestrada, 2003*

### Our message: **SPORT FOR A HEALTHY LIFE**



*Birthday Party, our group is 5 years old 2001*

## INTRODUCTION

Hungarian Gymnaestrada Team, Tiszaújváros Group was established in 1996. The group, after a 25 years sleep, reawakened this sport in our country, and after this long period, the group could represent Hungary in international floor. Our Team belongs to the Hungarian Gymnastics Federation General Gymnastics (GG) branch.

### OUR MESSAGE: "SPORT FOR A HEALTHY LIFE"

#### ABOUT GENERAL GYMNASTICS, HOW WE DO IT:

This sport is a popular sport, not a competition sport. It gives a very good sporting opportunity to everyone, to all age-groups. Our team found the high-level show-dance presentations to be the best form to propagate the aim of gymnastrada: education for a healthy life-style. During our presentations, we dazzle our attendance with spectacular show dances, which join jazz-, modern and hip-hop dance, aerobic and show dance elements with acrobatic movements.



*Birthday Party, our group is 5 years old 2001*

#### OUR HISTORY:

Our group operates since 1996 in Tiszaújváros, within the Hunyadi Sport Club. The leader coaches are Mrs Anna Kopcsó (ex-gymnast) and Mrs Vanda Haisz (graduate dance teacher) (See the CV-s enclosed). As a consequence of our more years successful operation, the number of the members of our team increased from 15 to 80, and all age-groups are represented between kindergarten age and adults. Since 1996, we represented Hungary at the XI. and XII. World Gymnaestrada, and perform dance-shows all around Hungary at significant national events. **We are the 2005 and 2006 Hungarian GG champions!**

## RESULTS:

- **1997**, Stuttgart, Germany, EURO-Festival, presentation and Gala - our team represented Hungary. We appear excellently and successfully at our first international introduction.
- **1999**, Gothenburg, Sweden, XI. World Gymnaestrada, presentation, Gala - our team represented Hungary. We are really proud of that our team could represent Hungary at the Olympic Games of this sport, after a 25 years absence.
- **2001**, Dornbirne, Austria, III. EURO-Festival, presentations, Gala, three-times Guinness record - our team represented Hungary. It symbolises our acknowledgement that we were chosen for the great Gala-Shows on all three festivals.
- **2002**, Tiszaújváros, Hungary, for the Sport of Tiszaújváros Award
- **2003**, Lisboa, Portugal, XII. World Gymnaestrada, presentations - our team represented Hungary.
- **2005**, Kiskunhalas and Tiszaújváros, Hungary, champion of the I. Hungarian National Youth and Junior GG Championship. We are really proud of being the Hungarian Champion of GG in 2005 and that we could popularise this sport among the young people and gymnasts.
- **2006**, Tiszaújváros, Hungary, champion of the II. Hungarian National Youth GG Championship. We are really proud of being the Hungarian Champion of GG in 2005 and that we could popularise this sport among the young people and gymnasts.
- **Since 1999**, the group leaders - as an own idea - organise the Show Dance Festival, which gives an opportunity to the children-groups of the region to present their dances. 1,100 dancers from 14 towns participated at the VII. Show Dance Festival in 2005.



Mini Girls at the Show Dance Festival 2005



Young Girls  
at the Show Dance Festival 2005



Acrobatic pyramid:



### OUR AIMS:

Our aim is that more and more children come to like and go in for this sport in Hungary. In the interest of this we do all of our best:

- **TRAINING:** The girls train three times a week for 3 hours. During the training they learn new repertoires, 7-8 choreographies yearly, that are spectacular, using their acrobatic knowledge. They learn very fast!
- **GYMMASTS:** The number of the members is continuously increasing, today it is 80; we are registering to the XIII. World Gymnaestrada with 50 girls. Between 9-22 years old. We work in 4 groups:

Group	Years	Number	Training
I - Mini girls	between 4-8	30 girls	3 times a week 2 hours
II - Young girls	between 9-12	25 girls	3 times a week 3 hours
III - Teenagers	between 13-15	11 girls	2 times a week 3 hours
IV - Adults	between 16-22	7 girls)	1 times a week 4 hours



Group I. - Mini girls



Group II .Youngs



Group IV. Adults

- **PERFORMANCES:** aerobic and show dances with acrobatic pyramids and lines, using many kinds of dance equipments. During our presentations, we dazzle our attendance with spectacular show dances, which join jazz-, modern and hip-hop dance, aerobic and show dance elements with acrobatic movements. We do not use gymnastics apparatus.
- **MUSIC:** We use usually popular film themes, melodious and dynamic new band disco music, musical themes, and aerobics music.
- **FESTIVALS:** Our group regularly participates in local and national sport-events; yearly about 20-30 presentations.
- **OUR OWN FESTIVAL:** Our aim is to organise the VIII. Show Dance Festival in 2006, to create an opportunity to popularise the General Gymnastics and the Healthy Life.

### MAIN AIM:

To represent Hungary at the XIII. World Gymnasetrada in Dorbirne in 2007.

### Performances with dance means:



### CONTACT US:

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Thank you for your time to read our introduction. If you have any questions please do not hesitate to contact us at the above details.

Vanda Haisz  
Leader of the Tiszaújváros GG Group