

FAM-Jam 2014

International Parkour / Freerunning Jam



- Event Guide -

FAM-Jam 2014

FAM is a non-profit Organisation, founded by passionate movement artists. One of the most important philosophy aspects in parkour, freerunning, tricking, x-diving, etc. is freedom and individuality of movement. We are convinced that these and other valuable features cannot be unfolded in a competition, but in a JAM where tracers train TOGETHER, inspire and help each other. That is why we organize the FAM Jam, already the 7th time this year. Our motto is **from athletes for athletes!**

FAM Movement Philosophy

Creativity – the freedom and the challenge to create you own individual moves are important maxims of all FAM movement arts

Flow – the flow is a central esthetics criterion of movement, no matter if it is in parkour or tricking

Control – „Power is nothing without control“ ! Body control, precision and safety are important aims of our training

Workshops with an international coach team

The workshops give you the possibility to train in small groups and better learn the training style of the coaches. To help and inspire others is expected not only during the workshops, so the whole Jam can be seen as a big workshop – **everyone helps everyone!** Especially we ask you to warn your Jam colleagues if you notice any danger in their training and to advise them to train safely and not to overestimate themselves!

Open Workshops

Share your knowledge and experiences with other participants! You can give a theoretical or a practical Workshop about philosophy or movement. Or just pick a topic about which you can discuss with other people or create your own little Jam.

All workshops will be written-out on a list at the Orga-desk.

FAMJAM Best Shot Contest

Share your best photo shot with FAM! Submit it at the Orga area till the 2th of August 5 PM. At 8 PM (15:00) the decision of the jury will be declared. You can win in the categories: nicest flow, communit / flare, funniest action

Program

(absolute nighrest from 1:00 AM till 9.00 AM !)

Wednesday

17.00 Admittance, no ones allowed to enter the gym before

24.00 Nightrest, no ones allowed to enter the gym anymore

Thursday

08.00 Admittance

10.00 Opening-speech

10.30 Warming up together

11.00 Coach-Workshops 1

12:30 Lunch Break

14.30 Coach-Workshops 2

16:00 open training + open workshops

18:30 Dinner

21.30 Q&A Session (discussion)

22.30 Find your sleeping place

23.00 Beamer-session
(introduce your videos)

24:00 Nightrest

Friday

09.00 Breakfast

10.30 Warming up together

11.00 Coach-Workshops 1

12:30 Lunch Break

14:30 Coach-Workshops 2

16:00 GROUP-PICTURES

16:00 open training + open workshops

18:30 Dinner

21.00 Journey to the end of the night

01:00 Nightrest

Saturday

09.00 Breakfast

10:00 Cliffdiving (15 €) our Outdoor Parkour

10:00 open training + open workshops

12:30 Lunch Break

14:30 open training + open workshops

14:30 Trip to Isar

18:30 Returning from the cliffdiving

18:30 Dinner

19:00 FAMJAM BBQ(10€) Other location, where we'll go together by train

01:00 Nightrest

Sunday

09.00 Breakfast

11.00 open training + open workshops

12:30 Lunch Break

14:30 open training + open workshops

16:00 Goodbye-speech

18:30 Dinner

00:00 Nightrest

Monday

08:00 Departure to Therme Erding (35€)

08:00 mutual breakfast at the gym

8.30 No ones allowed to go to the gym anymore

FAM-Jam Rules

Please pay attention to the conditions of participation - Breach of the rules will be punished !

Cleanliness and Order!!

- No food / drinks in the training area.
No food in the gym!
- Don't leave your waste behind
- Use electric sockets only for small devices (mobile phones, camera etc.)
- No lockers available
- Keep your shoes clean, especially after outdoor training
- Don't scatter magnesia around
- Keep the WCs clean
- It is allowed to sleep in the locker rooms
- Keep the sleeping areas in order.
Put the mats every morning to their place in the training area, don't use mats outside of the gym



Changing the obstacles is only possible when one of the FAM Members gives permission

- Train safely! Tell to a supervisor, if you see that somebody overestimates himself
- Consider the warning information tagged at the equipment items / obstacles!
- No open fire
- No electric device over 70 Watt (for ex.camping cooker)
- During the day time the staying is only allowed in the training area inside and outside (NOT in the equipment rooms, changing rooms or on the roof!)
- Alcohol and illegal drugs are strictly forbidden on the whole Jam area!
Kein Verlassen oder Betreten des Geländes zwischen 0:00 und 9:00 Uhr!
- No Night-Missions! – Gym can only be opened from inside
- Think about possible damage you can cause; in case of any damaged items you must pay for it!
- Don't enter privat property, don't damage anything!



The FAM-Team wishes you an instructive and safe FAM-Jam 2014!