



Full biography

Regula Zimmermann

ID Card Number	45928	Date of Birth	19.11.1975
First Name	Regula	Gender	Femenino
Last Name	Zimmermann	AHV Number	758.3574.5352.39
Fecha de actualisacion	28.04.2024	CP/City	8500 Gerlikon (CH)
		Last mutation	02.06.2023

Acknowledgement training area children and adolescents (C+A)

Esquadron	Sports Type	target group	addition	ERecognition status
C+A Instructor	allround	N		expired since 01.01.2024
C+A Instructor	Artistic Gymnastics	N		expired since 01.01.2024
C+A Instructor	Artistic Gymnastics	A		expired since 01.01.2024

C + A-elite training

educación / formación continua

C+A Instructor

course name	Sport gd	realization	Course no.	Oraganization	P	B	KT	KP	KM	EnS	E ExpE LS	Dias
introductory course	allround	N 13.03.2021	TG 970.7-21	Sports Office Swiss	A	J						2.0
module training leader	different sports	A 07.07.2019	SuS 19.2.J	Sports Office Swiss	P	J						1.0

in case of doubt, data from the national database for sport will be used.

youth training

activity

C + A Instructor (Children and Adolescents)

Course Nr.	sport	ZG	NG	Realization	Organization	Group Name	Coach C+A	T	WK	LT
694786	Geräteturnen	K, J	4	10.07.2023 - 15.07.2023	Schweizerischer Turnverband	5001232.3730 - Eschenbach	Imfeld, Stefanie		0	6
674443	Geräteturnen	K, J	1	15.08.2022 - 02.07.2023	Turnverein Gachnang-Islikon	GR Mo K4-KD	Ruckstuhl, Francine	51	0	0
674443	Geräteturnen	K, J	1	15.08.2022 - 13.08.2023	Turnverein Gachnang-Islikon	GR Mi K5-KD	Ruckstuhl, Francine	61	0	0
674443	Geräteturnen	K, J	1	15.08.2022 - 13.08.2023	Turnverein Gachnang-Islikon	GR Mi K1-K2	Ruckstuhl, Francine	63	0	0
674443	Geräteturnen	K, J	1	15.08.2022 - 13.08.2023	Turnverein Gachnang-Islikon	GR Sa K4-KD	Ruckstuhl, Francine	57	6	0
674443	Geräteturnen	K, J	1	15.08.2022 - 13.08.2023	Turnverein Gachnang-Islikon	GR Mi K3-K4	Ruckstuhl, Francine	69	0	0
674443	Geräteturnen	K, J	1	15.08.2022 - 13.08.2023	Turnverein Gachnang-Islikon	GR Sa K1-K3	Ruckstuhl, Francine	55	5	0
653150	Geräteturnen	K, J	1	16.08.2021 - 14.08.2022	Turnverein Gachnang-Islikon	GR Sa K1-K3	Ruckstuhl, Francine	61	3	0
653150	Geräteturnen	K, J	1	16.08.2021 - 14.08.2022	Turnverein Gachnang-Islikon	GR Mi K3-K4	Ruckstuhl, Francine	72	0	0
653150	Geräteturnen	K	1	16.08.2021 - 14.08.2022	Turnverein Gachnang-Islikon	GR Mi K1-K2	Ruckstuhl, Francine	73	0	0
653150	Geräteturnen	J	1	16.08.2021 - 14.08.2022	Turnverein Gachnang-Islikon	GR Mi K5-KD	Ruckstuhl, Francine	60	0	0
653150	Geräteturnen	K, J	1	16.08.2021 - 10.07.2022	Turnverein Gachnang-Islikon	GR Mo K4-KD	Ruckstuhl, Francine	55	0	0
653150	Geräteturnen	J	1	16.08.2021 - 14.08.2022	Turnverein Gachnang-Islikon	GR Sa K4-KD	Ruckstuhl, Francine	64	3	0
633071	Geräteturnen	K, J	1	14.09.2020 - 04.07.2021	Turnverein Gachnang-Islikon	GR Mo K4-KD	Ruckstuhl, Francine	33	0	0
633071	Geräteturnen	K	1	10.08.2020 - 15.08.2021	Turnverein Gachnang-Islikon	GR Mi K1+K2	Ruckstuhl, Francine	60	0	0
633071	Geräteturnen	J	1	10.08.2020 - 01.08.2021	Turnverein Gachnang-Islikon	GR Mi K5-KD	Ruckstuhl, Francine	61	0	0
633071	Geräteturnen	J	1	10.08.2020 - 04.07.2021	Turnverein Gachnang-Islikon	GR Sa K4-KD	Ruckstuhl, Francine	48	0	0
633071	Geräteturnen	K, J	1	10.08.2020 - 15.08.2021	Turnverein Gachnang-Islikon	GR Sa K1-K3	Ruckstuhl, Francine	61	0	0
633071	Geräteturnen	K, J	1	10.08.2020 - 15.08.2021	Turnverein Gachnang-Islikon	GR Mi K3+K4	Ruckstuhl, Francine	58	0	0
611123	Geräteturnen	K, J	1	19.08.2019 - 09.08.2020	Turnverein Gachnang-Islikon	GR Mo K4-KD	Ruckstuhl, Francine	36	2	0
611123	Geräteturnen	K, J	1	12.08.2019 - 05.07.2020	Turnverein Gachnang-Islikon	GR Mi K3+K4	Ruckstuhl, Francine	40	0	0
611123	Geräteturnen	J	1	12.08.2019 - 05.07.2020	Turnverein Gachnang-Islikon	GR Mi K5-KD	Ruckstuhl, Francine	46	0	0
611123	Geräteturnen	J	1	12.08.2019 - 05.07.2020	Turnverein Gachnang-Islikon	GR Sa K4-KD	Ruckstuhl, Francine	26	0	0
611123	Geräteturnen	K, J	1	12.08.2019 - 05.07.2020	Turnverein Gachnang-Islikon	GR Sa K1-K3	Ruckstuhl, Francine	42	0	0
590464	Geräteturnen	K, J	1	20.08.2018 - 11.08.2019	Turnverein Gachnang-Islikon	GR Mo K3-K7	Ruckstuhl, Francine	46	6	0
590464	Geräteturnen	J	1	13.08.2018 - 11.08.2019	Turnverein Gachnang-Islikon	GR Sa K4-K7	Ruckstuhl, Francine	58	1	0
590464	Geräteturnen	K, J	1	13.08.2018 - 11.08.2019	Turnverein Gachnang-Islikon	GR Sa K1-K3	Ruckstuhl, Francine	57	1	0
590464	Geräteturnen	K, J	1	13.08.2018 - 07.07.2019	Turnverein Gachnang-Islikon	GR Mi K3+K4	Ruckstuhl, Francine	61	0	0

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Abbreviations

ZG	target group	En8	Recommended category for next level
K	target group Children	EnExp	Recommended category for Experts
J	target group Adolescents	En LS	Category recommended for competitive sport
K/J (C+A)	target group Children and Teenagers	a	highly recommended
P	elite training and development	b	recommended
A	Profile of „Active“ trainee	d	not recommended
P	Profile of „Passive“ Trainee	Fkt	Function
N	„Unauthorized“ Student Profile	KL	Instructor of elite training and advanced training courses
B	Category Course/Module approved	KI	Elite training and advanced training instructor
J	Yes	Ref	Ref referee elite training and further training
N	No	NG	user group N+A supply promotion
KT	Category Technical knowledge - theory	1-7	user group 1-7
KP K	Category Technical knowledge - practice	T	Training
KM	Category Technical knowledge - method	WK	Championship
E	Met	LT	training camp
nE	not met	Geräteturnen	Gymnastics
1-4	unsatisfactory-satisfactory, good, very good		

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