

UNION EUROPÉENNE DE GYMNASTIQUE
EUROPEAN UNION OF GYMNASTICS
EUROPÄISCHE TURNUNION



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INVITATION

2019 UEG WORKSHOP in TRAMPOLINE GYMNASTICS (TRA) (INTRODUCTION AND PRACTICAL)



Celje (SLO)
13.-15.12.2019

EUROVISION
OPERATED BY EBU

SMARTSCORING



To the UEG member federations

INVITATION TO THE UEG TRAMPOLINE WORKSHOP

December 13th to 15th, 2019 in Celje (SLO)

Dear Madam, Dear Sir,

The Slovenian Gymnastic Federation, in collaboration with the UEG Trampoline Technical Committee, will organise a weekend Trampoline Workshop. The event will take place from 13th to 15th December 2019 in **Telovadnica (gym) in 1. Elementary school, Vrunčeva 13, 3000 Celje, Slovenia.**

This Workshop is organised as the Trampoline practical Workshop and combined with introduction and development part for the participants interested in starting, further developing and/or exchanging international experience in Trampoline Gymnastics.

This Workshop is specially organised for participants from Slovenia and countries near Slovenia, but other countries where Trampoline is being developed or interested on earning of international knowledge are of course also welcome.

Participants

Introduction part:

Trampoline coaches interested in starting, further developing and/or exchanging of international experience in Trampoline Gymnastic.

Also observers interested in implementation of Trampoline in their countries and coaches with any gymnastics background are welcomed, as well as any Sports Education graduate and postgraduate.

Practical part:

Trampoline coaches interesting in practical developing and/or exchanging of practical international experience in training conditions. Max. 4 gymnasts (age min. 11, national level recommended) per participating coach can also participate.

UEG will provide the participating coaches with an official certificate of participation, as a proof of their work during the workshop.

The workshop will be held with a minimum of **15** and a maximum of **30** coaches. Maximum number of participating gymnasts is **20**. UEG TRA-TC can update the limits, if necessary.



Language

The workshop will be held in English language.

Responsibility of the coaches

The coach(es) accompanying the gymnasts has to take care of the welfare and security of their gymnasts.

Workshop Leaders and Expert coaches

- Luis Nunes (UEG TRA-TC), FIG Academy Coaching expert and personal coach of Nuno Merino and Ana Rente (TRA Olympic Games participants) and André Lico (DMT World Champion)
- Paul Greaves, UEG Training Camps Coaching expert and personal coach of Bryony Page (2016 Olympic Games Silver medallist)

UEG will pay all the expenses of the expert giving the Workshop.

Provisional schedule

Thursday, 12.12.19		
	Arrival and accommodation (experts, participants)	
Friday, 13.12.19		
	Arrival (participants)	
	Introduction	Practical
09.30 - 10.00	Welcome address, (lecture room)	
10.00 - 12.00	Training on Trampoline, Periodization Training	Basic skills and drills (Training hall)
12.00 - 12.30	Coffee break	
12.30 - 13.30	Biomechanics on Trampoline (lecture room)	
13.30 - 15.30	Lunch, pause	
15.30 - 16.30	Basic skills (Training hall)	Building routines (Training hall)
16.30 - 17.00	Coffee break	
17.00 - 19.30	Basic skills (Training hall)	
20.00 - 21.00	Dinner	
Saturday, 14.12.19		
09.00 - 10.30	Construction of routines (lecture room)	New skills - Single somersaults with twists (Training hall)
10.30 - 11.00	Coffee break	
11.00 - 12.30	Basic preparation (Training hall)	
12.30 - 14.30	Lunch, pause	
14.30 - 15.30	Introduction Double Mini-Trampoline	
15.30 - 17.00	Advanced skills (Training hall)	New skills – Double somersaults with twists (Training hall)
17.00 - 17.30	Coffee break	
17.30 - 19.30	Advanced skills (Training hall)	
19.30 - 21.00	Dinner and leisure activity	
Sunday, 15.12.19		
10.00 - 12.30	Open session / questions (Training hall)	
12.30 - 13.00	Farewell address and Evaluation of Workshop	
13.00	Lunch, Departure (experts, participants)	

Final schedule will be delivered upon arrival.



Introduction and development topics

- Organising training on Trampoline
- Basic preparation
- Periodization training
- Methodical steps of basic skills
- Methodical steps of advanced skills
- Safety on trampoline
- Construction of competition routine

Apparatus

- 2x Trampoline 4x4 (safety tables with safety mats)
- 1x Trampoline 13x13 (safety tables with safety mats)
- 1x Double Mini-Trampoline

Participation fee per person: 70 €

Participation fee includes:

- Transfers from Ljubljana airport to accommodation
- Closing party with dinner on Saturday (drinks included)
- T-shirt
- Lunch, snacks and drinks between lessons

Accommodation, breakfast and dinner are not included into the participation fee.

Official Accommodation

Accommodation is not included in the participation fee. LOC will book the selected official accommodation for you on the first come, first serve basis.

1. Celjski mladinski center MCC,

Javni zavod za mladinsko kulturo, izobraževanje, informiranje in šport

Skrajšan naziv: Zavod CMLC

Mariborska cesta 2

SI 3000 CELJE

Tel: +386 3 490 87 40

mob.: + 386 40 756 009

mail: info@mc-celje.si

- **26,80 €/person/night in 1 bed room**
- **21,70 €/person/night in 2 beds room**
- **16,60 €/person/night in multi-bed room**

Dinner 5 EUR (Stolpič, Mariborska c. 7, Celje)

For booking rooms and dinner in this hotel use code "freestyle celje"

2. Hotel Celeia

Mariborska cesta 3

SI-3000 Celje

Tel: +386 (0)3 4269700, +386 (0)41 389300

Mail: celeia@eurotashoteli.si

- **35,00 €/room/night for single room (1 person)**
- **60,00 €/room/night for double room (2 persons)**

Dinner: 10 EUR

For booking rooms and dinner in this hotel use code "freestyle 2019"



Local taxes in the hotels are not included in accommodation prices above.

Each hotel offers bed and breakfast service.

You book the rooms yourself.

Please book your rooms as soon as possible because in December there is an increased demand for overnight stays.

Meals

Dinner will be available in the hotel and are not included into the accommodation price. Lunch (Friday, Saturday and Sunday) and closing party with diner on Saturday will be organised by LOC and are included in the participation fee.

Arrivals and Departures

Participants who travel by car, can go directly to the hotel.

In case of traveling by plane each participant should arrive at Ljubljana international airport.

In case of traveling by train or by bus each participant should arrive in Celje at bus or train station.

Local transport

Official hotels are in walking distance from bus or train station.

Entries to the Event

All entries must be sent by respective National Gymnastics Federation only. **The entries sent by clubs, individuals, etc. will NOT BE ACCEPTED.**

Please send your entry forms to info@ueg.org and freestyleklubcelje@gmail.com until **30.11.2019**.

Payment

The participation fee has to be paid until 9.12.2019 to:

Account name: Freestyle ski klub Celje, Kajuhova 7, 3000 Celje
Bank: Delavska hranilnica d.d. Miklošičeva 5, 1000 Ljubljana
IBAN: SI56 6100 0001 6190 229
BIC code: HDELSI22

For further information please contact:

LOC : Franc Grahek, email : freestyleklubcelje@gmail.com, tel. +386 41 644 564

Slovenian Gymnastics Federation : email; info@gimnasticna-zveza.si

UEG TRA-TC : Vladimir Zeman, email vlzeman@volny.cz.

UNION EUROPEENNE DE GYMNASTIQUE

The President TC-TRA
Vladimir ZEMAN

Lausanne, November 2019



DEFINITIVE & NOMINATIVE REGISTRATIONS

TRAMPOLINE GYMNASTICS WORKSHOP December 13th to 15th, 2019 in Celje (SLO)

To return to UEG, info@ueg.org and freestyleklubcelje@gmail.com, deadline: **30.11.2019**
All entries must be sent by respective National Gymnastics Federation only. The entries sent by clubs, individuals, etc. will NOT BE ACCEPTED.

The National Federation of _____

Participants:

	Number of participants	Participation fee (€)	
Coaches			
Gymnasts			
Total		x 70 €	

The total participation fee has to be paid until **09.12.2019** to:

Account name: Freestyle ski klub Celje, Kajuhova 7, 3000 Celje
Bank: Delavska hranilnica d.d. Miklošičeva 5, 1000 Ljubljana
IBAN: SI56 6100 0001 6190 229
BIC code: HDELSI22

Travel plan:

	Date	Time	Airport/bus/train station	By	Flight/Line	Persons
Arrival						
Departure						



Participants:

	Name, first name	Introduction / Practical	Coach / Gymnast	Female /Male	Birth date (gymnasts)	T-shirt size
1.						
2.						
3.						
4.						
5.						
6.						
7.						
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19.						
20.						

Date: _____

Signature: _____