

UNION EUROPÉENNE DE GYMNASTIQUE
EUROPÄISCHE TURNUNION
EUROPEAN UNION OF GYMNASTICS



Secrétariat général
Avenue de la Gare 12
CH – 1003 Lausanne
Tél.: +41 - 21 - 613.10.20
E-Mail: info@ueg.org
www.ueg-gymnastics.com



INVITATION

2019 UEG Training Camp in TRAMPOLINE GYMNASTICS (TRA, DMT & TUM)

Sangalhos, Anadia (POR)
21.- 27. July 2019



Junior Summer
Training Camp

EUROVISION
OPERATED BY EBU

SMARTSCORING



To the UEG Member federations

INVITATION TO THE TRAINING CAMP IN TRAMPOLINE GYMNASTICS (TRA, DMT & TUM), July 21st to 27th, 2019 in Sangalhos (Portugal)

Dear Sirs,

The Trampoline Technical Committee of UEG invites Trampoline, Double Mini-Tramp & Tumbling gymnasts with their coaches from the UEG member federations to participate in its 2019 Training Camp.

We kindly ask you to deliver this information / invitation to the Trampoline Gymnastics coaches and gymnasts in your country potentially willing to participate in the Camp. We would very appreciate if you could publish the information about the Camp also on your federation website.

Please, support your talented gymnasts and prospective coaches from your country if they want to participate. Notice please, that we have prepared the event to support the further performance improvement of the gymnasts and the improvement and exchange of the experience and knowledge of the coaches.

Introduction

The philosophy of the camp is to provide access and enjoyment for those who would like to improve their performance under supervising coaching experts provided by the UEG TRA-TC. The experts will organize the improvement oriented trainings for young participating gymnasts and their coaches. The experts will organize also the exchange of experience and moderated lectures for the coaches. The participants will learn the trainings' planning and the progressive construction of routines as well.

For all 3 Trampoline Gymnastics disciplines

We are proud to offer the Camp to the coaches and gymnasts from Trampoline, DMT and Tumbling also this year.

Camp leaders and the coaching experts

UEG TRA-TC : Luis NUNES & Irina KARAVAEVA

Coaching experts : Paul GREAVES, Julie PERRETEN, Sérgio LUCAS (TRA) & Vladislav SKAKUN (TUM) and Kristof WILLERTON (TUM, European and World Champion). Depending on number of participants additional experts with the experience of coaching national team may be invited.

Participants

The camp is limited to 10 gymnasts and 4 coaches per federation, nevertheless also bigger groups from the same NF might be accepted. The same additional limit could be used for Tumbling, if all disciplines are entered.

Federations wishing to apply for more than 14 (10+4) persons should inform the UEG when applying.

After the Definitive entry deadline the free places could be offered to the NFs without limitation.

Maximum 60 gymnasts for TRA/DMT and 20 for TUM / 110 participants total

Gymnasts

Preferred level:

- national / regional team members and candidates
- national championships participants
- gymnasts from developing countries

All other entered gymnasts will be also welcomed.

Age of the gymnasts

Gymnasts must be aged between 11 - 18 to participate (born between 2008 and 2001).

** The federation who entered 8 gymnasts 11-18 years of age and is wishing to entry also 1-2 older gymnasts has to contact UEG first as well. Nevertheless the priority will be given to the young gymnasts in the case of non-sufficient capacity.*

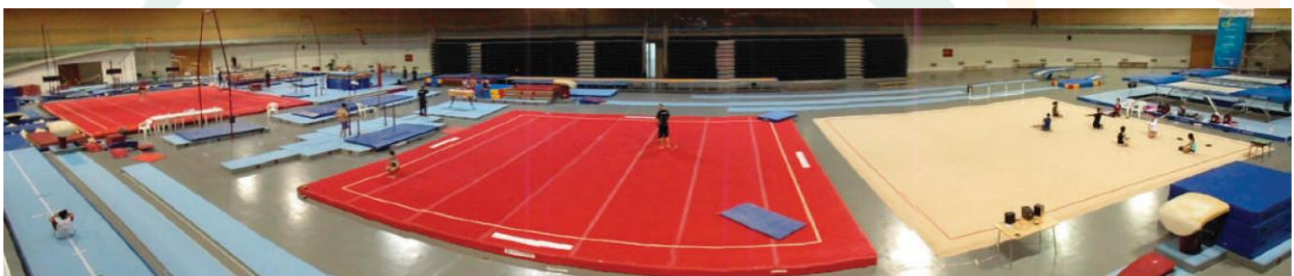
Participating coaches

Young and young minded coaches interested in further development and experience exchange will be welcomed as well as the high experienced coaches ready to share the experience.

Venue

The camp will be held in High Performance Center of Anadia.

Rua Ivo Neves, nº 405 - Sangalhos Tel : (+351) 23 473 82 18



Equipment

6 trampolines Gaofei Ref. 1071-4, 4,7x5 mm with all platforms, safety mats, landing mats and spotter mats

One Pit

1-2 DMT Gaofei with a complete landing area

1 TUM Track Skakun Original 2014 & 1-2 inflatable tracks

1 Teamgym Tumbling (brand to be confirmed)

1 Pit for TRA, DMT and TUM

Accident and Health Insurance

All participants have to present a certificate proving that they have a proper health and accident insurance. Without this certificate the gymnasts/coaches are not allowed to participate.

Responsibility of the coaches

As most of the gymnasts participating in the training camps are still minor, it is important to underline that the coach(es) accompanying the gymnasts has to take care of the welfare and security of their gymnasts.

Language

The course/camp will be held in English. Nevertheless the UEG experts are able to talk to the participants also in French, Russian, Spanish and Portuguese.

Programme (extracts)

Arrival: July 21st 2019 (Sunday)

Departure: July 27th 2019 (Saturday)

The camp will include an introduction to how best prepare your gymnasts for competitions including:

- Periodisation Training
- Conditioning Circuit
- Skills Various, Jumps, Strength
- Safe progressive practice in training
- Theory and practical in spotting and safety
- Code of Points (introduction and explanation)
- Friendly Competition

Preliminary schedule

Arrival day: free training, opening, information meeting

Training days (5):

- 2 training sessions a day, 2-2.5 hrs each (morning, afternoon)
- ½ day off
- 1 coaches session a day
- leisure and/or sports activities
- friendly competition, evaluation and feedback at the end of last day

Accommodation

Estalagem de Sangalhos

(single, double and triple rooms)

<http://www.estalagem.sunlive.pt>

R. Narciso da Marça, 3780-351 Sangalhos



High Performance Center of Anadia.

Rua Ivo Neves, nº 405 - Sangalhos Tel : (+351) 23 473 82 18

Inscriptions

The inscriptions have to be sent within the fixed deadlines to the following address:

UEG Secretariat - info@ueg.org

Provisional entry deadline:	15.03.2019
Definitive entry deadline:	30.04.2019
Nominative entry deadline:	15.06.2019

The inscriptions can be done only by the national federations. If you have the entry data earlier, don't wait for the deadline please and send your inscription earlier.

Do not purchase flight tickets until the UEG confirms your Definitive entry.

Participation fee per person and stay (6 nights) :

triple room:	€ 410
double room:	€ 440
single room:	€ 510

Participation fee includes:

- Accommodation
- 3 meals per day
- Transfers from/to Oporto Airport and between the accommodation and venue
- Leisure Activities: Trip to Aveiro or to the Beach
- T-shirt
- Closing Party on Friday 26th July evening (Barbecue Party)

The fee has to be paid until **21.05.2019** to:

Account name :	Federação de Ginástica de Portugal
Bank :	Millennium BCP
IBAN :	PT50.0033.0000.01880157890.96

For further information please contact:

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

FGP: Isabel Falcão, tramp@gympor.com, +351 92 624 11 78

Travel Information

Each participant should arrive at Oporto International Airport.

Please, fill in the travel data in the Nominative inscription.

The members of the UEG Trampoline Technical Committee and Portuguese Gymnastics Federation hope that they can welcome participants from many different federations.

Yours Sincerely,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Farid GAYBOV

The President TC-TRA
Vladimir ZEMAN

Lausanne, February 2019