



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

INVITATION

2021 European Gymnastics Training Camp in TRAMPOLINE GYMNASTICS (TRA, DMT & TUM)

**Sangalhos, Anadia (POR)
22.- 28. August 2021**



**To the European Gymnastics
Member federations**

***INVITATION TO THE TRAINING CAMP IN TRAMPOLINE GYMNASTICS (TRA, DMT & TUM),
August 22nd to 28th, 2021 in Sangalhos (Portugal)***

Dear Sirs,

The European Gymnastics Trampoline Technical Committee invites Trampoline, Double Mini-Tramp & Tumbling gymnasts with their coaches from the European Gymnastics member federations to participate in its 2021 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 European Gymnastics 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

European Gymnastics TRA-TC : Luis NUNES & Irina KARAVAEVA

Coaching experts : Paul GREAVES, Julie PERRETEN, Sérgio LUCAS (TRA) & Vladislav SKAKUN, Luis Rosa NUNES (TUM). Depending on number of participants additional experts with the experience of coaching national team may be invited.

Participants

The camp is limited to 50 gymnasts for TRA, 20 gymnasts for DMT and 30 gymnasts for TUM. Total capacity is 140 participants.

The NF can enter 5 gymnasts for TRA, 8 gymnasts for DMT, 8 gymnasts for TUM and 2 coaches per discipline.

Federations wishing to apply for more gymnasts and coaches may use additional fields for gymnasts and coaches waiting for confirmation on the Definitive entry.

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

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 2010 and 2003).

Older gymnasts subject to European Gymnastics confirmation, 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

6-8 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 / pit

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

1 Pit for TRA, DMT and TUM

Accident and Health Insurance

Proper health and accident insurance is recommended to all participants. In case of illness or accident the European Gymnastics IMSSA insurance may be used by officially entered participants, nevertheless cash payment may be requested by medical doctors and hospitals.

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 European Gymnastics experts are able to talk to the participants also in French, Russian, Spanish and Portuguese.

Programme (extracts)

Arrival: August 22nd 2021 (Sunday)

Departure: August 28th 2021 (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

Termas da Cúria

Tamengos,3780-514 Anadia Tel: (+351) 231 519 800

Inscriptions

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

European Gymnastics Office - info@europeangymnastics.com

Definitive entry deadline: 21.06.2021

Nominative entry deadline: 02.08.2021

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 European Gymnastics 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 27th August evening (Barbecue Party)

The fee has to be paid until **15.07.2021** to:

Account name : **Federação de Ginástica de Portugal**
Bank : BPI
IBAN : PT50 0010 0000 52631450001 91
SWIFT/BIC: BBPIPTPL

Cancellation policy

There are no costs if the cancellation is done by July 1st, 2021.

For further information please contact:

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

FGP: Isabel Falcão, isabel.falcao@ginastica.org , +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 European Gymnastics Trampoline Technical Committee and Portuguese Gymnastics Federation hope that they can welcome participants from many different federations.

Yours Sincerely,

EUROPEAN GYMNASTICS

The President

The President TC-TRA

Farid GAYIBOV

Vladimir ZEMAN

Lausanne, May 2021

By submitting the provisional and/or definitive and/or nominative registrations for this Event, you agree to the processing of personal data contained in the forms of inscription purposes related to this European Gymnastics event and the publication of photos and/or moving images

PROVISIONAL, DEFINITIVE AND NOMINATIVE APPLICATIONS

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF has access to its data at all times in order to amend it.

DUTY OF THE LOC

The LOC undertake not to disseminate to its own clients the data submitted by European Gymnastics and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

DATA PROCESSING

Data submitted to European Gymnastics and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of athletes and coaches designated by name
- List of delegations and accompanying persons designated by name

DUTY OF EUROPEAN GYMNASTICS

European Gymnastics shall supply the most recent data to their LOC on time and on a regular basis.

RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

PUBLICATION OF PHOTOS AND/OR MOVING IMAGES

By submitting a provisional and/or definitive and/or nominative application through the NF, all participants agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purposes now or hereafter authorized by European Gymnastics in relation with the promotion of the event. The NF and the participants agree that all photos and moving images taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

CONTACT

EUROPEAN GYMNASTICS

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DATES - DEADLINES

Definitive entry	21.06.2021
Payment of the entry fee to the Host Federation	15.07.2021
Nominative entry	02.08.2021
Arrival in Anadia	22.08.2021
Departure from Anadia	28.08.2021