



**European  
Gymnastics**

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# INVITATION

## 2022 PRACTICAL WORKSHOP IN DOUBLE MINI-TRAMPOLINE (DMT)

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**'s-Hertogenbosch (NED)**

May 13<sup>th</sup> to 15<sup>th</sup>, 2022

*To the European Gymnastics member federations*

## **INVITATION TO THE PRACTICAL WORKSHOP IN DOUBLE MINI-TRAMPOLINE**

**May 13<sup>th</sup> to 15<sup>th</sup>, 2022 in 's-Hertogenbosch (NED)**

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Dear Madam, Dear Sir,

The Sports club FLIK-FLAK in collaboration with the Dutch Gymnastic Federation (KNGU) and the European Gymnastics Trampoline Technical Committee will host a weekend workshop in Double Mini-Trampoline (DMT).

The Workshop is primary organised as a practical workshop in order to introduce and develop of Double Mini-Trampoline. The Workshop is arranged for the participants from Netherlands and near countries and for other countries developing DMT. The countries interested in earning of international experience and knowledge in DMT are of course welcome.

### **Date and venue**

The event will take place from 13<sup>th</sup> to 15<sup>th</sup> May 2022 in the FLIK-FLAK training centre venue ([www.flik-flak.nl](http://www.flik-flak.nl)), Marathonloop 7, 5235 AA, Den Bosch, Noord-Brabant, Nederland.

### **Participants**

Coaches interested in starting, further developing and/or exchanging international experience in Double Mini-Trampoline.

- Max. 4 gymnasts (age min. 11, national level recommended) per participating coach.
- Depending on number of entries, more gymnasts may be accepted on request.

Other coaches with any gymnastics background are welcomed too, as well as any Sports Education graduate and postgraduate.

Observers interested in implementation of Double Mini-Trampoline in their countries are welcome to join the Workshop.

European Gymnastics 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**. European Gymnastics TRA-TC can update the limits, if necessary.

**The workshop will be held in English language.** The European Gymnastics expert is able to communicate to the participants also in French.

### Responsibility of the coaches

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

### Workshop Leader and Expert coach

- Luis Nunes (European Gymnastics TRA-TC), FIG Academy Coaching expert and personal coach of André Lico (DMT World Champion) and Nuno Merino and Ana Rente (TRA Olympic Games participants)

European Gymnastics will pay all the expenses of the expert giving the Workshop.

### Provisional schedule

<b>Thursday, 12.05.22</b>		Arrival and accommodation (expert, participants)
<b>Friday, 13.05.22</b>	09.30 - 10.00	Welcome address, (lecture room)
	10.00 - 12.00	Practical session (training hall)
	12.00 - 12.30	Coffee break
	12.30 - 13.30	Presentation (lecture room)
	13.30 - 15.30	Lunch, pause
	15.30 - 17.00	Lecture and discussion (lecture room)
	17.00 - 17.30	Coffee break
	17.30 - 19.30	Practical session (training hall)
	20.00 - 21.00	Dinner
<b>Saturday, 14.05.22</b>	09.30 - 11.00	Lecture and discussion (lecture room)
	11.00 - 11.30	Coffee break
	12.00 - 14.00	Practical session (training hall)
	14.00 - 15.30	Lunch, pause
	15.30 - 16.30	Lecture and discussion (lecture room)
	16.30 - 17.00	Coffee break
	17.00 - 19.00	Practical session (training hall)
	19.30 - 21.00	Dinner and leisure activity
<b>Sunday, 15.05.22</b>	10.00 - 12.30	Practical session and discussion (training hall)
	12.30 - 13.00	Farewell address and Evaluation of Workshop
	13.00	Lunch, Departure (expert, participants)

### Apparatus

- 2 DMT-Ultimate 6x6, landing area, 25 m for run-up available, additional mats,
- 2 safety pits: one open and one closed
- Safety mats
- Large trampolines



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### **Participation fee per person: 150 €**

Participation fee 150 € per person (without accommodation) Friday-Sunday (2,5 days), including a T-shirt + 3 lunches (Friday, Saturday and Sunday) and 2 dinners (Friday and Saturday) and a leisure activity, is applied for all participating coaches, observers and gymnasts.

### **Official Accommodation**

Campanile Hotel & Restaurant 's Hertogenbosch,  
Goudsbloemvallei 21 - 25, 5237 MH Den Bosch.

Distance from the venue 2,5 km. ([www.campanile-s-hertogenbosch.nl](http://www.campanile-s-hertogenbosch.nl))



Accommodation is not included in the participation fee. The prices per person:

For single room/night, breakfast included € 96,00

For 2 beds room/night, breakfast included € 58,50

### **Meals**

Breakfast will be available in the hotel and is included into the accommodation price.

Lunch (Friday, Saturday and Sunday) and dinner (Friday and Saturday) will be organised by LOC and are included in the participation fee.

### **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@europangymnastics.com](mailto:info@europangymnastics.com) until **04.05.2022**. On the Definitive entry form please indicate detailed information if you want to book accommodation. LOC will book the selected accommodation for you on the first come, first serve basis.



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### Payment

The participation fee, accommodation and meals **have to be paid until 07.05.2022** to:

**Account name:** Stichting Flik-Flak  
**Bank:** Rabobank  
**IBAN:** NL95 RABO 0120049910  
**BIC code:** Rabonl2u

*The hotels' capacity and prices are guaranteed by LOC for the accommodation payments received until 07.05.2022.*

### Arrivals and Departures

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

The closest airports to Den Bosch:

- a) Amsterdam Schiphol International has a direct train to 's-Hertogenbosch centraal
- b) Eindhoven has a bus connection to 's-Hertogenbosch centraal.

There is the public bus connection from the train station to the gym.

- Bus line 8 direction Maasoever: get out at the bus stop Maaspoortweg
- Bus line 6 direction Empel: get out at the bus stop Burg. Godschalxstraat

### Local transport

Necessary local transport between the hotel and gym will be organised during the Workshop by the LOC.

For further information please contact:

LOC : Lennard Villafuerte, email [Lennard@flik-flak.nl](mailto:Lennard@flik-flak.nl), tel. +31624290988

KNGU : Björn Hillebrandt, email [dmt@trampoline.kngu.nl](mailto:dmt@trampoline.kngu.nl)

European Gymnastics TRA-TC : Vladimir Zeman, email [vzeman@volny.cz](mailto:vzeman@volny.cz)

### DUTCH GYMNASTICS FEDERATION

**Herman Jansen**  
*Team Sporters & Fans*

### EUROPEAN GYMNASTICS

**Vladimir ZEMAN**  
*President TC-TRA*

Lausanne, April 2022