



**European  
Gymnastics**

Head Office  
Avenue de la Gare 12  
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

[info@europengymnastics.com](mailto:info@europengymnastics.com)  
[www.europengymnastics.com](http://www.europengymnastics.com)

# INVITATION

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

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**Katowice (POL)**

September 2<sup>nd</sup> to 4<sup>th</sup>, 2022

*To the European Gymnastics member federations*

## **INVITATION TO THE PRACTICAL WORKSHOP IN DOUBLE MINI-TRAMPOLINE September 2<sup>nd</sup> to 4<sup>th</sup>, 2022 in Katowice (POL)**

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Dear Madam, Dear Sir,

AZS – AWF Katowice Club in collaboration with the Polish Gymnastics Federation (PZG) 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 Double Mini-Trampoline. The Workshop is arranged for the participants from Poland 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.

### **Dates and venue**

The event will take place from September 2<sup>nd</sup> to 4<sup>th</sup>, 2022 in the KS AZS AWF Katowice Sport Hall, Address: Raciborska 1, 40-065 KATOWICE, Poland.

### **Participants**

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

- Max. 2 gymnasts (age min. 11, national level recommended) per participating coach.  
**However, maximum 10 gymnasts in total.**
- 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 **10**. European Gymnastics TRA-TC can update the limits, if necessary.

**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 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, 01.09.22</b>		Arrival and accommodation (expert, participants)
<b>Friday, 02.09.22</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, 03.09.22</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, 04.09.22</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)

*The final schedule will be published before the Workshop or at the arrival.*

### Apparatus

- 1 DMT-Ultimate 6x6, landing area, 25 m for run-up available, additional mats,
- Safety mats
- 2 Large trampolines
- Artistic Gymnastics equipment



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### Participation fee per person: 90 €

Participation fee 90 € per person (*without accommodation*) Thursday-Saturday (2,5 days), including a T-shirt + 3 lunches (Thursday, Friday and Saturday) and 2 dinners (Thursday and Friday) is applied for all participating coaches, observers and gymnasts.

### Accommodation

Please mind that accommodation needs to be booked by yourself according to your needs. The hotels close to the venue are:

**Hotel Diament Plaza Katowice**, ul. Dworcowa 9-11, 40-012 Katowice, tel: +48 32 746 70 00, fax: +48 32 746 70 01, e-mail: [katowice@hotelediament.pl](mailto:katowice@hotelediament.pl)

Walking distance to the venue (1.2 km / 16 min.) and the train station (5 min.).

**B&B Hotel Centrum Katowice**, Ul. Sokolska 4, 40-086 Katowice, tel. +48 32 700 50 88, e-mail: [katowice@hotelbb.com](mailto:katowice@hotelbb.com)

Walking distance to the venue (850 m / 11 min.) and the train station (9 min.).

**Willa Aurum**, ul. Mikołowska 124, 40-592 Katowice, tel. +48 32 253 66 00

Walking distance to the venue (1.5 km / 20 min.) and the train station (20 min.)

**Hostel Centrum Kamienna**, ul. Kamienna 4, 40-000 Katowice, tel. +48 606 752 009

Walking distance to the venue (450 mm / 5 min.) and the train station (7 min.)

*More accommodation options can be found on internet.*

### Meals

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@europeangymnastics.com](mailto:info@europeangymnastics.com) until **25.08.2022**.

### Payment

The participation fee, accommodation and meals **have to be paid until 25.08.2022** to:

**Account name:** KS AZS AWF Katowice  
**Bank:** PKO BP  
**IBAN:** PL 93 1020 2313 0000 3102 0319 0923  
**Swift/BIC:** BPKO PL PW



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### **Arrivals and Departures**

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

The closest airports to Katowice:

- a) Katowice Airport 35 km to the sport hall
- b) Kraków Airport 68 km to the sport hall

LOC can arrange transport from and to Katowice airport 10 EUR/per person (round trip) and 15 EUR/per person from and to Krakow round trip).

### **For further information please contact:**

**LOC:** Krzysztof WILUSZ, email: [k.wilusz@awf.katowice.pl](mailto:k.wilusz@awf.katowice.pl) , tel. +48 501453568

Konrad BOJAKOWSKI, email: [konrad.bojakowski@inmotiongroup.pl](mailto:konrad.bojakowski@inmotiongroup.pl) , tel. +48 607050714

**European Gymnastics TRA-TC:** Vladimir ZEMAN, email: [vlzeman@volny.cz](mailto:vlzeman@volny.cz)

### **POLISH GYMNASTICS ASSOCIATION**

**Piotr DEC**

*Secretary General*

A handwritten signature in blue ink, appearing to be 'P. Dec'.

### **EUROPEAN GYMNASTICS**

**Vladimir ZEMAN**

*TC-TRA President*

A handwritten signature in black ink, appearing to be 'V. Zeman'.

Lausanne, August 2022