



**European
Gymnastics**

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INVITATION

2023 COACHING WORKSHOP IN DOUBLE MINI-TRAMPOLINE (DMT)



Salzburg / Rif (AUT)

March 17th to 19th, 2023

To the European Gymnastics member federations

INVITATION TO THE COACHING WORKSHOP IN DOUBLE MINI-TRAMPOLINE

March 17th to 19th, 2023 in Salzburg / Rif (AUT)

Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) and Gymnastics Austria (NF AUT) are happy to invite you to a Double Mini-Trampoline (DMT) Coaching Workshop organised over one weekend:

DATES

From Friday **17/03/2023 (17:00)** to Sunday **19/03/2023 (noon)**

LOCATION

In Salzburg / Rif, Austria.

Address: Hartmannweg 4, 5400 HALLEIN

This workshop is organised specifically for participants from **Austria and surrounding countries**, but **other countries where Trampoline is being developed** are of course also invited. This workshop is designed for Double Mini-Trampoline Coaching.

European Gymnastics will provide the participants with an official certificate of participation, as proof of their involvement during the workshop.

PARTICIPANTS

(Double Mini) trampoline coaches, gymnasts and judges interested in starting, further developing, and/or exchanging coaching experience in trampoline gymnastics.

The workshop will be held in English language only.

The workshop will be held with a **minimum of 10 and a maximum of 30 participants**.

The TRA-TC of European Gymnastics can update the number of participants, if necessary.

WORKSHOP LEADER AND EXPERT COACH

Mr Luís NUNES (European Gymnastics TRA-TC), FIG Academy Coaching expert and personal coach of Nuno Lico and André Lico (DMT World Champions), person coach of Nuno Merino and Ana Rente (TRA Olympic Games participants).



PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

| | | |
|---|---------------------------------------|---|
| Friday, 17th March 2023 | Arrival and accommodation until 17:00 | |
| | 17:00 – 18:30 | Lecture and discussion (lecture room) |
| | 18:30 – 18:45 | Break |
| | 18:45 – 20:15 | Lecture and discussion (lecture room) |
| Saturday, 18th March 2023 | 09:00 – 10:30 | Lecture and discussion (lecture room) |
| | 10:30 – 10:45 | Break |
| | 10:45 – 12:30 | Practical session (training hall) |
| | 12:30 – 14:30 | Lunch |
| | 14:30 – 16:00 | Lecture and discussion (lecture room) |
| | 16:00 – 16:15 | Break |
| | 16:15 – 18:00 | Practical session (training hall) |
| | 18:00 – 19:30 | Questions about the day |
| Sunday, 19th March 2023 | 09:00 – 10:30 | Practical session (training hall) |
| | 10:30 – 12:00 | Time for debate (questions and answers) |
| | Departure after 12:00 | |

OFFICIAL ACCOMMODATION

We advise you to stay at the official hotel. However, you are free to book any other accommodation solution that suits you best. We, however, kindly ask you to make sure that you can be at the venue of the workshop on time for the beginning of the sessions.

Gasthof Brückenwirt (Address: Brückenwirtweg 3, 5400 Hallein)

offers bed and breakfast in single or double rooms.

- Price for single room: **70€** per night / per person
 - Price for double room: **54€** per night / per person
- Taxes are not included.*

Please book your accommodation directly via the hotel website:

<https://www.brueckenwirt-hallein.at/>

Payment is to be made directly by yourself at the hotel while checking out.

MEALS

The participants are responsible for organising their meals. Several options are possible:

- Breakfast at the official hotel is included in the price.
- Breakfast, lunch and dinner are possible to buy at the venue - <https://www.campus-rif.at/>
- There is a grocery store next to the hotel.

PARTICIPATION FEE

Participation fee for the workshop is **€25,00 per person**.

Accommodation and meals are not included in the participation fee.



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REGISTRATION & PAYMENT OF THE PARTICIPATION FEE

Registrations can only be made by National Federations. Registrations by clubs or individuals are possible, provided they are approved by the relevant National Federation. European Gymnastics will take care of submitting registrations made by clubs / individuals to the National Federation concerned for their validation.

Please send your registration form **until March 13th, 2023** to both:

- Gymnastics Austria, Franziska GSCHLAD - franziska.gschlad@turnsport.at
- European Gymnastics – info@europeangymnastics.com

According to your registration form, **an invoice for your participation fee will be sent to you.**
The invoice must be paid **before March 10th, 2023.**

ARRIVAL AND DEPARTURE

Please mind that you are responsible for organising *independently* your arrival and departure.

Public transportation

- **from airport to hotel:** from *Salzburg Airport*, with Busline 10 to *Salzburg Mozartsteg/Rudolfskai* then change for Busline 170, destination stop *Taxach Brückenwirt*.
- **to the venue of the workshop:** 8 minutes walking from the hotel – or – Busline 175 from *Salzburg Mozartsteg/Rudolfskai* or *Brückenwirt* to destination stop *Rif Sportzentrum*.
- **from main train station to the hotel / to the venue:** from main train station Salzburg, take Busline 170 or 175 to *Taxach/Brückenwirt* (hotel) or *Rif Sportzentrum* (venue).

CONTACT DETAILS

For further information please contact:

Franziska GSCHLAD (Gymnastics Austria – Sports coordinator)

e-mail: franziska.gschlad@turnsport.at

Babette VAN WETERING (European Gymnastics TC-TRA)

e-mail: bvanwetering@outlook.com

EUROPEAN GYMNASTICS

A handwritten signature in blue ink, appearing to read 'Bvanwetering', with a horizontal line underneath.

Babette VAN WETERING

TC-TRA President

Lausanne, February 2023