



**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

3rd EDUCATIONAL LONG WEEKEND

Gymnastics for All



Zagreb (CRO)

September 29th to October 1st, 2023

EUROVISION
OPERATED BY EBU

SMARTSCORING

*To the Member Federations of
European Gymnastics*

Invitation to the 3rd Gymnastics for All Educational Long Weekend September 29th to October 1st, 2023 in Zagreb (CRO)

Dear Madam, Dear Sir,

The European Gymnastics Technical Committee – Gymnastics for All is pleased to invite you to the 3rd edition of the Educational Long Weekend.

Welcome to the 3rd Educational Long Weekend in Croatia!

The Educational Long Weekend combines different educational activities in one event and offers a platform for gymnastics coaches, coach developers, sport managers to exchange and to gain knowledge, new experiences and ideas.

The event includes:

- Educational Choreography Camp
- ‘Developing Gymnastics for All’ symposium

DATES AND LOCATION

The Educational Long Weekend will start on

Friday, September 29th (1 pm), 2023.

The event will end on

Sunday, October 1st (1 pm), 2023.

The event will be organised in Zagreb, Croatia.

VENUE

The Educational Long Weekend will be organised in Zagreb (Croatia) at the

Faculty of Kinesiology

Address: [Horvaćanski zavoj 15](#)

Website: <https://www.kif.unizg.hr/en>

PROGRAMME

Educational Choreography Camp

The main aim of the camp is to prepare coaches to develop group performances that are more joyful, inspiring and challenging for the participants, with higher quality and more attractive for the audience.

The camp will also provide knowledge and support for the National Federations in preparing, coaching, evaluating and selecting groups for the Gym for Life Challenge, EUROGYM, Golden Age Gym Festival and other events.

The focus areas are: the creative process, composition, evaluation, feedback and coaching.

NOTA BENE: the minimum age to participate is 16 years. If a participant is under 18 years old, they need to be accompanied by another participant from the same NF that is over 18 years old and take the responsibility for the underaged participant.

Main topics:

- Choreography: elements, develop, feedback
- Body percussion
- Parkour

Symposium

The symposium will offer you more knowledge and ideas about how to create and develop gymnastics that attracts all gymnasts. We will focus both on the coaching and managerial aspects. The symposium consists of lectures, practical parts, discussions, group studies and possibilities to share your own experiences.

The symposium targets coaches and responsible people for children and youth in Gymnastics for All.

NOTA BENE: the minimum age to participate is 18 years old.

Main topics:

- Gymnastics: develop, festivals, experiences
- Choreography: develop, show
- Parkour

EXPERTS

The Educational Long Weekend will be held in English and will have international lecturers and instructors from different countries with extensive experience in the field of gymnastics and sports:

- Mr Stefano Baroni (ITA)
- Mr Ildirim MIRMAMMADOV (AZE)
- Ms Maria STAHL (SWE)



Stefano BARONI (ITA)

Musician, Circular Music & Drum Circle Facilitator. Stefano has been working with body music and other forms of circular music since 2011. He works in different countries in Europe and Asia bringing Circular music in frameworks ranging from schools to universities and conservatories, from mental health institution to prisons, from corporate training programmes to community building events and festivals. Since 2017, he collaborates with the University of Bologna within a course of Artistic Vocology and since 2019, he works for several jazz festivals in Italy (Umbria Jazz Perugia, Time in Jazz Berchidda, Il Jazz per le Terre dell’Sisma L’Aquila), facilitating community music experiences for adults and children. In July 2022, his first book *“Circularmusic - Strategie innovative per la didattica e l’apprendimento”* has been published by [Solos Media](#).



Ildirim MIRMAMMADOV (AZE)

Choreographer of Azerbaijan National Gymnastics team, Choreographer of Gym for All national team and Head coach of Azerbaijan Breaking national team. He is specialized in such dance styles as - Hip Hop, jazz funk, dancehall, afrobeats, popping, locking, house, breaking.



Maria STAHL (SWE)

Gymnastics has been a part of my whole life, first as a gymnast and then as a coach, coach developer, employee and now as a committee member. I was a part of European Gymnastic for All – committee for 13 years and now I am grateful to be one of the mentors for the Mentor programme. I work as a project and process manager at Sweden's national sports federation with different strategical works. I am coordinating the development of strategic guidelines, value-based work, supporting the developing of leadership and organisations, educational matters and competence development. Gymnastics for All it is closest to my heart, where gymnastics unites and creates the conditions for a lifelong interest. A holistic perspective where fun, fitness, creativity and teamwork are in focus. I have a goal to learn something new every day and my target image is to develop myself to lead others!

REGISTRATION

Each **National Federation** can register up to **2 participants for the camp** and **2 for the symposium**. The National Federations are allowed to ask for more participants - if there will be enough places, the additional registrations will be accepted.

To register, please fill out the registration form **before July 15th, 2023**

COSTS

Participation is free of charge.

However, the participants need to cover themselves the following costs:

- Travel costs
- Accommodation
- Meals
- Documents distributed during the Educational Long Weekend (15.- EUR)
NOTA BENE: these 15.- EUR must be paid to the LOC at the same time as the costs for accommodation.

ACCOMMODATION AND CATERING

All participants will stay in the following hotel (newly renovated, 4*):

Zonar Zagreb

Address: [Trg Krešimira Čosića 9](#)

Website: <https://shorturl.at/CILSW>

Prices:

410 EUR / per person in a double room

(The price is for two nights for accommodation from Friday to Sunday with full board)

490 EUR / per person in a single room

(The price is for two nights for accommodation from Friday to Sunday with full board)

NOTA BENE: participants choosing a double room, but who will be the only participant from their federation, might be accommodated with another person from another federation in a double room.

This will be advised accordingly to all parties concerned.

If you need to arrive one day before or depart one day after the Educational Long Weekend, please inform the LOC. Prices at the official hotel for earlier arrival or longer stay will be given to all participants.

It is obligatory for all the participants, their accompanying persons and coaches to stay at the official hotel and **make reservation through official agency Uniline (gymnastics@uniline.hr)**

Payment of your accommodation costs, local transportation (20.- EUR per participant) and documentation costs (15.- EUR per participant) must be done to the LOC who will send you the payment details after your registration. An invoice will be sent to you after checking out from the hotel.

TRANSPORT

Zagreb Airport transfer: 50 EUR both ways (Airport pick up and Airport drop-off).

Please contact the LOC if you need transportation from/to the airport.

Travels from the hotel and to the Venue.

20 EUR for the local transportation provided by the LOC (the hotel is not within walking distance of the venue; the costs will be invoiced to the participants)

CANCELLATION POLICY

Payment must be done in full amount between June 15th and July 15th, 2023.

Cancellation between June 15th and August 1st, 2023: the LOC will do balance transfer to the same payer account, and LOC will keep 100 EUR from the total amount for reservation costs.

Cancellation after August 1st, 2023: no refund possible, the LOC will keep the total amount.

NOTA BENE: National Federations are allowed to replace participants with other without extra costs if the total number of participants is the same.

Any question?

If you have any question regarding

- **Registration and accommodation**

Please contact the LOC:

Nives Krošnjar: niveskrosnjar@gmail.com

And European Gymnastics Administration:
info@europeangymnastics.com

- **Programme and content of the event:**

Please don't hesitate to contact the European Gymnastics Technical Committee Members:

Emiliana Polini: emiliana.polini@virgilio.it

Ruslan Eyvazov: eyvazov-r@mail.ru

Lasse Hauser: lassewh@online.no

We look forward to welcoming you in Croatia!