



**European  
Gymnastics**

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# **Invitation**

## **TRAINING CAMP & COACHES COURSE**

### **Aerobic Gymnastics**

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**Pomigliano D'Arco (ITA)**  
July 7<sup>th</sup> to 13<sup>th</sup>, 2024

*To the Member Federations  
of European Gymnastics*

# INVITATION

## **AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE**

July 7<sup>th</sup> to 13<sup>th</sup>, 2024 in Pomigliano D'Arco (ITA)

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Dear gymnastics friends,

The European Gymnastics Technical Committee for Aerobic Gymnastics (TC-AER), in collaboration with the Italian Gymnastic Federation (LOC), invites interested coaches and athletes from the European Gymnastics member federations to participate in their 2023 AER Training Camp and Coaches Course.

### **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 TC-AER. The experts will organise the trainings for young participating gymnasts and their coaches. They will also allow the exchange of experience and plan lectures for the coaches. The participants will learn, among other things, how to plan the trainings and the progressive construction of routines.

### **PARTICIPANTS**

The Training Camp and Coaches Course are limited to a maximum of 2 coaches and 10 gymnasts for the Training Camp and 5 coaches for the Coaches Courses per member federation of European Gymnastics.

We expect approximately 100 participants, organised in several workgroups.

### **AGE OF THE ATHLETES**

Only gymnasts aged 11 to 17 years can participate (born between 2007 and 2013).

### **ACCIDENT AND HEALTH INSURANCE**

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 professionals and hospitals.

## RESPONSIBILITY OF THE COACHES

As gymnasts participating in the training camp are minors, it is important to underline that the coach(es) accompanying the gymnasts must take care of the welfare and security of their gymnasts.

## PROGRAMME

<b>7<sup>th</sup> July</b>	Arrival day
<b>8<sup>th</sup> – 12<sup>th</sup> July</b>	Training and Workshop days <ul style="list-style-type: none"> <li>- 2 sessions a day, 2-2.5 hours each (morning, afternoon)</li> <li>- ½ day off</li> <li>- Leisure and/or sports activities</li> <li>- Evaluation and feedback at the end of the last day</li> </ul>
<b>12<sup>th</sup> July, evening</b>	Banquet
<b>13<sup>th</sup> July</b>	Departure day

The camp will include an introduction on ‘how to best prepare your gymnasts for competitions’ including:

- Periodisation Training
- Conditioning Circuit
- Various Skills, Jumps, Strength
- Safe progressive practice in training
- Theory and practice in spotting and safety
- Code of Points (introduction and explanation)
- Choreography
- Dance styles
- Ballet

The Coaches Course will include practical training sessions as well as theoretical lessons. The course is designed to assist coaches in developing their skills in preparing gymnasts for top performances. All coaches are welcome to attend the Coaches Course, regardless of whether they have registered gymnasts or not.

## LANGUAGE

The courses will be held in English.

## THEORY AND PRACTICAL TRAINING SESSIONS WITH THE TC MEMBERS AND EXPERT COACHES:

**Alina DRAGAN (ROU)** – European Gymnastics TC AER President

**Dimitrios POLYZOS (GRE)** – European Gymnastics TC AER Vice-President

**Monica Maria DARONE (ITA)** – European Gymnastics TC AER member

**Desislava BOGUSHEVA (BUL)** – FIG AER TC member / FIG Academy Expert

**Daniel BALI (HUN)** – World and European Champion, coach and choreographer

**Matteo GUERRINI (ITA)** – Head Coach of the Senior national team of France

**Bastien SAFFORES (FRA)** – Physical trainer and trainer manager. Responsible coach for physical preparation of the Junior and Senior French national teams

**Mariana MEZEI (ROU)** – Coach of the Junior national team of Romania

**Antonio BARONE (ITA)** – Dance expert, choreographer, FIG AER Gymnastics Judge

**Arianna CIUCI (ITA)** – Coach of the Junior national team of Italy

## VENUE

### Palazzetto Dello Sport

Via San Pietro 80038 POMIGLIANO D'ARCO  
Metropolitan City of Naples, Italy

## ACCOMMODATION

### Hotel Quadrifoglio

Via Kennedy 8 80030 Castello di Cisterna

Website: <http://www.hotelquadrifoglio.eu/en/>

### Hotel Leopardi

Via Giacomo Leopardi 59 80038 Pomigliano d'Arco NA

Website: <https://www.leopardihotel.it/>

**To book your accommodation**, please contact the LOC:

Mr Graziano PICCOLO, Tel: +39 328 045 9092, Email: [fitnesstrybe@libero.it](mailto:fitnesstrybe@libero.it)

## TRANSFERS FROM NAPLES (NAP) AIRPORT OR TRAIN STATION

Transfers from Naples (NAP) airport or train station will be organised by the LOC (**10€ per person for one way**). Please contact [fitnesstrybe@libero.it](mailto:fitnesstrybe@libero.it) as soon as possible to let them know about your travel plan, date of arrival, airport/station of arrival and organise your transfer.

## REGISTRATIONS

The registrations must be sent within the deadlines to the following address:

[info@europeangymnastics.com](mailto:info@europeangymnastics.com)

Definitive registrations:	June 13 <sup>th</sup> , 2024
Nominative registrations:	June 27 <sup>th</sup> , 2024

## PARTICIPATION FEE

**Training Camp: EURO 510.-** per participant. Accommodation and full board are included.

**Coaches Course: EURO 510.-** per participant. Accommodation and full board are included.

The participation fee **must be paid before June 13<sup>th</sup>, 2024** by bank transfer to:

Name of the beneficiary: **Fitness Trybe S.S.D. a R.L.**  
Address of the beneficiary: **Via San Pietro 80038 Pomigliano d'Arco, ITALIA**  
Name of the bank: **Banca Popolare dell'Emilia Romagna**  
IBAN: **IT82F0538740070000002930262**  
BIC/Swift: **BPMOIT22XXX**

## CANCELLATION POLICY

Please take into account that cancellation is not possible.

## LOCAL ORGANISING COMMITTEE – CONTACT DETAILS

### Fitness Trybe S.S.D. a R.L

Ms Viviana TAURISANO: +393894360289

Mr Graziano PICCOLO: + 393280459092

Email: [fitnesstrybe@libero.it](mailto:fitnesstrybe@libero.it)

European Gymnastics, the TC AER members, the experts, the LOC and the Italian Gymnastics Federation hope that many different federations will take part in this training camp and are waiting for your registrations!

Yours Sincerely,

**EUROPEAN GYMNASTICS**



**Dr Farid GAYIBOV**  
*President*



**Ms Alina DRAGAN**  
*President TC-AER*

Lausanne, June 2024

*By submitting this registration, the participants of your national gymnastics federation agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes. For participants under the age of 18 it is the responsibility of your national gymnastics federation that the agreement is equally obtained from the parents.*

### **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 always has access to its data in order to amend it.

### **DUTY OF THE LOC**

The LOC undertakes 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.

### **PHOTOS AND VIDEOS**

By submitting a provisional and/or definitive and/or nominative registration through the NF, all participants agree to be filmed, photographed, identified and otherwise recorded during the event. Photos and videos taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

### **CONTACT**

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