



**European  
Gymnastics**

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# INVITATION

**Development Training Camp  
& Judges Workshop in  
TRAMPOLINE GYMNASTICS**



**ESPOO, FINLAND**

14<sup>h</sup> – 18<sup>th</sup> February 2024



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*To the Member Federations of European Gymnastics*

## **Invitation to the Development Training camp and Judges Workshop in Trampoline Gymnastics**

**14<sup>th</sup> – 18<sup>th</sup> February 2024, Espoo, Finland**

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Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC TRA) and the Finnish Gymnastics Federation in collaboration with its member, Espoon Telinetaiturit (EsTT) will organise a development training camp for coaches, judges and athletes. The event will take place from 14<sup>th</sup> - 18<sup>th</sup> of February 2024, in Leppävaara, Espoo, Finland. Address: Vanha Maantie 15, Espoo.

This Training Camp and Workshop is specially organised for participants from FIN and neighbouring countries, but other countries where Trampoline is being developed are of course also invited. The Camp is designed for Trampoline, Double Mini Trampoline and Tumbling and the Judging Workshop as an introduction to new judges and coaches interested in developing their skills in judging.

### **PARTICIPANTS**

Trampoline, Double Mini and Tumbling coaches, gymnasts and judges interested in starting, further developing, and/or exchanging coaching and/or judging experience in trampoline gymnastics. The workshop will be held in English language only.

European Gymnastics will provide the participants with an official certificate of participation as a proof of their work during the camp and workshop.

The camp will be held with a minimum of 20 coaches overall (minimum 5 per discipline). All coaches should bring at least one gymnast, but the camp is limited to 30 gymnasts for TRA, 15 gymnasts for DMT and 15 gymnasts for TUM. The Judges Workshop will be held with a minimum of 10 judges. Total capacity is 100 participants.

The camp and the workshop will be organised making it possible to participate in both the training camp and the judges workshop, but participants should notice that some sessions will overlap and that the participants then get to choose what they want to participate in.



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### **EXPERT COACHES**

Luís Nunes and Jenny Söderlund (TRA and DMT), Eduardo Mendes (TUM)

### **JUDGES WORKSHOP LEADER**

Andrew Coulter (TRA, DMT and TUM)

### **PROVISIONAL SCHEDULE**

The participants will receive the definitive schedule upon arrival.

#### **Wednesday, 14<sup>th</sup> February**

Arrival and accommodation

#### **Thursday, 15<sup>th</sup> – Saturday 17<sup>th</sup> February**

Two practical sessions and one or two theoretical session(s) per day

#### **Sunday, 18<sup>th</sup> February**

Departure

### **ACCOMMODATION**

*NOTA BENE: finding and booking accommodation is the responsibility of the participants / participating National federations.*

**The following accommodations are located close to the venue, by walking distance:**

**GLO HOTELL SELLO**, Leppävaarankatu 1, 02600 Espoo

Website: <https://www.glohotels.fi/en/hotels/glo-sello>

Phone: +358 9 5840 9445

E-mail: [sales@glohotels.fi](mailto:sales@glohotels.fi)

**FORENOM APARTHOTEL LEPPÄVAARA**, Porainkatu 1A, Espoo

Website: <https://www.forenom.com/fi/huoneistohotellit/espoo/forenom-aparthotel-espoo-leppavaara/141/?checkin=%222024-01-11%22&checkout=%222024-01-26%22&occupants=1>

*We kindly ask you to deal with the booking and payment of your accommodation directly with the hotel you choose.*

### **MEALS**

Lunches and dinners are included in the participation fee and will be served at the venue during the workshop days.



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### **PARTICIPATION FEE**

The participation fee for the workshop is **120€ per person**.

*Accommodation and breakfast are not included in the participation fee.*

### **REGISTRATION & PAYMENT**

Please send your registration form until 01/02/2024 to  
[sonia.solismaa@voimistelu.fi](mailto:sonia.solismaa@voimistelu.fi) and [info@europeangymnastics.com](mailto:info@europeangymnastics.com)

Payment of your participation fee must be paid before 01/02/2024 to

Name of the beneficiary: **Finnish Gymnastics Federation**  
Address of the beneficiary: **Valimotie 10, 00380 Helsinki, Finland**  
Bank: **Nordea Bank Plc.**  
Address of the bank: **Tukholmankatu 2, 00020 Nordea, Finland**  
BIC code: **NDEAFIHH**  
IBAN: **FI93 1328 3000 4251 47**

### **ARRIVALS AND DEPARTURE**

Delegations arriving by flights are recommended to fly to *Helsinki Airport*. There are train connections from the airport to Espoo, Leppävaara and the venue is located by walking distance to the train station as well as the recommended accommodation options.

### **CONTACT DETAILS**

For further information please contact:

**Sonia Solismaa (Finnish Gymnastics Federation)**

E-mail: [sonia.solismaa@voimistelu.fi](mailto:sonia.solismaa@voimistelu.fi)

**Riikka Saariaho (Espoon telinehaiturit (EsTT) workshop coordinator)**

E-mail: [riikka.saariaho@outlook.com](mailto:riikka.saariaho@outlook.com)

**Jenny Söderlund (European Gymnastics TRA-TC)**

E-mail: [jenny.soderlund@gymnastik.se](mailto:jenny.soderlund@gymnastik.se)

**EUROPEAN GYMNASTICS**

**Babette VAN WETERING**

*President TC TRA*