



**European  
Gymnastics**

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# INVITATION

**Development Training Camp  
in  
TRAMPOLINE GYMNASTICS**



**ESPOO, FINLAND**

12<sup>th</sup> – 16<sup>th</sup> February 2025

**EBU**

OPERATING EUROVISION AND EURORADIO

**SMARTSCORING**



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*To the Member Federations of European Gymnastics*

## **Invitation to the Development Training camp in Trampoline Gymnastics** **12<sup>th</sup> – 16<sup>th</sup> February 2025, 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 and athletes. The event will take place from **12<sup>th</sup> to 16<sup>th</sup> of February 2025**, at the **Kameleonten Sports Centre**.

This Training Camp 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 planned for the following disciplines: **Trampoline (TRA)**, **Double Mini Trampoline (DMT)** and **Tumbling (TUM)**.

### **PARTICIPANTS**

Trampoline, Double Mini and Tumbling coaches and gymnasts interested in starting, further developing, and/or exchanging coaching 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.

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 40 gymnasts for TRA (6 per National Federation), 20 gymnasts for DMT (4 per NF) and 20 gymnasts for TUM (4 per NF).

**Total capacity is 100 participants.**

***NOTA BENE: if National Federations would like to register more gymnasts, a waiting list will be kept. The participation of the gymnasts on the waiting list can be confirmed only after the deadline for the registrations (15/01/2025).***

### **EXPERT COACHES**

Luís NUNES (TRA and DMT), Anette DALSTEN (TRA), Lauren JEFFREY (DMT), Eduardo MENDES (TUM)

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### **PROVISIONAL SCHEDULE**

The participants will receive the definitive schedule upon arrival.

#### **Wednesday, 12<sup>th</sup> February**

Arrival and accommodation

#### **Thursday, 13<sup>th</sup> – Saturday 15<sup>th</sup> February**

Practical and theoretical sessions each day

#### **Sunday, 16<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, at walking distance:**

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

*Approximative price for Single room is 110-130 € per night, approx. price for Double room is 130-150 € per night, including breakfast and taxes.*

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

*Approx. price for Single room is 50-60 € per night, approx. price for Double room is 60-70 € per night, taxes included. Breakfast is not included.*

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.

### **PARTICIPATION FEE**

The participation fee is **125€ per person**.

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The participation fee includes:

- Lunch and dinner from Thursday to Saturday
- Snacks and drinks between sessions from Thursday to Saturday

*Transport, accommodation and breakfast are not included in the participation fee.*

### **REGISTRATION & PAYMENT**

To register, please [contact your European Gymnastics member federation](#)

Please submit your registration **by January 15<sup>th</sup>, 2025.**

### **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 at 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 telinetaiturit (EsTT) workshop coordinator)**

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**Babette van Wetering (European Gymnastics TRA-TC)**

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**Luís Nunes (European Gymnastics TRA-TC)**

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**EUROPEAN GYMNASTICS**

**Babette VAN WETERING**

*President TC TRA*

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