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# INVITATION

## COACHING & JUDGING WORKSHOPS IN TRAMPOLINE (TRA)

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**Belgrade (SRB)**

September 5<sup>th</sup> to 8<sup>th</sup>, 2024

*To the European Gymnastics member federations*

## **INVITATION TO THE COACHING & JUDGING WORKSHOPS**

### **in Trampoline**

September 5<sup>th</sup> to 8<sup>th</sup>, 2024 in Belgrade (SRB)

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Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA), and the Serbian Gymnastics Federation (LOC) are happy to invite you to two Trampoline (Coaching and Judging) Workshops:

#### **DATES**

From Thursday **05/09/2024** to Sunday **08/09/2024 (morning)**

***NOTA BENE: please plan you arrival and departure according to the programme (see next page)***

#### **LOCATION**

**Primary school “Veljko Dugošević”**

**Address:** Milana Rakića 41, 11160 Belgrade, Serbia.

These workshops are organised specifically for participants from **Serbia and surrounding countries**, but **other countries where Trampoline is being developed** are of course also invited. Two workshops will be held:

- One Workshop designed for Trampoline Coaching.
- One Workshop designed for Trampoline Judging.

**Participants are welcome to participate in ONE or BOTH workshops.**

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

#### **PARTICIPANTS**

Trampoline coaches, gymnasts and judges interested in starting, further developing, and/or exchanging coaching/judging experience in Trampoline gymnastics.

*The workshops will be held in English language only.*

The workshops 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 LEADERS AND EXPERT COACHES**

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

**Mr Patrick SIEGFRIED** (European Gymnastics TC-TRA), international TRA and DMT judge.

## PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

	Judging Workshop
	Coaching Workshop

<b>Thursday, 05.09.24</b>	All day	Arrival and accommodation (expert, participants)
	19:30 - 21:00	Welcome & Theoretical session (coaches) - lecture room
<b>Friday, 06.09.24</b>	09.00 - 10.15	Judging (execution rules & practice) - lecture room
	10:15 - 10:30	Coffee break
	10.30 - 12.30	Practice (coaches) - training hall (forward skills)
	12.30 - 14:00	Lunch break
	14:00 - 16:00	Judging (difficulty rules & practice) - lecture room
	14:00 - 16:00	Practice (coaches) - training hall
	16:00 - 16:30	Coffee break
	16.30 - 17:00	Theory (coaches) - lecture room
	17.00 - 19.00	Practice (coaches) - training hall (backward skills)
	19:00 - 20.30	Dinner
	20.30 - 21.30	Judging (execution & difficulty practice) - lecture room
<b>Saturday, 07.09.24</b>	09.00 - 10.15	Judging (execution & difficulty practice) - lecture room
	10.15 - 10.30	Coffee break
	10:30 - 12:30	Practice (coaches) - training hall
	10:30 - 12:30	Optional Judging practice for exams
	12.30 - 14.00	Lunch break
<i>Judging exams!</i>	14:00 - 16:00	Judging (practice & examination E&D) - lecture room
	14:00 - 16:00	Practice (coaches) - training hall
	16:00 - 16:30	Coffee break
	16.30 - 17:00	Theory (coaches) - lecture room
	17.00 - 19.00	Practice (coaches) - training hall (twisting skills)
	19:00 - 20.30	Dinner
	20.30 - 21.30	Discussion or leisure activity
<b>Sunday, 08.09.24</b>	9.00 - 10.30	Open practical session and discussion - training hall
	10:30	Farewell address and evaluation of Workshop

## ACCOMMODATION OPTIONS

### Hotel Srbija Beograd

Ustanička 127c, Beograd

Location: <https://maps.app.goo.gl/QCSuyWgVtinokK5W8>

T: +381 11 30 44 003

F: +381 11 289 42 14

M: 381 63 104 29 14

e-mail: [prodaja@menahot.com](mailto:prodaja@menahot.com)

Website: [www.hotelsrbija.com](http://www.hotelsrbija.com)

*Single room with breakfast: 51€*

*Double room with breakfast: 82€ per room*

*Twin room with breakfast: 82€ per room*

*Triple room with breakfast: 99€ per room*

*Parking space and WIFI are included in price.*

*Local taxes are not included in price.*

*Check-in: after 14:00 h.*

*Check-out: before 12:00 h.*

### **Hostel Fair & Square**

Svetog Nikole 68, 11120 Beograd (Zvezdara)

Location: <https://maps.app.goo.gl/KEJNyYX7LzYPrjzJ7>

T: +381 63 807 1853

Facebook page: <https://www.facebook.com/fairandsquarebelgrade/>

*Bed: 14€ per person in multibed room*

*Room for two persons: 35€*

*Each room has separate bathroom*

### **IMPORTANT:**

**Please book your accommodation yourself directly with the hotel/hostel.**

### **MEALS OPTION**

#### **Restaurant 'Kod Ljube'**

Dimitrija Tucovića 144, Beograd

Location: <https://maps.app.goo.gl/yfvsuYsbUVwa9FTJ7>

T: +381 64 2257 008

*Lunch: 10-15€*

*Dinner: 8-10€*

*Breakfast (optional): 5€*

### **PARTICIPATION FEE**

Participation fee for **ONE workshop: 70 € per person**

Participation fee for **BOTH workshops: 100 € per person**

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

### **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 August 22<sup>nd</sup>, 2024 to both:**

- LOC - [trampolineserbia@gmail.com](mailto:trampolineserbia@gmail.com)
- European Gymnastics – [info@europeangymnastics.com](mailto: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 August 29<sup>th</sup>, 2024.**

## ARRIVAL AND DEPARTURE

***NOTA BENE:** participants are responsible for their arrival and departure. Booking and organisation must be done by themselves.*

**Airport:** Belgrade Nikola Tesla Airport

Aerodrom Beograd 59, Београд 11180

<https://beg.aero/eng>

Hotel "Srbija" is located approximately 20 km from Belgrade Nikola Tesla Airport.

Local transportation from airport to the Hotel "Srbija":

- by taxi
- by local bus: from *Belgrade Nikola Tesla Airport* arrivals take **bus No. 600** to the bus station "Omladinskih brigada", there take **bus No. 18 (or 88 or 601)** to the bus station "Sava Centar", and take bus **No. 17** to the bus station "Hotel Srbija"

## CONTACT DETAILS

For further information please contact:

**Miloš Đorđević** (Serbian TRA Coordinator)

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mob: +381 62 294 225

**Saša Sagradžija** (Serbian Head Judge)

e-mail: [ssagradzija@yahoo.com](mailto:ssagradzija@yahoo.com)

mob: +381 64 0145 388

**Raša Dejanović** (Serbian Head Coach) e-mail: [shoorablader@yahoo.com](mailto:shoorablader@yahoo.com)

mob: +381 65 5135 279

**European Gymnastics TC-TRA – Ms Babette VAN WETERING** - [bvanwetering@outlook.com](mailto:bvanwetering@outlook.com)

Looking forward to welcoming you in Belgrade,  
With kind regards,

**EUROPEAN GYMNASTICS**



**Babette VAN WETERING**

*TC-TRA President*

Lausanne, August 2024