



**European
Gymnastics**

Head Office
Avenue de la Gare 12
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INVITATION

2025 COACHES WORKSHOP in TUMBLING



Koblenz (GER)

Turnverband Mittelrhein e.V.

Rheinau 10 - 56075 Koblenz

02.-04. May 2025



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To the European Gymnastics Member Federations

Invitation to the Coaches Workshop in TUMBLING 02.-04. May 2025, Koblenz (GER)

Dear Madam, Dear Sir,

The European Gymnastics Trampoline Technical Committee and the German Gymnastics Federation (DTB), in collaboration with their member, *Turnverband Mittelrhein e.V.* will organise a trampoline coaching workshop from 02.-04. May 2025.

LOCATION OF THE WORKSHOP

Turnverband Mittelrhein e.V.

Address: Rheinau 10 - 56075 Koblenz.

This Workshop is specially organised for participants from Germany and countries near Germany, but other countries where Trampoline is being developed are also invited. This Workshop is designed for coaching in **Tumbling**.

PARTICIPANTS

Gymnastics coaches, gymnasts and judges interested in starting, further developing, and/or exchanging experience in tumbling gymnastics. The workshop will be held in English language only.

European Gymnastics will provide the participants with an official certificate of participation. The workshop will be held with a minimum of 10 and a maximum of 30 participants. The European Gymnastics TRA-TC can update the limits, if necessary.

WORKSHOP LEADERS AND EXPERT COACHES

Mikey BARNES is a highly successful gymnast, *Cirque du Soleil* performer, and tumbling coach. Both as a gymnast and a coach, Mikey has achieved medals at the British, European, and World Championships. He is a TUM coach and coaching educator for the GBR national team.

Andrew COULTER is a highly qualified FIG tumbling Judge and European Gymnastics Trampoline TC Member.

OFFICIAL ACCOMMODATION

Sportschule Oberwerth, Lortzingstr. 1a, 56075 Koblenz.

The price for a single room is **68,00 € per person per night** and a double room is **45,50 € per person per night** including breakfast. Taxes are included. **Participants have to pay for their accommodation when they will check out from the hotel.**

EBU

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PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

Thursday, 01. May	arrival and accommodation	
Friday, 02. May	until 14:00	Arrival
	14:00 – 15:00	Welcome and introductions
	15:00 – 16:00	Theory Lecture 1
	16:00 – 16:30	Warm Up
	16:30 – 18:30	Practical Session 1
	18:00 – 20:00	Dinner
Saturday, 03. May	07:00 – 09:30	Breakfast
	09:30 – 11:30	Practical Session 2
	11:30 – 12:00	Break
	12:30 – 13:30	Theory lecture 2
	13:30	Lunch
	13.30 – 15.30	Lunch break
	15.30 – 17.30	Practical Session 3
	17.30 – 18.00	Questions about the day
	17:30 – 19:30	Dinner
Sunday, 04. May	07:00 – 09:30	Breakfast
	09.30 – 11.30	Practical Session 4
	11.30 – 12.30	Review of the workshop & Final Q&A
	13:00	Lunch
		Departure

MEALS

Lunch, 15,90 € | Dinner 14,50 €

PARTICIPATION FEE

The participation fee for the workshop is **75,00 € per person**. **The participation fee does not include the following: accommodation and meals (paid separately, see page 2).**

REGISTRATION & PAYMENT

Please send your application form to the German Gymnastics Federation (patrick.siegfried@dtb.de) and European Gymnastics (info@europengymnastics.com) **until 15.04.2025**. On base of your application, we will send you an invoice for the workshop.



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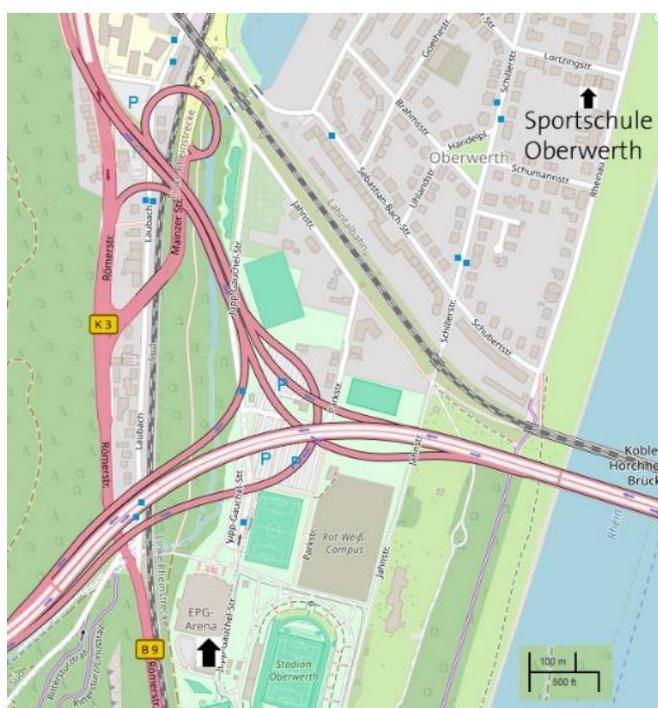
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The participation fee has to be paid by **28.04.2025** to:

Name of the beneficiary: **Turnverband Mittelrhein e.V.**
BANK Sparkasse Koblenz Bank account: **DE33 5705 0120 0000 0560 44**
SWIFT-BIC code: **MALADE51KOB**

ARRIVALS AND DEPARTURE

From the Airports of Frankfurt and Cologne, there is a direct train connection to Koblenz. From the Airport of Hahn, there is a Bus connection.



CONTACT DETAILS

For further information please contact:

Patrick Siegfried (DTB TRA-TC) patrick.siegfried@dtb.de phone/WhatsApp +49 157 79068623

Babette van Wetering (European Gymnastics TRA-TC) e-mail: bvanwetering@outlook.com

German Gymnastics Federation

TC-TRA

Patrick SIEGFRIED

EBU

OPERATING EUROVISION AND EURORADIO

EUROPEAN GYMNASTICS

President TC-TRA

Babette VAN WETERING

SMARTSCORING