



**European
Gymnastics**

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INVITATION

COACHING WORKSHOP IN TUMBLING (TUM)



Latina (ITA)

November 15th to 17th, 2024

To the European Gymnastics member federations

INVITATION TO THE COACHING WORKSHOP

in Tumbling

November 15th to 17th, 2024 in Latina (ITA)

Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA), *Federazione Ginnastica d'Italia* (NF ITA) and their member, *Centro Ginnastica Pontino S.S.D.a.r.l.* (LOC) are happy to invite you to a Tumbling (TUM) Coaching Workshop organised over one weekend:

DATES

From Friday **15/11/2024** to Sunday **17/11/2024 (noon)**

Arrival day for the participants: 14/11/2024

Departure day for the participants: from Sunday 17/11/2024 – noon

LOCATION

In Latina, Italy.

Address: Via A. Colletta 9, 04100

This workshop is organised specifically for participants from **Italy and surrounding countries**, but **other countries where Tumbling is being developed** are of course also invited. This workshop is designed for Tumbling Coaching.

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

PARTICIPANTS

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

The workshop will be held in English language only.

The workshop will be held with a **minimum of 15 and a maximum of 30 coaches and 15 gymnasts**.
The TRA-TC of European Gymnastics can update the number of participants, if necessary.

NOTA BENE:

- *Registrations will be accepted on a 'first come first served' basis with a maximum of **two gymnasts per Club/National Federation**. **(No limitation on the number of coaches)**.*
- *If a Club/National Federation wants to register additional gymnasts, they can add them to the 'waiting list' as indicated in the definitive registration form.*
- ***After the deadline for the definitive registrations, if places are still available, the participation of the additional participants on the waiting list will be confirmed.***

WORKSHOP LEADER AND EXPERT COACH

Mr Eduardo Jorge dos Santos Mendes - Physical Education teacher and National Tumbling Coach of Portugal.

PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

Thursday, 14 th November	Arrival and accommodation		
	20.00 – 21.30	Welcome and Workshop presentation	
Friday, 15 th November	7.30 – 9.00	Breakfast	
	9.00 – 10.00	Theoretical Session	
	10.00 – 10.30	Break	
	10.30 – 13.00	Practical Session	
	13.30 – 14.30	Lunch	
	14.30 – 15.30	Rest or activity	
	15.30 – 18.00	Practical Session	
	19.00 – 20.00	Dinner	
	20.00 – 21.30	Theoretical Session	
Saturday, 16 th November	7.30 – 9.00	Breakfast	
	9.00 – 10.00	Theoretical Session	
	10.00 – 10.30	Break	
	10.30 – 13.00	Practical Session	
	13.30 – 14.30	Lunch	
	14.30 – 15.30	Rest or activity	
	15.30 – 18.00	Practical Session	
	19.00 – 20.00	Dinner	
	20.00 – 21.30	Theoretical Session	
Sunday, 17 th November	7.30 – 9.00	Breakfast	
	9.00 – 11.00	Practical Session	
	11.00 – 12.30	Debate and Workshop Closure	
	12.30	Departure of participants	

OFFICIAL ACCOMMODATION

Park Hotel Latina

Strada Statale 156 Monti Lepini n° 25

04100 Latina

Tel: + 39.0773.240295

Fax: +39.0773.610682

info@parkhotel.it

www.parkhotel.it

Price per person per night are as follows:

- **single room 70 €** half board (breakfast and dinner)
- **double room 55 €** half board (breakfast and dinner)
- **triple room 50 €** half board (breakfast and dinner)

IMPORTANT:

Please book your accommodation **before 25th of October 2024** directly contacting the hotel using the following email address: [**booking@parkhotel.it**](mailto:booking@parkhotel.it)

To benefit from the offer above, please make sure you indicate in your email that you take part in the "TUMBLING EVENT @ GINNASTICA PONTINO".

MEALS

Breakfasts and dinners will be served at the hotel. *Lunch is not included*, and each participant is free to arrange on its own as preferred. A Restaurant is available close to the venue.

PARTICIPATION FEE

Participation fee for the workshop is:

- **75 € per coach**
- **50 € per gymnast**

The participation fee includes:

- Transfer from/to Latina Scalo Railways station to official accommodation.
- Transfers from official accommodation to venue, snacks and drinks between lessons.

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 October 25th, 2024** to both:

- NF ITA - teresa.marinelli@federginnastica.it
- European Gymnastics – 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 October 25th, 2024** to:

Name of the beneficiary: Centro Ginnastica Pontino Societa' Sportiva Dilettantistica A r.L.

Bank: BCC Cassa Rurale ed Artigiana dell'Agro Pontino

ACCOUNT N°: 000000050755

IBAN: IT85X0873814700000000050755

BIC code: ICRAITRRKKIO

ARRIVAL AND DEPARTURE

Closest airports are: ROMA CIAMPINO (CIA) and ROMA FIUMICINO "Leonardo da Vinci" (FCO)

Railway station: Latina Scalo (LT)

Transfer from/To FCO or CIA airport will be quoted upon request.

CONTACT DETAILS

For further information please contact:

LOC – Ms Francesca BELTRAMI – beltrami.francesca@gmail.com

European Gymnastics TC-TRA – Ms Babette VAN WETERING - bvanwetering@outlook.com

Looking forward to welcoming you in Latina,

With kind regards,

EUROPEAN GYMNASTICS



Babette VAN WETERING

TC-TRA President

Lausanne, August 2024