



**European
Gymnastics**

Head Office
Avenue de la Gare 12
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Invitation

TRAINING CAMP

Trampoline Gymnastics (TRA/DMT/TUM)



Baku (AZE)

27th July – 2nd August 2025

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING



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To the European Gymnastics Member federations

Invitation to the Training Camp in Trampoline Gymnastics (TRA/DMT/TUM) July 27th to August 2nd, 2025 in Baku (Azerbaijan)

Dear National Federations, dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) invites Trampoline, Double Mini-Trampoline and Tumbling gymnasts and their coaches from European Gymnastics member federations to participate in its 2025 Training Camp.

We kindly ask you to deliver this information / invitation to the Trampoline Gymnastics coaches and gymnasts in your country potentially willing to participate in this camp. We would very appreciate if you could publish the information about the camp also on your federation website.

Please support the talented gymnasts and coaches from your federation willing to participate. We have prepared this event to help improving the performance of the gymnasts and the exchange of experience and knowledge between the coaches.

INTRODUCTION

The philosophy of our training camp is to provide access and enjoyment for those who would like to improve their performance under the supervision of coaching experts invited by the European Gymnastics TC-TRA. These experts organise training sessions aimed at the improvement of both young participating gymnasts and their coaches. The experts will also facilitate exchange of experience between all participants and lectures for the coaches. Participants will learn more about training planning and progressive construction of routines.

FOR ALL THREE TRAMPOLINE GYMNASTICS DISCIPLINES

We are proud to offer participation to coaches and gymnasts from all our three disciplines: Trampoline (TRA), Double Mini-Trampoline (DMT) and Tumbling (TUM).

CAMP LEADERS AND COACHING EXPERTS

European Gymnastics TC-TRA: Luis NUNES (TRA & DMT), Jenny SÖDERLUND (TRA & DMT).

Coaching experts: Paul Greaves (TRA), Sergio Lucas (TRA), Anette DALSTEN (TRA), Lauren JEFFREY (DMT), Adil HUSEYN-ZADA (TUM), others to be confirmed.

PARTICIPANTS

The camp is limited to 50 gymnasts for TRA, 20 gymnasts for DMT and 30 gymnasts for TUM. Total capacity is 140 participants.

National Federations can register:

- 6 gymnasts and 3 coaches for TRA

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- 8 gymnasts and 3 coaches for DMT
- 8 gymnasts and 3 coaches for TUM

If you would like to register additional gymnasts or coaches, please inform European Gymnastics. After the registrations deadline, if places are still available, European Gymnastics will inform you and invite you to confirm the participation of your additional gymnasts/coaches.

LEVEL OF THE GYMNASTS

Preferred level:

- national / regional team members and candidates
- national championships participants
- gymnasts from countries starting and developing their TRA programme

All other gymnasts will also be welcomed.

AGE OF THE GYMNASTS

Gymnasts must be aged between 11 - 18 to participate (born between 2014 and 2007).

Older gymnasts are subject to confirmation by European Gymnastics. Priority will be given to younger gymnasts in case of non-sufficient capacity.

PARTICIPATING COACHES

Both young new coaches interested in further developing their skills and highly experienced coaches ready to share their knowledge are welcome to register.

VENUE

The camp will be held at the **MGA - Milli Gimnastika Arenasi** (National Gymnastics Arena)

Address: 178 Heydar Aliyev Avenue, AZ1029 Baku, Azerbaijan

Tel: +99412 566 96 99

Email: info@mga.az

EQUIPMENT

- Trampolines with all platforms, safety mats, landing mats and spotter mats
- DMT
- Tumbling track, air track and fast track
- Foam pit
- Aeras for warmups, conditioning, gymnastics floor etc.
- Swimming pool

ACCIDENT AND HEALTH INSURANCE

For participants officially registered, European Gymnastics provides insurance with 'IMSSA'. However, please mind that cash payment may be requested by the health professionals.

RESPONSIBILITY OF THE COACHES

As most of the gymnasts participating in the training camps are minors, it is important to underline that the coach(es) accompanying the gymnasts must take care of the welfare and security of their gymnasts.

LANGUAGE

The course/camp will be held mostly in English.

PROGRAMME (EXTRACTS)

Arrival: July 27th, 2025 (Sunday)

Departure: August 2nd, 2025 (Saturday)

PRELIMINARY SCHEDULE

Arrival day: information meeting.

Training days (5):

- 2 training sessions a day, 2-2.5 hrs each (morning, afternoon)
- leisure and/or sports activities, including trip to the beach
- friendly competition, evaluation and feedback at the end of last day

ACCOMMODATION

Participants will be accommodated at the **Sport Plaza Hotel & Apartments**

Address: 115 Heydar Aliyev Avenue, Building 187 C, AZ1029 Baku, Azerbaijan

Tel: +99412 565 05 55

REGISTRATIONS

The registrations must be **completed by National Federations only**.

To register, please contact your National Federation.

Deadline for Nominative registrations: **15.05.2025**

PARTICIPATION FEE PER PERSON

Accommodation with full board in:

- Single room	672 €
- Double room with shared bathroom	522 €
- Double room with separate bathroom	552 €
- Triple room	442 €
- Quadruple room	402 €

Participation fee includes:

- Accommodation at Sport Plaza
- 3 meals per day (lunch at training venue, breakfast and dinner at the hotel)
- Transfers from/to Baku Airport and between the accommodation and venue
- Leisure Activities (trip to the beach)
- Closing Party on Friday 1st of August

CANCELLATION POLICY

Free cancellation until June 27th, 2025.

CONTACT DETAILS FOR FURTHER INFORMATION

European Gymnastics: Luis NUNES, TC-TRA, email: luisnunestramp@gmail.com

AGF / LOC: Shafiga YOLCHUYEVA, email : administration@agf.az ; Tel : +99450 591 91 22

TRAVEL INFORMATION

Do not purchase travel tickets until European Gymnastics confirms your registration.

Transfers from/to **Baku Heydar Aliyev Airport (GYD)** for all participants are included in the participation fee. **We kindly ask you to send as soon as possible the travel details of your delegation to the LOC. (administration@agf.az)**

The European Gymnastics TC-TRA and the LOC are looking forward to welcoming participants from many different federations!

Yours Sincerely,

EUROPEAN GYMNASTICS



The President
Dr Farid GAYIBOV



The President TC-TRA
Ms Babette VAN WETERING

By submitting a registration, the participants of your national gymnastics federation agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes. For participants under the age of 18, it is the responsibility of your national gymnastics federation that the agreement is equally obtained from the parents.

PROVISIONAL, DEFINITIVE AND NOMINATIVE APPLICATIONS

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF has access to its data at all times in order to amend it.

DUTY OF THE LOC

The LOC undertake not to disseminate to its own clients the data submitted by European Gymnastics and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

DATA PROCESSING

Data submitted to European Gymnastics and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of athletes and coaches designated by name
- List of delegations and accompanying persons designated by name

DUTY OF EUROPEAN GYMNASTICS

European Gymnastics shall supply the most recent data to their LOC on time and on a regular basis.

RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

PUBLICATION OF PHOTOS AND/OR MOVING IMAGES

By submitting a provisional and/or definitive and/or nominative application through the NF, all participants agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purposes now or hereafter authorized by European Gymnastics in relation with the promotion of the event. The NF and the participants agree that all photos and moving images taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

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DATES - DEADLINES

Nominative registration	15.05.2025
Accommodation request	
Payment of participation fee	20.05.2025
Arrival in Baku	27.07.2025
Departure from Baku	02.08.2025