



# INVITATION

## *TeamGym Symposium*



**TALLINN (EST)**

**9. - 11.8.2019**



## To the UEG Member Federations

### **INVITATION TO THE TEAMGYM SYMPOSIUM** **August 9<sup>th</sup> - 11<sup>th</sup>, 2019 in Tallinn / EST**

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Dear Sirs,

The UEG Technical Committee TeamGym is pleased to inform you that we will organise a TeamGym Symposium in August 2019.

The TeamGym Symposium will gather federation representatives, judges and coaches who take part to share knowledge and discuss the development of TeamGym towards a world discipline.

At the TeamGym Symposium, we will offer parallel sessions on several TeamGym specific topics such as the future evolution of the Code of Points, lower level rules and practical workshops. For new TeamGym federations, there will also be sessions on how to introduce TeamGym.

#### **Preliminary programme**

Below represents a preliminary schedule of the Symposium. Details may change before the program is finalized. Speaker and presentation details will be added in after confirmation.

<b>Friday, 09.08.</b>	16:00	Opening of the Symposium Introduction lectures with highlights from the current development of TeamGym
	20:00	Dinner
<b>Saturday, 10.08.</b>	09:00	Workshops with the following topics: <ul style="list-style-type: none"><li>- Code of Points now and in the future</li><li>- Lower Level Rules</li><li>- Competition Structure</li></ul>



<b>Saturday, 10.08.</b>	13:00	Lunch
	14:30	Transportation to the gym of the club Trefoil
	15:00	Practical workshops on several topics e.g. <ul style="list-style-type: none"><li>- Prehabilitation (strength training to prevent injuries)</li><li>- How to choose the right elements/moves for competition</li><li>- Spotting according to the Code of Points</li><li>- Benefits of TeamGym in your clubs/federation</li></ul>
	18:30	Physical activity for fun
	20:00	Dinner
<b>Sunday, 11.08.</b>	09:00	Summary session Closing session
	12:00	Departure

### Language

The Symposium will be held in English.

### Course Venue

The TG Symposium in Tallinn will be held at the [Park Inn by Radisson Central Hotel Tallinn](#), Narva mnt 7c, Tallinn.

### Accommodation

Accommodation has been pre-booked by our local host at the Park Inn by Radisson Central Hotel Tallinn

- single room 160€ / 2 nights, breakfast included
- shared double room 90€ / 2 nights per person, breakfast included

To book and pay your **accommodation**, please contact Ms Angeliina SEMJONOVA, [angeliinas@inbox.ru](mailto:angeliinas@inbox.ru), phone +372 56264101

***Please note that the deadline for booking accommodation is June 5<sup>th</sup>, 2019.***

### Travelling

The nearest airport is Lennart Meri Tallinn Airport (TLL), located about 4km from the city centre. The transportation from and to the airport is included in the participation fee. Please inform Ms Angeliina SEMJONOVA about your flight schedules by completing this [Google form](#).

### Registrations to the course

The registrations have to be sent by **June 5<sup>th</sup>, 2019**, at the latest to the following address: **UEG Secretariat - [info@ueg.org](mailto:info@ueg.org)**

### Registration deadline

Definitive entry **June 5<sup>th</sup>, 2019**



**Participation fee: 185 EUR/participant**

Overall participation is limited initially to 4 participants per Federation. The participation fee includes meals (Friday dinner, Saturday lunch and dinner and coffee breaks), transfer (between the airport and the Park Inn by Radisson Central Hotel Tallinn and to/from the gym) and the course facilities. The symposium fee has to be transferred no later than June 5<sup>th</sup>, 2019 to the following UEG account:

***Banque Cantonale Vaudoise  
Place St-Francois 14, 1002 Lausanne, Switzerland  
Account: L5205.70.49 - IBAN: CH05 0076 7000 L520 5704 9  
SWIFT/BIC: BCVLCH2LXXX***

**For further information please contact:**

Questions regarding the Symposium: Mrs Heli LEMMETTY, hlemmetty@yahoo.com, phone +358 405373643

Questions regarding accommodation, transportation and meals: Ms Angeliina SEMJONOVA, [angeliinas@inbox.ru](mailto:angeliinas@inbox.ru), phone +372 56264101

The Technical Committee for TeamGym welcomes and anticipates the participation of both new and current TeamGym federations.

Looking forward to seeing you in Tallinn,

Yours Sincerely,

***UNION EUROPEENNE DE GYMNASTIQUE***

***The President  
Dr. Farid GAYIBOV***

***The President TC-TG  
Per SJÖSTRAND***

Lausanne, April 2019



**Definitive Registration**  
**to the TeamGym Symposium in TALLINN**  
**August 9<sup>th</sup> – 11<sup>th</sup> 2019**

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The Federation of \_\_\_\_\_

enters the following participants to the TeamGym Symposium in Tallinn:

**1. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**2. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**3. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**4. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

To return to the UEG Secretariat: [info@ueg.org](mailto:info@ueg.org)

**DEADLINE: June 5<sup>th</sup>, 2019**