

**UNION EUROPÉENNE DE GYMNASTIQUE  
EUROPÄISCHE TURNUNION  
EUROPEAN UNION OF GYMNASTICS**



**UEG Summer Training Camp in  
Trampoline, Double Mini-Trampoline and  
Tumbling**

**Sangalhos, Anadia (POR)  
21.- 27. July 2019**



# **Work Plan**

(version 1 17.07.2019)

## 1. Host federation

### **Gymnastics Federation of Portugal**

Estrada da Luz, nº30 - A 1600-159 Lisboa, Portugal

Contact person: Isabel Falcão

Tel: (+351) 21 814 11 45 or (+351) 926241178

e-mail: [tramp@gympor.com](mailto:tramp@gympor.com), web site: <http://www.gympor.com>

## 2. Logistics

### **Sunlive Group**

**Rua Narciso da Marça, 3780 – 101 Sangalhos**

Contact persons: Lucas Gonzalez Tel: (+351) 933600364

e-mail: [lucas@sunlive.pt](mailto:lucas@sunlive.pt), web site: <http://sunlive.pt/en>

## 3. Venue

### **High Performance Center of Anadia**

Rua Ivo Neves, nº 405 - Sangalhos

Tel : (+351) 23 473 82 18

## 4. Accommodation

### **Hotel Estalagem de Sangalhos**

Rua Narciso da Marça, 3780 – 101 Sangalhos

Distance from the hall: 1 km

Swimming Pool

### **High Performance Center of Anadia**

Rua Ivo Neves, nº 405 - Sangalhos Tel : (+351) 23 473 82 18

### **Hotel das Termas da Curia**

Anadia, centro de Tamegos, 3780-514 Tel: (+351) 231 519 800

Distance from the Hall – 15 min.

Swimming Pool

## 5. Meals

All the meals are at Estalagem de Sangalhos Hotel

## 6. UEG Experts

Luís Nunes

Irina Karavaeva

Vadim Skakun

Kristof Willerton

Paul Greaves

Julie Perreten

Sergio Lucas

UEG TRA-TC, Head of the Camp

UEG TRA-TC

RUS, TUM

GBR, TUM

GBR

FRA

POR

## 7. General Schedule

Sun July 21<sup>st</sup>

arrivals, transfers from Porto International Airport, free training, Orientation meeting

Mon July 22<sup>nd</sup>

training all day, workshop for coaches in the evening

Tue July 23<sup>rd</sup>

training all day, workshop for coaches in the evening

Wed July 24<sup>th</sup>

training in the morning, trip to Aveiro and to Barra Beach, workshop for coaches in the evening

Thu July 25<sup>th</sup>

training all day, workshop for coaches in the evening

Fri July 26<sup>th</sup>

training in the morning, friendly competition in the afternoon, closing party in the evening

Sat July 27<sup>th</sup>

transfers to Porto International Airport, departures

## **8. Official language**

The official language of the Camp is English, but the experts can communicate also in French, Russian, Spanish and Portuguese.

## **9. UEG Insurance**

UEG IMSSA Insurance for the official Training camp participants (as per list of registrations in possession of the UEG office) and for the experts - medical expenses and medical assistance from 21 to 27 July 2019. More information on the UEG intranet. In the event of admission to a hospital or emergency treatment, IMSSA must be notified immediately on the following telephone number: + 41 26 921 8001 (24/7).

## **10. Transportation**

Transportation is done by the organization. It includes the airport transfers, training venue transfers, transfers for meals and the trip to Aveiro and to the Beach. The Bus schedule will be available upon arrival or at the Orientation meeting.

## **11. Equipment**

**Trampoline** - 6 trampolines Gaofei Ref. 1071-4, 4,7x5 mm with all platforms, safety mats, landing mats and spotter mats, One Pit

**Double Mini-Trampoline** - 1 DMT Gaofei 6x6 mm with a complete landing area

**Tumbling Track** - 1 TUM Track Skakun Original 2014, 1 inflatable track and 1 fast track Tumbling

**All** - 1 Pit for TRA, DMT and TUM

## **12. Orientation meeting**

The Orientation meeting for the officials will be held in Hotel Estalagem de Sangalhos on Sunday July 21<sup>st</sup> at 21h00.

## **13. Workshops for coaches**

The Workshops for coaches will be held Hotel in Estalagem de Sangalhos on:

Mon July 22<sup>nd</sup> at 20h30 - Paul Greaves

Tue July 23<sup>rd</sup> at 20h30 - Sérgio Lucas

Wed July 24<sup>th</sup> at 20h30 - Vadim Skakun

Thu July 25<sup>th</sup> at 20h30 - Julie Perreten

## **14. Closing party**

The final party with the dinner will be held in Estalagem de Sangalhos on Friday July 26<sup>th</sup> at 20h00 to 23h00.

## **15. Airport Transfers**

Arrivals: Transfers will be cumulated as per the planned time of arrival and the list of arrivals attached.

Departures: The departure times from the hotel will be announced during the week. The delegations / experts leaving in the afternoon / evening willing to visit Lisbon during the day may be transferred to the airport earlier on their request (inform the LOC upon arrival please).

Emergency phone number - +351 933 600 364 - Lucas

## **16. Free training on Sunday July 21<sup>st</sup>**

Free training and the transport to the Sport Hall and return will be possible on demand on Sunday July 22<sup>nd</sup>. If you are interested, please contact Isabel (tel. +351 92 624 11 78) after your arrival.

### **17. Trip to Aveiro or to the Beach**

The visits to Aveiro or the Beach (Praia da Barra) will be organized by LOC Wednesday afternoon (depart from the hotel at 14h00/14h30).

### **18. Information boards during the Training Camp**

There will be a information board, with all the information about the Camp, at the accommodation and at the Sports hall.

Isabel Falcão  
Portugal Gymnastics Federation

Luís Nunes  
UEG TRA-TC

Vladimír Zeman  
UEG TRA-TC President

Attachments:

- Programme
- Training Groups
- Arrivals and departures