

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



Secrétariat général  
Avenue de la Gare 12  
CH - 1003 Lausanne  
Tél.: +41 - 21 - 613.10.20  
E-Mail: [info@ueg.org](mailto:info@ueg.org)  
[www.ueg-gymnastics.com](http://www.ueg-gymnastics.com)

# INVITATION

**2019 UEG PRACTICAL WORKSHOP  
in DOUBLE MINI-TRAMPOLINE (DMT)**



**'s-Hertogenbosch (NED)**

**25.-27.10.2019**

**EUR(O)VISION**  
OPERATED BY EBU

**SMARTSCORING**



To the UEG member federations

## INVITATION TO THE UEG PRACTICAL DOUBLE MINI-TRAMPOLINE WORKSHOP

October 25<sup>th</sup> to 27<sup>th</sup>, 2019 in 's-Hertogenbosch (NED)

---

Dear Madam, Dear Sir,

The FLIK-FLAK training center in collaboration with the Dutch Gymnastic Federation (KNGU) and the UEG Trampoline Technical Committee, will host a weekend Double Mini-Trampoline (DMT) Workshop.

### Venue

The event will take place from 25<sup>th</sup> to 27<sup>th</sup> October 2019 in the FLIK-FLAK training center venue ([www.flik-flak.nl](http://www.flik-flak.nl)), Marathonloop 7, 5235 AA, Den Bosch, Noord-Brabant, Nederland.



This Workshop is primary organised as the Double Mini-Trampoline introduction and development practical Workshop. The Workshop is arranged for the participants from Netherlands and near countries and also for other countries developing DMT. The countries interested in earning of international experience and knowledge in DMT are of course also welcome.



## Participants

Coaches interested in starting, further developing and/or exchanging of international experience in Double Mini-Trampoline. Max. 4 gymnasts (age min. 11, national level recommended) per participating coach. Depending on number of entries more gymnasts may be accepted on request.

Other coaches with any gymnastics background are welcomed too, as well as any Sports Education graduate and postgraduate.

Observers interested in implementation of Double Mini-Trampoline in their countries are welcome to join the Workshop.

UEG will provide the participating coaches with an official certificate of participation, as a proof of their work during the workshop.

The workshop will be held with a minimum of **15** and a maximum of **30** coaches. Maximum number of participating gymnasts is **20**. UEG TRA-TC can update the limits, if necessary.

**The workshop will be held in English language.** The UEG expert is able to communicate to the participants also in French.

## Responsibility of the coaches

The coach(es) accompanying the gymnasts has to take care of the welfare and security of their gymnasts.

## Workshop Leader and Expert coach

- Luis Nunes (UEG TRA-TC), FIG Academy Coaching expert and personal coach of André Lico (DMT World Champion) and Nuno Merino and Ana Rente (TRA Olympic Games participants)

UEG will pay all the expenses of the expert giving the Workshop.

## Provisional schedule

<b>Thursday, 24.10.19</b>		Arrival and accommodation (expert, participants)
<b>Friday, 25.10.19</b>	09.30 - 10.00	Welcome address, (lecture room)
	10.00 - 12.00	Practical session (training hall)
	12.00 - 12.30	Coffee break
	12.30 - 13.30	Presentation (lecture room)
	13.30 - 15.30	Lunch, pause
	15.30 - 17.00	Lecture and discussion (lecture room)
	17.00 - 17.30	Coffee break
<b>Saturday, 26.10.19</b>	17.30 - 19.30	Practical session (training hall)
	20.00 - 21.00	Dinner
	09.30 - 11.00	Lecture and discussion (lecture room)
	11.00 - 11.30	Coffee break
	11.30 - 13.30	Practical session (training hall)
	13.30 - 15.30	Lunch, pause
	15.30 - 16.30	Lecture and discussion (lecture room)
<b>Sunday, 27.10.19</b>	16.30 - 17.00	Coffee break
	17.00 - 19.00	Practical session (training hall)
	19.30 - 21.00	Dinner and leisure activity
	10.00 - 12.30	Practical session and discussion (training hall)
	12.30 - 13.00	Farewell address and Evaluation of Workshop
	13.00	Lunch, Departure (expert, participants)



## Apparatus

- 1 DMT-Ultimate 6x6, landing area, 25 m for run-up available, additional mats,
- 1 DMT
- 2 safety pits: one open and one closed
- Safety mats
- Large trampolines

## Participation fee per person: 110 €

Participation fee 110 € per person (without accommodation) Friday-Sunday (2,5 days), including a T-shirt + 3 lunches (Friday, Saturday and Sunday) and 2 dinners (Friday and Saturday) and a leisure activity, is applied for all participating coaches, observers and gymnasts.

## Official Accommodation

Van der Valk Hotel Nuland, Rijksweg 25, 5391 LH Nuland.

Accommodation is not included in the participation fee. The prices (per room per night):

85,00 € for single room/night, breakfast included

95,00 € for 2 beds room/night, breakfast included

112,50 € for 3 beds room/night, breakfast included

130,00 € 4 beds room/night, breakfast included

Distance from the hotel to the gym is about 10 minutes by car.

## Meals

Breakfast will be available in the hotel and is included into the accommodation price.

Lunch (Friday, Saturday and Sunday) and dinner (Friday and Saturday) will be organised by LOC and are included in the participation fee.

## Entries to the Event

All entries must be sent by respective National Gymnastics Federation only. The entries sent by clubs, individuals, etc. will NOT BE ACCEPTED.

Please send your entry forms to [info@ueg.org](mailto:info@ueg.org) until **05.10.2019**. On the Definitive entry form please indicate detailed information if you want to book accommodation. LOC will book the selected accommodation for you on the first come, first serve basis.

## Payment

**The participation fee, accommodation and meals has to be paid until 10.10.2019 to:**

Account name: Stichting Flik-Flak  
Bank: Rabobank  
IBAN: NL95 RABO 0120049910  
BIC code: Rabonl2u

The hotels' capacity and prices are guaranteed by LOC for the accommodation payments received until 10.10.2019.



## Arrivals and Departures

Participants who travel by car, can go directly to the hotel.

The closest airports to Den Bosch:

- a) Amsterdam Schiphol International has a direct train to 's-Hertogenbosch centraal
- b) Eindhoven has a bus connection to 's-Hertogenbosch centraal.

There is the public bus connection from the train station to the gym.

- Bus line 8 direction Maasoever: get out at the bus stop Maaspoortweg
- Bus line 6 direction Empel: get out at the bus stop Burg. Godschalkstraat

## Local transport

Necessary local transport between the hotel and gym will be organised during the Workshop by the LOC.

## For further information please contact:

LOC : Lennard Villafuerte, email [Lennard@flik-flak.nl](mailto:Lennard@flik-flak.nl), tel. +31624290988

KNGU : Björn Hillebrandt, email [dmt@trampoline.kngu.nl](mailto:dmt@trampoline.kngu.nl)

UEG TRA-TC : Vladimir Zeman, email [vlzeman@volny.cz](mailto:vlzeman@volny.cz)

**UNION EUROPEENNE DE GYMNASTIQUE**

The President TC-TRA

Vladimir ZEMAN

Lausanne, September 2019



## DEFINITIVE REGISTRATION

### PRACTICAL DOUBLE MINI-TRAMPOLINE WORKSHOP October 25<sup>th</sup> to 27<sup>th</sup>, 2019 in 's-Hertogenbosch (NED)

To return to UEG, [info@ueg.org](mailto:info@ueg.org), deadline: 05.10.2019  
All entries must be sent by respective National Gymnastics Federation only. The entries sent by clubs, individuals, etc. will NOT BE ACCEPTED.

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

#### Participants:

	Number of participants	Participation fee (€)	
Coaches			
Gymnasts			
Total		x 110 €	

#### Accommodation:

Hotel	Room (single, 2 beds, 3 beds, 4 beds)	Arrival day	Departure day	Nights	Rooms	Price per room per night	Total €
Total €							

The total participation fee and accommodation costs has to be paid until **10.10.2019** to:

Account name: Stichting Flik-Flak  
Bank: Rabobank  
IBAN: NL95 RABO 0120049910  
BIC code: Rabonl2u

**The hotels' prices are guaranteed by LOC for the entries and accommodation payments received until 10.10.2019.**

#### Travel plan:

	Date	Time	Airport/bus/train station	By	Flight/Line	Persons
Arrival						
Departure						

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

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



## NOMINATIVE REGISTRATION

### PRACTICAL DOUBLE MINI-TRAMPOLINE WORKSHOP October 25<sup>th</sup> to 27<sup>th</sup>, 2019 in 's-Hertogenbosch (NED)

---

To return to UEG, [info@ueg.org](mailto:info@ueg.org), deadline: 05.10.2019  
All entries must be sent by respective National Gymnastics Federation only. The entries sent by clubs, individuals, etc. will NOT BE ACCEPTED.

---

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

#### Participants:

	Name, first name	Coach / Gymnast	Female /Male	Birth date (gymnasts )	T-shirt size
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

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

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