

*UNION EUROPÉENNE DE GYMNASTIQUE
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INVITATION

2016 UEG WORKSHOP in TRAMPOLINE GYMNASTICS (DMT & TRA)



**Lohja (FIN)
2. - 4. December 2016**



To the UEG Member Federations

INVITATION TO THE WORKSHOP IN TRAMPOLINE GYMNASTICS (DMT & TRA)

December 2nd to 4th, 2016 in Lohja (Finland)

Dear Madam, Dear Sir,

The Finnish Gymnastic Federation, in collaboration with the UEG Trampoline Technical Committee, will organise a weekend Double Mini-Trampoline workshop combined also with Trampoline. The event will take place from 2nd to 4th December 2016 in the sports hall of **Sportsclub Lohja Fast&Furious, Puistokatu 21, 08150 LOHJA, Finland.**

This Workshop is primarily organised as the Double Mini-Trampoline introduction and development Workshop, nevertheless it will be combined also with Trampoline especially for the participants interested in the development of both disciplines. The Workshop is arranged for the participants from Finland and near countries and also for other countries developing DMT (or TRA). The countries interested in gaining international experience and knowledge in the respective disciplines are of course also welcome.

The Workshop is designed also for the direct practise of a limited number of gymnasts; therefore, max. 2 gymnasts per participating coach are allowed to participate and profit from the practical part of the Workshop as a training camp.

PARTICIPANTS:

Trampoline (DMT / TRA) coaches interested in starting, further developing and/or exchanging of international experience in Double Mini-Trampoline and Trampoline. Max. 2 gymnasts (age min. 11, national level recommended) per participating coach. The gymnasts will serve as demonstrators during the Workshop as well.

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

Observers interested in the implementation of Double Mini-Trampoline and 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. The maximum number of participating gymnasts is **20**. UEG TRA-TC can update the limits, if necessary.

The workshop will be held in English language.

Accident and Health Insurance

All foreign participants have to present a certificate proving that they have a proper health and accident insurance. Without this certificate the gymnasts/coaches are not allowed to participate.

Responsibility of the coaches

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

WORKSHOP LEADERS AND EXPERT COACHES

- Luis Nunes (UEG TRA-TC), FIG Academy TRA+DMT Coaching expert and personal coach of Nuno Lico (DMT World Champion) and Nuno Merino and Ana Rente (TRA Olympic Games participants)
- Ulf Andersson, FIG Academy TRA+DMT Coaching expert and main personal coach of Lina Sjöberg (2016 European DMT Champion)

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

PROVISIONAL SCHEDULE

Thursday, 01.12.2016	Arrival and accommodation	
Friday, 02.12.2016	09.30 – 19.00	
	Morning from 09.30	Hotel Lohja meeting room Opening, Biomechanics, Safety, DMT versus TRA
	Afternoon	Sports Hall Basic skills
Saturday, 03.12.2016	09.30 – 19.00	
	Morning	Hotel Lohja meeting room Training composition and Periodisation
	Afternoon	Sports Hall Advanced skills
Sunday, 04.12.2016	09.30 – 12.00	Sports Hall Open for questions Farewell address and Distribution of certificates
		After closing

Final schedule will be delivered upon arrival.

Participation fee per person: 125 €

A participation fee 125 € per person (without accommodation) Friday-Sunday (2,5 days) including a T-shirt + 2 lunches (Friday and Saturday) is applied for all participating coaches, observers and gymnasts.

Accommodation, local transport and dinners are not included in the participation fee.

OFFICIAL ACCOMMODATION

Hotel Lohja: Laurinkatu 34, 08100, Lohja. The Hotel is located 100 m from the Lohja's central bus station and 1,5 km from the sports hall (15 minutes to walk).

Prices if booked via LOC:

Friday-Sunday	2-3 persons/room:	100 € per person (for 2 nights)
	single room:	145 € per person (for 2 nights)
Thursday-Sunday	2-3 persons/room:	150 € per person (for 3 nights)
	single room:	215 € per person (for 3 nights)

Breakfast and free WiFi is included in the prices. The preferred room mates for 2-3 persons/room or for shared rooms should be indicated on the entry form. The LOC will allocate the accommodation on the first come, first serve basis.

OTHER ACCOMMODATION

For those who don't book the official accommodation via LOC, the following low cost options are recommended:

Eväs-Torppa hostel (www.evas-torppa.fi/najoitus.html) is located several kilometers from the site of Workshop; own car required

Matkakoti Linnakangas travel home/hostel (www.linnakangas.com/?lang=en) is located in the center of Lohja, in walking distance to the site of workshop

MEALS

Lunches on Friday-Saturday are included in the participation fee and will be served in the restaurant near the sports hall. Dinners are not organized by LOC.

ARRIVALS AND DEPARTURE

The transportation from the airport or the ferry is not included in the participation fee. To go to Lohja, the LOC recommends own car or the public transportation.

Distance from Turku ferry harbour to Lohja is 40 minutes by car.

Distance from Helsinki ferry harbour to Lohja is 60 minutes by car.

Distance from Helsinki "Kamppi" Main bus terminal is 60 minutes by public bus. The bus to Lohja departs from the platform 27 (-1 level) and the price is 12 € per person one way.

The bus timetable:

<https://liput.matkahuolto.fi/connectionlist?lang=en&arrivalPlaceId=p1054&departurePlaceId=p1001&departureDate=2016-12-01#breadcrumb>

Helsinki Main bus terminal is 500 meters walk from the Helsinki Central train station.

From Helsinki airport to Helsinki Central train station the trains I and P are recommended. The train goes every 10 minutes and takes appr. 30 minutes.

The train timetable:

www.hsl.fi/en/timetables-and-routes/terminals/transport-links-helsinki-airport

The pickup from the airport and transportation back to the airport can be organised if requested upon registration or e-mailed to valpuri.taulasalo@gmail.com. This transport will be charged separately, prices upon request to LOC.



INSCRIPTION TO EVENT

Please send your inscription form to: valpuri.taulasalo@gmail.com and info@ueg.org until **11.11.2016**.

The participating fee, accommodation and other services booked via LOC have to be paid until 11.11.2016 to:

Account name: Urheiluseura Lohja Fast&Furious ry
Bank: Länsi-Uudenmaan Osuuspankki
Account number/ IBAN: FI97 5236 0420 1726 81
BIC: OKOYFIFF

For further information please contact:

Valpuri Taulasalo (LOC) valpuri.taulasalo@gmail.com.
Vladimir Zeman (UEG TRA-TC) vlzeman@volny.cz.

UNION EUROPEENNE DE GYMNASTIQUE

The President TC-TRA
Vladimir ZEMAN

Lausanne, October 2016