

UNION EUROPÉENNE DE GYMNASTIQUE
EUROPÄISCHE TURNUNION
EUROPEAN UNION OF GYMNASTICS



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MOTTO: Gymnasts from all 3 disciplines are welcomed

INVITATION
2015 UEG Training Camp
in TRAMPOLINE GYMNASTICS
(TRA, DMT & TUM)
's-Hertogenbosch (NED)
03. - 09. August 2015



EUROVISION
OPERATED BY EBU

 **Kapital Bank**



To the UEG Member federations

INVITATION TO THE TRAINING CAMP IN TRAMPOLINE GYMNASTICS (TRA, DMT & TUM), August 3rd to 9th, 2015 in 's-Hertogenbosch, (Netherlands)

Dear Sirs,

The Trampoline Technical Committee of UEG invites Trampoline, Double Mini-Tramp & Tumbling gymnasts with their coaches from the UEG member federations to participate in its 2015 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 the Camp. We would very appreciate if you could publish the information about the Camp also on your federation website.

Please, support your talented gymnasts and prospective coaches from your country if they want to participate. Notice please, that we have prepared the event to support the further performance improvement of the gymnasts and the improvement and exchange of the experience and knowledge of the coaches.

Introduction

The philosophy of the camp is to provide access and enjoyment for those who would like to improve their performance under supervising coaching experts provided by the UEG TRA-TC. The experts will organize the improvement oriented trainings for young participating gymnasts and their coaches. The experts will organize also the exchange of experience for the coaches. The participants will learn the trainings' planning and the progressive construction of routines as well.

NEW ! For all 3 Trampoline Gymnastics disciplines

We are proud to offer the Camp to the coaches and gymnasts from Trampoline, DMT and Tumbling from this year.

Camp leaders and the coaching experts

UEG TRA-TC : Luis NUNES & Irina KARAVAEVA

Paul GREAVES (TRA), Vladislav SKAKUN (TUM) and Lennard VILLAFUERTE (TRA)

** References :*



Luis NUNES (POR) is the coach of Nuno Merino and Ana Rente (TRA Olympic Games participants) and Nuno Lico and André Lico (DMT World Champions). He served many years as the POR national coach as well. Luis is the FIG Academy Coaching expert as well. He will be also in charge of DMT.

Irina KARAVAEVA (RUS) is legend of Trampoline Gymnastics. She is multiple European and World Trampoline Champion and first ever Olympic Champion in Trampoline Women Individual. Currently she works as director of the Sports school that is preparing also Trampoline gymnasts in her home city Krasnodar.

Paul Greaves (GBR) is a personal coach of Bryony Page (2014 DEN World Cup winner & member of GBR Golden Women Team). He is also the member of the GBR national coaches' team.

Vladislav Skakun (RUS) coached all levels in Tumbling up to World top level since 1994. He served as Tumbling national coach in Great Britain in 1998-2005 and was a coach of European Champion Kathryn Peberdy (2004). He became honored coach of Russia and holds the FIG Academy Coaching brevet.

Lennard Villafuerte (NED) is national coach and participated at 2004 and 2012 Olympic Games as Dutch TRA coach. With his brother Alan he won 1995 World Cup Final. He successfully passed the FIG Academy level 2 in 2014.

Participants

The camp is limited to 6 gymnasts and 3 coaches per federation, nevertheless also bigger groups from the same NF might be accepted. The same additional limit could be used for Tumbling, if all disciplines are entered.

Federations wishing to apply for more than 9 (6+3) persons should inform the UEG when applying.

Maximum 60 gymnasts / 80 participants.

Gymnasts

Preferred level:

- national / regional team members and candidates
- national championships participants
- gymnasts from developing countries

All other entered gymnasts will be also welcomed.

Age of the gymnasts

Gymnasts must be aged between 11 - 18 to participate (born between 2004 and 1997).

** The federation who entered 6 gymnasts 11-18 years of age and is wishing to entry also 1-2 older gymnasts has to contact UEG first as well. Nevertheless the priority will be given to the young gymnasts in the case of non-sufficient capacity.*

Participating coaches

Young and young minded coaches interested in further development and experience exchange will be welcomed as well as the high experienced coaches ready to share the experience.

Venue

The camp will be held from August 3rd to 09th, 2015 in FLIK-FLAK training center, Marathonloop 7, 5235 AA, 's-Hertogenbosch, Noord-Brabant, Nederland. (www.flik-flak.nl)



** The city of 's-Hertogenbosch is one of the oldest cities in the Netherlands, and is located in the south of the country. 's-Hertogenbosch was build as a fortified city, and that heritage can still be seen also today. Apart from Flik-Flak the city houses the Dutch champions Rugby, Professional football and hockey clubs. All in all i tis a real sports city.*



** 's-Hertogenbosch is the home for Stichting Flik-Flak, one of the largest gymnastics organisations in the Netherlands. Flik-Flak focuses on innovation and sports participation for all. It house various disciplines within the gymnastics sport such as Acrobatics, Male Artistic Gymnastics, Female Artistic Gymnastics and Trampoline. These disciplines are offered to all age groups and levels. In 2008 the center build a completely new building for its gymnastics, with over 10.000 m² of flooring specifically*

designed for gymnastics. This gives them the opportunity to have specialized halls that focus on a specific discipline. The building was designed around its purpose and equipment, giving the opportunity to maximize the facility.

There are various halls in the facility that allow specialized training. Apart from the various training facilities the center also has a conference and meeting room in the building. This makes it possible to not only have practical workshops and trainings but also theoretical options for workshops. There is a wide variety of technological possibilities in the facility as well. Think of a time of flight machine, but also various video and analyses programs to make sure that every aspect of the routine can be tracked and analyzed.



The trampoline hall is equipped with safety belts and have safety pits, one open and one closed, that will allow the opportunity to practice even the most difficult jumps. For the tumbling track the center has a safety belt on rail. Furthermore there are placed two double-mini trampolines in the facility. The entire trampoline hall has a total of 13 large trampolines.

All trampolines are positioned in one hall, making sure all the equipment is accessible for the group without having to switch halls. The warming-up can be done in different areas, on top of that the center has a special fitness room to keep up the physical strength.

All in all the facility that Flik-Flak has to offer is in one word unique, having all the necessary equipment, space, technology and relaxation in one building.

Accident and Health Insurance

All participants have to present a certificate proving that they have a proper health and accident insurance.

Responsibility of the coaches

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

Language

The course/camp will be held in English. Nevertheless the UEG experts are able to talk to the participants also in French, German, Russian, Spanish and Portuguese.

Programme (extracts)

Arrival: August 3rd 2015

Departure: August 9th 2015

The camp will include an introduction to how best prepare your gymnasts for competitions including:

- Periodisation Training
- Conditioning Circuit
- Skills Various, Jumps, Strength
- Safe progressive practice in training
- Theory and practical in spotting and safety
- Code of Points (introduction and explanation)
- Friendly Competition

Preliminary schedule

Arrival day: free training, opening, information meeting

Training days (5):

- 2 training sessions a day, 2-2.5 hrs each (morning, afternoon)
- 1 coaches session a day
- leisure and/or sports activities
- friendly competition, evaluation and feedback at the end of fifth day

Accommodation

a) Campanile Hotel & Restaurant 's Hertogenbosch, Goudsbloemvallei 21 - 25, 5237 MH Den Bosch. Distance from the venue 2,5 km. (www.campanile-s-hertogenbosch.nl)



b) Flik-Flak Apartments.

** Flik-Flak has 2 apartments inside the facility as well. The apartments can house up to 10 persons per apartment (5 bunkbeds in every apartment). This option will reduce the price for the participants as the apartments are in the care of the host. The accompanying coaches has to supervise their gymnasts.*

Meals

3 meals per day in the training center

Inscriptions

The inscriptions have to be sent within the fixed deadlines to the following address:

UEG Secretariat, P.O. Box 188, 1000 Lausanne 6, Switzerland,
info@ueg.org, Fax +41-21-613.73.31.

Definitive / nominative entry deadline: 31.05.2015

The inscriptions can be done only by the national federations. If you have the entry data earlier, don't wait for the deadline please and send your inscription earlier. Do not purchase flight tickets until the UEG confirms the Camp following the minimum number of participants.

Participation fee per person and stay (6 nights) :

- Apartment : € 380 (maximum of 2 x 10 persons)
- Hotel Campanille*** :
 - o single € 650
 - o double € 485

Participation fee includes:

- Accommodation according the selected price
- Meals
- Transfers from Amsterdam Schiphol Airport.
- One Leisure Activity
- T-shirt
- Closing Party on Saturday 8th August evening (drinks not included)

Participation fee for those who don't use official accommodation and transportation:
€ 250

Participation fee includes:

- Meals
- One Leisure Activity
- T-shirt
- Closing Party on Saturday 8th August evening (drinks not included)

The organizer is also ready to assist those participants with the alternative accommodation and local transport arrangement, please contact Mandy van de Ven mandy@flik-flak.nl.

The fee has to be paid until **31.05.2015** to:

**Koninklijke Nederlandse Gymnastiek Unie
Lage Bergweg 10, 7360 AC Beekbergen**

**IBAN: NL03RABO0329728997
BIC: RABONL2U**

For further information please contact:

UEG: Vladimir Zeman, UEG TRA-TC, email: vlzeman@volny.cz

KNGU : Mark Schuurman, email: schuurman@kngu.nl

Local host: Mandy van de Ven, email: mandy@flik-flak.nl

Travel Information

Each participant should arrive at Amsterdam Schiphol International Airport or the 'sHertogenbosch railway station.

For the arrival to the Eindhoven airport please contact the organisers first. Transportation from and to other Airports is not included and is to be arranged by your Federation.



The members of the UEG Trampoline Technical Committee and the local host hope that they can welcome participants from many different federations.

Yours Sincerely,

Lausanne, April 2015

UNION EUROPEENNE DE GYMNASTIQUE

The President
Georges GUELZEC

The President TC-TRA
Vladimir ZEMAN