

UNION EUROPÉENNE DE GYMNASTIQUE
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INVITATION

2016 UEG Training Camp in TRAMPOLINE GYMNASTICS (TRA, DMT & TUM)

Cascais (POR)
17. - 23. July 2016



EUROVISION
OPERATED BY EBU

 **Kapital Bank**



To the UEG Member federations

INVITATION TO THE TRAINING CAMP IN TRAMPOLINE GYMNASTICS (TRA, DMT & TUM), July 17th to 23th, 2016 in Cascais (Portugal)

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 2016 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.

For all 3 Trampoline Gymnastics disciplines

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

Camp leaders and the coaching experts

UEG TRA-TC : Luis NUNES & Irina KARAVAEVA

Coaching experts : 1-2 coaches with the experience coaching national team (TRA) & Vladislav SKAKUN (TUM)

* 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.



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.

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.

After the Definitive entry deadline the free places could be offered to the NFs without limitation.

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 2005 and 1998).

** 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

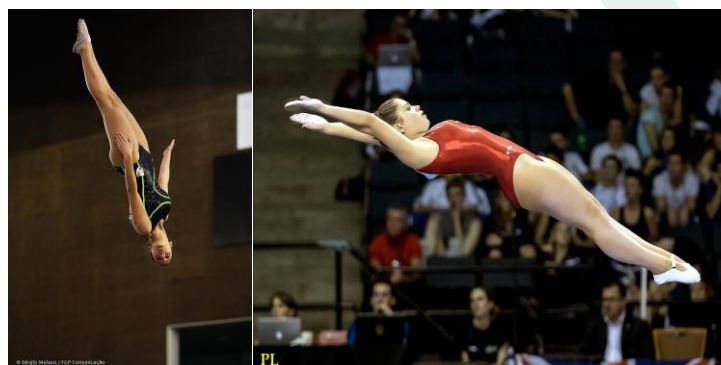
The camp will be held from July 17th to 23th, 2016 in Sports Hall Quinta dos Lombos R. Feitoria, 2775 Carcavelos.



* The city of Cascais <https://youtu.be/O0ZZ7L0bLPI>

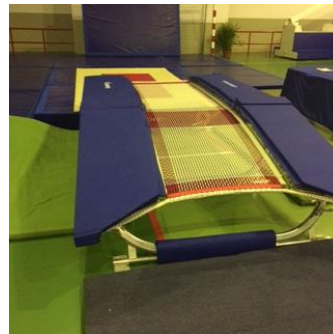
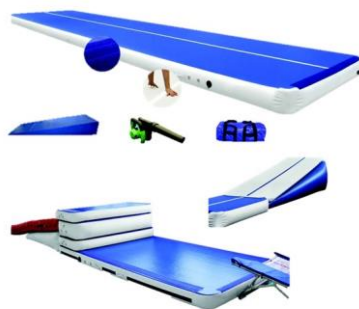


* Grupo Sportivo de Carcavelos <http://www.gscarcavelos.org/ginastica/>



Equipment

6 trampolines Gaofei 4x4 with all platforms, safety mats, landing mats and spotter mats
 2 DMT Gaofei with a complete landing area
 1 TUM Track Acrosport & 2 inflatable tracks



Accident and Health Insurance

All 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

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, Russian, Spanish and Portuguese.

Programme (extracts)

Arrival: July 17th 2016
 Departure: July 23rd 2016

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

SEMINÁRIO DA TORRE DA AGUILHA

Quinta da Torre d'Águilha, 2785-599 S. Domingos de Rana

Distance of Sports Hall to the Accommodation is 5 minutes by car.

<http://www.seminariotorreaguilha.com/PT/hotel.html>



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: 29.04.2016

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) : € 430

Participation fee includes:

- Accommodation
- 3 meals per day
- Transfers from/to Lisbon Airport and between the accommodation and venue
- Leisure Activities: Trip to visit Cascais and Sintra Paintball Session Surf Session and Carcavelos Beach
- T-shirt
- Closing Party on Friday 22nd July evening (drinks not included)

The fee has to be paid until **29.04.2016** to:

Account name : **Grupo Sportivo de Carcavelos**
Bank : Montepio Geral Bank
Agency : Carcavelos
IBAN : PT50.0036.0217.99100007699.61

For further information please contact:

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

FGP – Isabel Falcão – tramp@gympor.com - + 351 92 624 11 78

Local host: Helder Andrade - heldinho.andrade@gmail.com - + 351 91 097 27 34

Travel Information

Each participant should arrive at Lisbon International Airport

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

Yours Sincerely,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Georges GUELZEC

The President TC-TRA
Vladimir ZEMAN

Lausanne, March 2016