

Invitation - Einladung - Invitation

TeamGym Training Camp and Coaches' Education Course Level 1 2017



*Cesenatico (ITA)
15th to 22nd July 2017*

**To the UEG
Member Federations**

***INVITATION TO THE TEAMGYM TRAINING CAMP
AND
TEAMGYM COACHING EDUCATION COURSE – LEVEL 1***

July 15th to 22nd 2017 in Cesenatico (ITA)

Dear Gymnastic friends,

The UEG Technical Committee TeamGym has the great pleasure to invite gymnasts and coaches from the UEG Member Federations to participate in the 14th TeamGym Training Camp and Coaches Course in Cesenatico (ITA).

1. TeamGym Training Camp

The Training Camp has been very popular in previous years and is mainly for coaches who bring their gymnasts. The camp will be led by some of the top-level coaches from the recent European Championships in Maribor. The overall aim is to help coaches and gymnasts to gain further knowledge and improve their skills. Focus will be on training and practical lectures and of course a lot of fun.

The overall participation at the camp is limited initially to one team per Federation (a team composed of max 18 gymnasts). Each team must participate with at least one coach. The total number of participating gymnasts at the camp will be limited to 120. The camp will be filled in the order of receipt of entries.

Federations that are interested to take part with more participants/teams may request extra places by email.

Every gymnast must be able to perform at least:

Tumbling	Round off – flic flac – tucked salto
Trampet	Straight salto forwards

2. TeamGym Coaching Course - level 1

The Coaching Course offers an excellent opportunity to develop your knowledge and skills as a TeamGym Coach. The education consists of both theoretical and practical sessions in all three disciplines; floor, tumbling and trampet. The course will cover the first level out of three in the UEG TeamGym Education Programme (see Appendix 1).

The course is running in parallel with this summer's UEG TeamGym camp making it possible to involve gymnasts from the camp to demonstrate a number of technical skills. The course covers a full week of lessons with activities also during some of the evenings. The course is not intended for coaches who are taking care of gymnasts at the camp.

All attendees will receive a diploma, which documents their participation.

Note: The Technical Committee is also planning for TeamGym Coaching Courses on level 2 and 3. All invitations will be announced from the UEG office.

The language of instruction will be English.

3. Age

Training Camp: The gymnasts must be at least 12 years old (born in 2005).

It is important to underline that the coach(es) accompanying the gymnasts has to take care of the welfare and security of the gymnasts.

Coaching Course: Participants must be at least 18 years old.

4. Venue

Both the Training Camp and the Coaching Course will be held from July 15th to 22nd 2017 at Accademia Acrobatica in Cesenatico (ITA), see www.villaggioaccademia.it

Indoor and outdoor gyms are equipped with standard TeamGym equipment, air-tracks, foam pits, trampolines and a variety of mats.

There is a swimming pool areas near the hostel and all participants have access to a private area on the nearby beach on the Adriatic Sea.

Full board and accommodation are offered in rooms with 2 to 6 beds with shower/toilet in each room. There are also a limited number of single rooms available for the Coaching Course.

5. Accident and health insurance

All participants must have a certificate proving that they have valid health and accident insurance. A copy of the certificate has to be sent to the UEG office with the nominative entry form. If a valid certificate is not presented the gymnast/coach will not be authorised to participate in the camp/course.

6. Preliminary programme (detailed schedule will be sent later)

Saturday	July 15 th	Arrival (before 6.00 PM)
Sunday	July 16 th - Friday July 21 st	Training sessions, lectures
Saturday	July 22 nd	Departure

7. Registrations (see forms in Appendix 2, Appendix 3):

Definitive entry	February 28th, 2017	Training Camp
	March 31st, 2017	Coaching course
Nominative entry	May 15th, 2017	

8. Participation fees

Training Camp: 395 EUR / participant (coach, gymnast)

Coaching Course: 425 EUR / participant (coach)

The amount above covers:

- Course/Camp expenses (venue, equipment, experts/lecturers)
- Accommodation and full board
- Transfer from the railway station in Cesenatico
- Use of swimming pool and the private beach
- Farewell party on a boat or on the beach

The inscription fee payment “A” must be paid by 28/2/2017 (Training Camp) or 31/3/2017 (Coaching Course) as follows:

Training Camp : 80 EUR/participant

Coaching Course : 110 EUR/participant

This amount is non-refundable (except in case of over subscription) and has to be transferred to the following **account of the UEG**:

Banque Cantonale Vaudoise

Place St- Francois 14, CP 300, 1002 Lausanne

Account: L5205.70.49/IBAN: CH05 0076 7000 L520 5704 9

SWIFT/BIC: BCVLCH2LXXX

The inscription fee payment “B” must be paid by 15/5/2017 as follows:

Training Camp : 315 EUR/participant

Coaching Course : 315 EUR/participant

The amount has to be transferred to the following **account of the organizers**:

CREDITO COOPERATIVO ROMAGNOLO

ACCADEMIA ACROBATICA SRL

IBAN : IT79P0707024000010000847348

C/C Numero : 10-000847348

BIC : ICRAITRRTQ0

9. T-shirts/Trips

- Camp T-shirt 10 EUR / piece
- Trip to San Marino, 20 EUR / person*
- Trip to Mirabilandia amusement park, www.mirabilandia.it, 30 EUR / person*

** price per person is indicative and varies slightly depending on the number of participants*

The final request (order) for T-shirt and preliminary interest for trips has to be send with the Nominative Registration (May 15th).

It is advisable that spending/pocket money for the trips is brought with the gymnasts.

10. Transportation

If needed, transfer from the airport in Rimini can be arranged for 12 Euro/person for one-way. Transfer from the airport in Bologna can be arranged for 18 Euro/person for one-way with a minimum of 7 persons. Transportation requests must be sent to the organizers by May 30th, 2017. In all the other cases please contact Accademia Acrobatica.



For further information about the venue please contact:

Accademia Acrobatica
V.le C.Colombo, 35
47042 Cesenatico (FC)
Italia
Tel. 0039 054 784 935
Mobile 0039 380 298 2176 **Franca** Casadei
Mobile 0039 380 304 2824 **Paolo** Ciavoletta

accademiaacrobatica@libero.it
www.villaggioaccademia.it

11. Welcome to Cesenatico

The Technical Committee TeamGym welcomes and anticipates the participation of both current and new TeamGym Federations.

Looking forward to seeing you in Cesenatico!

We remind you to respect the deadlines and remain,
With kind regards,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Georges GUELZEC

The President TC-TG
Per SJÖSTRAND



APPENDIX 1 – Education syllabus for TeamGym Coaches' Courses level 1-3

Floor	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
Technique	Posture, body-awareness, technique-exercises leading to simple pirouettes, jumps, balances and section elements.	Difficulties: Pirouettes 540-720. Jumps: jumps with turns, leaps Balances: standing balances, strength balances (pike sitting etc). How to prepare for the mentioned difficulties, how to combine, how to prepare them in "flow".	Physical preparation for more difficult technical elements. How to make the program "perfect"? Technical-exercises for improving the awareness of the gymnasts.
Composition	Basic awareness of certain required elements, choreographic keys.	Improvisation - movement material (the coaches own). Choreographic keys.	Deduction for composition or execution, where is the line? Awareness of the expression of the program.
Music	Basic musical expressions, music analysis, mixing music	Expressing the music in movements	

Tumbling/ Trampet	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
Tumbling forwards	Salto start Handspring salto twisting Salto-salto	Twisting salto start Double front	Double front twisting
Tumbling backwards	Singles twisting Double back	Salto-salto twisting / double in combination Double back up to 720 twisting	Triple salto Double back transfer Double back 720 and more
Trampet without vault	Singles with twist Double with 180 twist	Doubles up to 900 twisting	Triple saltos Doubles multiple twisting
Trampet with vault	Tsukahara Handspring front salto 180 twist	Tsukahara 360 twisting Handspring front twisting	Tsukahara double Handspring double front

The different course levels include:

Coaching, planning, physical preparation, mental preparation, biomechanics and sessions on the TeamGym Code of Points



APPENDIX 2 – TRAINING CAMP FORMS 2017

A) DEFINITIVE REGISTRATION FOR THE TEAMGYM TRAINING CAMP (PLEASE USE BLOCK LETTERS)

Name of Federation

Name of club / team

Team leader/coach

Name

Address

Phone

Email

Number of group members	Males	Females	Total number of people
Responsible coaches ¹			
Gymnasts			
Total number			
The inscription fee ("A") 80 € / person			x 80€ = _____€

¹Each team must participate with at least one coach

To return to: UEG Secretariat, mail: info@ueg.org

Deadline: February 28th, 2017



B) NOMINATIVE REGISTRATION FOR THE TEAMGYM CAMP

Please list all participants with their full name and date of birth. Indicate if the participant is a gymnast or coach. Confirm health insurance. If you are ordering t-shirt, specify the sizes.

Federation

Name of team and club

Name of team leader and e-mail address

N°	PARTICIPANT'S NAME, SURNAME	BIRTH DATE	GENDER M = Male F = Female	G = Gymnast CO = Coach	HEALTH INSUR- ANCE (Y/N)	T-SHIRT ORDER SIZE (S/M/L/XL)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						

To return to: UEG Secretariat, mail: info@ueg.org

Note: Please send the form in Word format or saved as PDF format, scanned copies are not accepted

Deadline: May 15th, 2017



C) Travelling information / Transportation request

Name of the team: _____

Coach: _____ Mobile number: _____

ARRIVAL

Date: _____

Time: _____

Bus Car

Train Station/city _____

Flight Flight number _____ Airport _____

We are ordering transportation FROM the railway station/airport

DEPARTURE

Date: _____

Time: _____

Bus Car

Train Station/city _____

Flight Flight number _____ Airport _____

We are ordering transportation TO the railway station/airport

This information to be sent to the organizers: accademiaacrobatica@libero.it
Copy to ueg_tc_teamgym@icloud.com

NOTE: The organizer will confirm booked transportation by mail. In case of any changes, send corrected form and make sure it is confirmed, but not later than 30th June 2015!

Deadline: May 31st, 2017



D) Activities on Tuesday July 18th – Expression of interest

Name of the team: _____

Coach: _____ Mobile number: _____

1) **Trip to San Marino** (20 EUR / person*)

Preliminary number of participants:

2) **Trip to Mirabilandia amusement park** (30 EUR / person*)

Preliminary number of participants:

*price per person is indicative and varies slightly depending on the number of trip participants

This information to be sent to the organizers: accademiaacrobatica@libero.it

Copy to ueg_tc_teamgym@icloud.com

Note: Please send the form back, even if you are not interested. Put “X” instead of number of participants in both alternatives.

Deadline: May 31st, 2017



APPENDIX 3 – COACHING COURSE FORMS 2017

E) DEFINITIVE REGISTRATION FOR THE TEAMGYM COACHING COURSE (PLEASE USE BLOCK LETTERS)

Name of Federation

Contact Name

Address

Phone

Email address

Number of coaches per Federation	Total number of people
Total number	
The inscription fee ("A") 110 € / person	x 110 € = _____€

To return to: **UEG Secretariat**, mail: info@ueg.org

Deadline: March 31st, 2017



F) **NOMINATIVE REGISTRATION FOR THE TEAMGYM COACHING COURSE**

Please list all participants with their full name and date of birth. Confirm health insurance. If you are ordering T-shirt, specify the sizes.

Federation _____

N°	PARTICIPANT'S NAME, SURNAME	BIRTH DATE	GENDER M = Male F = Female	HEALTH INSUR- ANCE (Y/N)	T-SHIRT ORDER SIZE (S/M/L/XL)
1					
2					
3					
4					
5					

N°	PARTICIPANT'S MOBILE PHONE NUMBER	PARTICIPANT'S E-MAIL ADDRESS
1		
2		
3		
4		
5		

To return to: **UEG Secretariat**, mail: info@ueg.org

Note: Please send the form in Word format or saved as PDF format, scanned copies are not acceptable!

Deadline: 15th May 2017



G) Travelling information / requirements *

Name of coach: _____

Mobile number: _____

ARRIVAL

Date: _____

Time: _____

Bus Car

Train Station/city _____

Flight Flight number _____ Airport _____

We are ordering transportation FROM the railway station/airport

DEPARTURE

Date: _____

Time: _____

Bus Car

Train Station/city _____

Flight Flight number _____ Airport _____

We are ordering transportation TO the railway station/airport

This information to be sent to the organizers: accademiaacrobatica@libero.it
Copy to ueg_tc_teamgym@icloud.com

NOTE: The organizer will confirm booked transportation by mail. In case of any changes, send corrected form and make sure it is confirmed, but not later than 30th June 2017!

***THIS FORM HAS TO BE FILLED FOR EACH PARTICIPATING COACH SEPARATELY!**

Deadline: 31st May 2017