



## ***Invitation***

# ***TRAINING CAMP*** ***Aerobic Gymnastics***



***Latina (ITA)***

***July 12<sup>th</sup> to 18<sup>th</sup>, 2020***



## To the UEG Member Federations

### **INVITATION TO THE AEROBIC GYMNASTICS TRAINING CAMP July 12<sup>th</sup> to 18<sup>th</sup>, 2020 in Latina (ITA)**

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Dear Sirs,

The Technical Committee UEG for aerobic gymnastics in collaboration with the Italian Gymnastic Federation invites interested coaches and athletes from the UEG member federations to participate in this training camp.

#### **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 AER-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 and moderated lectures for the coaches. The participants will learn the trainings' planning and the progressive construction of routines as well.

#### **PARTICIPANTS**

The camp is limited to a maximum of 2 coaches and 10 gymnasts per federation. We expect approximately 100 participants, organised in several workgroups.

#### **AGE OF THE ATHLETES**

Only gymnasts aged 11 to 17 years can participate.

#### **ACCIDENT AND HEALTH INSURANCE**

Proper health and accident insurance is recommended to all participants. In case of illness or accident the UEG IMSSA insurance may be used by officially entered participants, nevertheless cash payment may be requested by medical doctors and hospitals.

#### **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/have to take care of the welfare and security of their gymnasts.



## **Programme (extracts)**

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

- Periodisation Training
- Conditioning Circuit
- Various Skills, Jumps, Strength
- Safe progressive practice in training
- Theory and practice in spotting and safety
- Code of Points (introduction and explanation)
- Choreography
- Dance style
- Ballet

## **Preliminary schedule**

Arrival day: Information meeting

Training days:

- 2 training sessions a day, 2-2.5 hrs each (morning, afternoon)
- ½ day off
- leisure and/or sports activities
- evaluation and feedback at the end of last day

## **VENUE**

The camp will be held from July 12<sup>th</sup> to 18<sup>th</sup>, 2020 in Latina, ITA at:

**Accademia Nazionale Ginnastica Aerobica FGI**  
**Palestra “Il Chiodo”**  
**Via dei Liguri 2**  
**04100 Latina**

## **HOTEL**

### **PARK HOTEL \*\*\*\***

Via dei Monti Lepini, 25, 04100  
04100 Latina

## **ARRIVAL – DEPARTURE**

Arrival on Sunday July 12<sup>th</sup>, 2020.

Departure on Saturday, July 18<sup>th</sup>, 2020.

If needed, transfer from the airports in **Roma FCO or Ciampino** can be arranged for 15 Euro/person for one way (only for groups of at least 5 persons; for smaller delegations kindly contact the OC).

Transfer from the railway in Latina can be arranged for 5 Euro/person for one-way (kindly contact the OC).

**Please send your travel details by June 6<sup>th</sup>, 2020 to the Accademia Nazionale.**



## **LANGUAGE**

The course will be held in English.

## **Theory and Practical Training Sessions with the UEG TC Members and Expert coaches:**

Judit Kovacs (HUN)  
Denis Solovieva (RUS)  
Marianna Mezei (ROU)  
Pedro Canilhas (POR)  
Sara Moreno (ESP)

### **Assistants:**

Antonio Caforio (ITA)  
Monica Darone (ITA)

## **REGISTRATIONS**

The registrations have to be sent within the fixed deadlines to the following address:  
**UEG Office**, info@ueg.org

**Definitive entry:** May 6<sup>th</sup>, 2020

**Nominative entry:** June 6<sup>th</sup>, 2020

## **ACCOMMODATION**

Please contact directly the organising committee for the reservations.

## **PARTICIPATION FEE**

**EURO 450.-** per participant. Accommodation and full board are included.

**50% of the registration** must be paid by the date of definitive entry **May 6<sup>th</sup>, 2020**.

**The remaining 50% of the registration** must be paid by **June 6<sup>th</sup>, 2020**.

All payments must be paid by bank transfer to the Organisers:

**BANK: CREDEM**  
**ADDRESS: via Pirandello 2 Latina**  
**BENEFICIARY: Il Chiodo Fitness Center srl ssd**  
**IBAN: IT38D0303214700010000006495**  
**C/C Numero: 010000006495**

## **ORGANISING COMMITTEE**

**Accademia Nazionale Ginnastica Aerobica FGI**  
**Il Chiodo Fitness Center**  
**Via dei Liguri 2**  
**04100 Latina**  
**Tel. 0773610498**  
**Gigliola Carosi - 0039 339 7367053 / Cristina Casentini - 0039 335 5865509**  
**info@ilchiodofitnesscenter.com**



The members of the UEG Technical Committee for aerobic gymnastics hope that they can welcome participants from many different federations.

Yours Sincerely,

UNION EUROPEENNE DE GYMNASTIQUE  
The President                      The President TC-AER

Dr. Farid GAYIBOV                      M. Cristina CASENTINI

Lausanne, February 2020



**By submitting the provisional and/or definitive and/or nominative registrations for this Event, you agree to the processing of personal data contained in the forms of inscription purposes related to this UEG event and the publication of photos and/or moving images**

#### **DEFINITIVE AND NOMINATIVE APPLICATIONS**

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by the UEG. Submitted information for the application to an official UEG event will be transmitted through the UEG office to the official LOC. NF has access to its data at all times in order to amend it.

#### **DUTY OF THE LOC**

The LOC undertake not to disseminate to its own clients the data submitted by the UEG and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

#### **DATA PROCESSING**

Data submitted to UEG and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of athletes and coaches designated by name
- List of delegations and accompanying persons designated by name

#### **DUTY OF UEG**

UEG shall supply the most recent data to their LOC on time and on a regular basis.

#### **DUTY OF THE LOC**

The LOC undertake not to disseminate to its own clients the data submitted by UEG and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

#### **RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT**

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

#### **PUBLICATION OF PHOTOS AND/OR MOVING IMAGES**

By submitting a provisional and/or definitive and/or nominative application through the NF, all participants agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purposes now or hereafter authorized by the UEG in relation with the promotion of the event. The NF and the participants agree that all photos and moving images taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from the UEG.

#### **CONTACT**

UNION EUROPEENNE DE GYMNASTIQUE (UEG),  
Avenue de la Gare 12, 1003 Lausanne, Switzerland  
Tel : +41 - 21 - 613.10.20, E-Mail: [info@ueg.org](mailto:info@ueg.org)



## Definitive Registration

### **2020 AEROBICS TRAINING CAMP**

### **LATINA - ITA**

The Federation of .....

is interested in the participation in the aerobic gymnastics Training Camp in Latina,

yes ..... no .....

Number of participants:

Coaches ..... (max 2)

Athletes ..... (max 10)

The inscription of additional gymnasts and/or coaches has to be approved by the TC but is only possible if the camp is not yet booked out.

**We confirm having taken note of the agreement regarding data protection  
(page 6 of this invitation)**

Date: ..... Signature: .....

**To return to  
UEG Secretariat – info@ueg.org**

**Deadline: 06.05.2020**



## Nominative Registration

### 2020 AEROBICS TRAINING CAMP

### LATINA - ITA

The Federation of .....

enters the following participants

**Coaches:** Name, first name

1. .... 2. ....

**Athletes:** Name, first name and Date of birth

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

10. ....

**We confirm having taken note of the agreement regarding data protection  
(page 6 of this invitation)**

Date: ..... Signature: .....

To return to  
UEG Secretariat – [info@ueg.org](mailto:info@ueg.org)

**Deadline: 06.06.2020**



# Information about travelling

Name of the team/NF: .....

Coach: ..... Mobile number: .....

Email: .....

## ARRIVAL

Date: .....

Time: .....

Bus ... Train ... Car ...

Flight ... Flight number and airport .....

We need transportation for persons n° .....

We need transportation from the railway station .....

We need transportation from the Bus station .....

## DEPARTURE

Date: .....

Time: .....

Bus ... Train ... Car ...

Flight ... Flight number and airport .....

We need transportation for persons n° .....

We need transportation from the railway station .....

We need transportation from the Bus station .....

This information is to be sent to the LOC: [info@ilchiodofitnesscenter.com](mailto:info@ilchiodofitnesscenter.com)

**Please send a copy to Cristina Casentini, President UEG AER-TC:  
[cristina.casentini@federginnastica.it](mailto:cristina.casentini@federginnastica.it)**

**Deadline: 06.06.2020**