



Invitation to GymHelsingør's International Camp

Dear TeamGym gymnasts and coaches

It is with great pleasure that GymHelsingør once again will be hosting an international camp in Europe's best and biggest TeamGym and Powertumbling Gym.

The camp will take place:
From the 8th - 13th. July 2018
in Helsingør, Denmark

Feel free to share this invitation with anybody who could be interested.



Camp description

To the gymnast:

As a gymnast you will receive 5-6 hours of training per day divided into multiple sessions with specific focus + one open gym in the evening where your goals are the main focus.

To the coach:

As a coach you will have the options of joining our seminars and follow your own gymnast or our coaches in the gym. Different seminars will be held throughout the week with some of the topics being:

1. Developing a culture in your Club.
2. Developing new skills through controlled progressing in drills.
3. A rhythmic inspirational module with training of floor elements.
4. Physical aspect in reducing injuries or development of new skills.
5. Debat (We will choose the topic together).
6. Unscheduled seminars that you can influens such as Spotting / Drill clinic etc.

Last years program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
07:30-08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:30-10:00		Technical Training 1	Technical Training 3	Technical Training 5	Technical Training 7	Special Program
10:20-11:50		Technical Training 2	Technical Training 4	Technical Training 6	Technical Training 8	
12:00-12:45		Lunch	Lunch	Lunch	Lunch	Lunch
13:15-15:45	13:00-15:30 Check-in	Focus Training Activity Restitution	Surprise	Focus Training Activity Restitution	Focus Training Activity Restitution	Goodbye
16:15-17:45	Open Gym	Focus Training Activity and Restitution		Focus Training Activity and Restitution	Optional Activities	
18:00-18:45	Dinner	Dinner		Dinner	Dinner	
19:30-21:00	Activities Splitting into groups	Evening activities		Focus Training 2	Evening activities	Evening activities
22:00	Good night					

Practical Informations

- **Who:** Gymnasts from 10 years and above, and coaches on all levels. Must be able to perform Roundoff - Back Handspring with no spotting.
- **When:** The 8th - 13th of July 2018
- **Price:** The price is the same for gymnasts and coaches.
- 2.595 DKK - included is all meals, refreshments, accommodation from Sunday to Friday + Camp clothes.
- **Payment:** A deposit of 1.000 DKK per person is payed upon registration.
- The remaining 1.595 DKK + extra services choosen has to be payed no later than 1st of March 2018.
- **Registration:** Via. www.GymHelsinge.dk under "Int. Camp" in the menu.
- **Contact e-mail:** gymhelsinge@gmail.com
- **Adress:** Idrætsvej 21, 3200 Helsinge, Denmark
- **Transportation:** We can assist you in arranging transportation from and to Copenhagen airport and train station.
- **Cancelation:** If you cancel your registration before 15th of May, we will refund the full amount (minus 400 DKK in administration fee). After the 15th of May, you can only get your money back, if someone from the waiting list takes your spot.



Last year's instructors

Kim Fischer

Sports manager in GymHelsingør Denmark
Participated 9 times at the European Championships, winning 5 medals
Former head coach in Gerpla & Stjarnan Iceland

Hans Christian Vagning

Head coach in ABGS Sweden - 4 years
Head coach for the Swedish Junior Mix Team - 2018
Former head coach in TeamGym Sæby - 3 years

Kenneth Hedegaard Christiansen

Head coach in GymHelsingør Denmark - 2 years
Former head coach in Gerpla Iceland - 3 years
Former head coach for the Icelandic Junior Women Team - 2014

Steven Nash

Head coach in GymHelsingør Denmark - 2 years
Former coach in Silkeborg Pigerne & Drengene and Flemming Efterskole - 4 years
6 times National, 2 times Nordic and 4 times European Champion

Sólveig Jónsdóttir

CEO of the Icelandic Federation
Icelandic National TeamGym Judge since 2000
International TeamGym Judge since 2008

Kasper Frederiksen

Working as HPC (High Performance Coach) at the Swedish Gymnastics Federation
Sports manager in Engholmen, Sweden
Former fulltime coach in Bromma, Sweden

Joakim Vilhelmsen

Head coach in GymHelsingør, Denmark - 1 year
Titles: 2 times National, 1 time Nordic Champion
Active: In Gjellerup Sdr.

Kristoffer Hayes

Titles: 5 times National, 1 time Nordic and 3 times European Champion
Active: On the Danish Senior Mens National Team and Gjellerup Sdr.

Mikkel Schertz

Titles: 4 times National, 1 time Nordic and 2 times European Champion
Active: On the Danish Senior Mens National Team and Gjellerup Sdr.

Knut Skogeng

Titles: 3 times National champion and 3. place at the European Championship 2016
Active: On the Norwegian Senior Mens National Team and Örebro GF Mix Team

Mads Lang

Titles: 1 time National, and 1 time European Championship 2012 Champion
Active: In Gjellerup Sdr.