



**European
Gymnastics**

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Invitation

TRAINING CAMP & COACHES COURSE

Aerobic Gymnastics



Loutraki (GRE)
July 5th to 11th, 2025

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING

*To the Member Federations
of European Gymnastics*

INVITATION

AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE

July 5th to 11th, 2025 in Loutraki (GRE)

Dear gymnastics friends,

The European Gymnastics Technical Committee for Aerobic Gymnastics (TC-AER), in collaboration with the Hellenic Gymnastic Federation (LOC), invites interested coaches and athletes from the European Gymnastics member federations to participate in their 2025 AER Training Camp and Coaches Course.

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 TC-AER. The experts will organise the trainings for young participating gymnasts and their coaches. They will also allow the exchange of experience and plan lectures for the coaches. The participants will learn, among other things, how to plan the trainings and the progressive construction of routines.

PARTICIPANTS

No limitation of the number of participants per National Federation. However, the maximum number of gymnasts is **limited to 120 gymnasts**. Registrations will be accepted according to the principle **'first come, first served'**.

The course will be organised in several workgroups.

AGE OF THE ATHLETES

Only gymnasts aged 11 to 17 years can participate (born between 2008 and 2014).

ACCIDENT AND HEALTH INSURANCE

Health and accident insurance is recommended to all participants. In case of illness or accident the European Gymnastics IMSSA insurance may be used by officially entered participants, nevertheless cash payment may be requested by medical professionals and hospitals.

RESPONSIBILITY OF THE COACHES

As gymnasts participating in the training camp are minors, it is important to underline that the coach(es) accompanying the gymnasts must take care of the welfare and security of their gymnasts.

PROGRAMME

5th July	Arrival day
6th – 10th July	Training and Workshop days <ul style="list-style-type: none"> - 2 sessions a day, 2-2.5 hours each (morning, afternoon) - ½ day off - Leisure and/or sports activities - Evaluation and feedback at the end of the last day
10th July, evening	Banquet
11th July	Departure day

Extra leisure activities will be proposed at the special price (to be arranged on arrival).

The camp will include an introduction on 'how to 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 styles
- Ballet
- Acrobatic elements
- Collaborations and partnerships

The Coaches Course will include practical training sessions as well as theoretical lessons. The course is designed to assist coaches in developing their skills in preparing gymnasts for top performances. All coaches are welcome to attend the Coaches Course, regardless of whether they have registered gymnasts or not.

LANGUAGE

The courses will be held in English.

THEORY AND PRACTICAL TRAINING SESSIONS WITH THE TC MEMBERS AND EXPERT COACHES:

Alina DRAGAN (ROU) – European Gymnastics TC AER President

Dimitrios POLYZOS (GRE) – European Gymnastics TC AER Vice-President

Monica Maria DARONE (ITA) – European Gymnastics TC AER member

Arianna CIUCCI (ITA) – Aerobic content

Siyana BOZHILOVA (BUL) – Head Coach of the national team of Vietnam for 15 years

Eva SZLOBODA (HUN) – FIG Academy expert, Coach of the national team of Egypt for 5 years

Anastasia DONTI (GRE) – Artistic Gymnastics coach, Professor at the Greek Physical Education University

Eleftheria BATINIOTI (GRE) – Ballet teacher, former ballet teacher of the national team

Antonio BARONE (ITA) – Dance expert, choreographer, FIG AER Gymnastics Judge

Pantelis PAPAGEORGIOU (GRE) – Acrobatic Gymnastics coach, former national team coach

VENUE

Indoor Gym of Loutraki Georgios Galanopoulos

El Venizelou, Loutraki

ACCOMMODATION

Hotel Paolo

Ethnikis Antistasis 16, 20300 Loutraki

Website: <https://hotelpaolo.gr/>

The Hotel Paolo is located in the town of Loutraki, just 50m from the beach.

To book your accommodation, please contact:

Hellenic Gymnastics Federation, Email: ego@otenet.gr

ARRIVAL – DEPARTURE

Arrival on Saturday July 5th, 2025.

Departure on Friday, July 11th, 2025.

REGISTRATIONS

The registrations must **be sent within the deadlines** to the following address:

info@europeangymnastics.com

Definitive registrations: May 10th, 2025

Nominative registrations: June 5th, 2025

PARTICIPATION FEE

EUR 550.- per participant accommodated in triple room

EUR 580.- per participant accommodated in double room

EUR 680.- per participant accommodated in single room

The participation fee includes accommodation in full board, transfer from/to Athens airport/Loutraki (both ways), transfers between the hotel and the venue, farewell party, beach activities.

The participation fee **must be paid to the Hellenic Gymnastics Federation** by bank transfer to:

Name of the Bank: National Bank of Greece (NBG)

Name of the account holder: Hellenic Gymnastics Federation

Address of account holder: 37 Kifissias Ave., OAKA, 151 23 Maroussi, Greece

Bank address: 38 Stadiou str., 105 59 Athens/GRE

Account number: 080 48077666

IBAN: GR71 0110 0800 0000 0804 8077 666

Swift Code (BIC): ETHNGRAA

Reference: AEROBIC TRAINING CAMP LOUTRAKI_GRE

The participating federation is responsible for covering all bank fees in connection with the bank transfers.

DEADLINES FOR PAYMENT:

Payment of **50%** of the participation fee – **10.05.2025** (with definitive registrations)

Payment of **100%** of the participation fee – **05.06.2025** (with nominative registrations)

CANCELLATION POLICY

Please take into account that cancellation is not possible.

LOCAL ORGANISING COMMITTEE – CONTACT DETAILS**SPORTCAMP S.M S.A.**

Mr Charalambos PELEKIS

Email: b.pelekis@sportcamp.gr

sportcamp@sportcamp.gr

European Gymnastics, the TC AER members, the experts, the LOC and the Hellenic Gymnastics Federation hope that many different federations will take part in this training camp and are waiting for your registrations!

Yours Sincerely,

EUROPEAN GYMNASTICS

Dr Farid GAYIBOV
President



Ms Alina DRAGAN
President TC-AER

Lausanne, April 2025

By submitting this registration, the participants of your national gymnastics federation agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes. For participants under the age of 18 it is the responsibility of your national gymnastics federation that the agreement is equally obtained from the parents.

PROVISIONAL, 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 European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF always has access to its data in order to amend it.

DUTY OF THE LOC

The LOC undertakes not to disseminate to its own clients the data submitted by European Gymnastics 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 European Gymnastics 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 EUROPEAN GYMNASTICS

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

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.

PHOTOS AND VIDEOS

By submitting a provisional and/or definitive and/or nominative registration through the NF, all participants agree to be filmed, photographed, identified and otherwise recorded during the event. Photos and videos taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

CONTACT

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