European Gymnastics

Head Office
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Invitation

TRAINING CAMP & COACHES COURSE

Aerobic Gymnastics

Loutraki (GRE)

June 29th to July 5th, 2026

EBU
OPERATING EUROVISION AND EURORADIO

SMARTSCORING

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To the Member Federations of European Gymnastics

INVITATION

AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE

June 29th to July 5th, 2026 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 2026 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 2009 and 2015).

ACCIDENT AND HEALTH INSURANCE

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

RESPONSIBILITY OF THE COACHES

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

PROGRAMME

29th June	Arrival day
30th June – 4th July	Training and Workshop days - 2 sessions a day, 2-2.5 hours each (morning, afternoon) - ½ day off - Leasure and/or sports activities - Evaluation and feedback at the end of the last day
4th July, evening	Banquet
5th 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
Matteo GUERRINI (ITA) – Head Coach of the Senior national team of France
Eva SZLOBODA (HUN) – FIG Academy expert, Coach of the national team of Egypt for 5 years
Antonio PAPAZOV (BUL) – European and World Champion, coach
Mariana MEZEI (ROU) – Coach of the Junior national team of Romania
Bastien SAFFORES (FRA) – Physical trainer and trainer manager. Responsible coach for physical preparation of the Junior and Senior French national teams
Anastasia DONTI (GRE) – Artistic Gymnastics coach, Professor at the Greek Physical Education University
Pantelis PAPAGEORGIOU (GRE) – Acrobatic Gymnastics coach, former national team coach

VENUE

SPORTCAMP Loutraki
Oneiron, Loutraki 203 00

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.

For any question about accommodation, please contact:
Hellenic Gymnastics Federation, Email: ego@otenet.gr

ARRIVAL – DEPARTURE

Arrival on Monday June 29th, 2026.
Departure on Sunday, July 5th, 2026.

REGISTRATIONS

The registrations must be submitted within the deadline using the Excel sheet provided.
Deadline for registrations: May 11th, 2026

PARTICIPATION FEE

EUR 590.- per participant accommodated in triple room
EUR 630.- per participant accommodated in double room
EUR 730.- 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: 18.05.2026 *(one week after 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	**Ms Alina DRAGAN**
President	*President TC-AER*

Lausanne, March 2026

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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