

*UNION EUROPÉENNE DE GYMNASTIQUE
EUROPÄISCHE TURNUNION
EUROPEAN UNION OF GYMNASTICS*



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Invitation

UEG WORKSHOP FOR ACRO COACHES



***1st to 5th September 2016
Prague / CZE***



**To the UEG
Member Federations of
CZE – SVK – POL – GER – AUT**

***INVITATION TO THE UEG COURSE FOR ACRO COACHES
1st to 5th September 2016 in Prague / CZE***

Dear Sirs,

The Technical Committee Acrobatic Gymnastics invites interested coaches to its UEG Workshop – Course for ACRO Coaches.

Aims

To provide knowledge and understanding for those wishing to learn the basic requirements for the discipline of Acrobatic Gymnastics.

Objective

Participants will have sufficient knowledge and understanding to coach and develop the discipline within their own facilities.

Venue

The course (practical part) will be on September 1st to 5th, 2016 (arrival on 01., departure on 05.09.2016) in the Hala TJ Bohemians Praha.

Address: Slovenská 2, 110 00 Praha 10, CZ

The venue for the theory depends on the number of participants.

Provisional Programme

- | | | |
|--------|-----------|---|
| 01.09. | | Arrival |
| 02.09. | 09h - 13h | Theory |
| 02.09. | 15h - 17h | Training beginners level (warm-up, stretching, preparation exercises) |
| 02.09. | 17h - 19h | Training intermediate level (warm-up, stretching, preparation exercises) |
| 03.09. | 09h - 13h | Training beginners/intermediate level (top/base preparation exercises) |
| 03.09. | 15h - 18h | Training intermediate level (basic of acro - holding, shapes, basic pyramids, basic tempo elements) |

04.09. 09h - 13h Training beginners/intermediate level (pair/group elements)
04.09. 15h - 18h Training intermediate level (pair/group elements,
competition exercise)
05.09 Departure

Experts

Mrs Galina KOVALCHUK (UKR) and Mr Dmitry VINNIKOV (RUS).

Fee

The course is free.

Accommodation

The OC recommends the following hotel, which is some 10 minutes by foot from the gym: <http://www.hotelametyst.com/>

Inscriptions

The inscription must be sent within the fixed deadline to the following address:

UEG Secretariat, info@ueg.org

Nominative entry: 10.08.2016

For further information and accommodation, please contact:

Mrs Markéta Stíbalová
marketa.stibalova@seznam.cz

Yours Sincerely,

UNION EUROPEENNE DE GYMNASTIQUE
The President The President TC-ACRO
Georges GUELZEC Carine CHARLIER

Lausanne, July 2016



Nominative registration

***UEG Course for ACRO Coaches
Prague, September 1st to 5th, 2016***

The Federation of _____

Enters the following participants :

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Date: _____

Signature: _____

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

Deadline: 10.08.2016