



I N V I T A T I O N

Mental and Physical Preparation Course for European Coaches

Women's Artistic Gymnastics



Opatija-Rijeka / CRO

March 8th to 10th, 2019



To the UEG Member Federations

Invitation to the 2nd Mental and Physical Preparation Course WAG

Dear Madam, Dear Sir,

We have the pleasure to invite you to the 2nd Mental and Physical Preparation Course for European Coaches WAG to be held from March 8th to 10th, 2019 in Opatija-Rijeka, Croatia.

With this camp we would like to offer to the European coaches a “forum of improvement and exchange” with the following topics:

- ◆ Mental preparation for coaches and gymnasts
- ◆ Physical preparation of gymnasts
- ◆ Exchanges between participants, experts and the WTC.

The participants must take a training suit for the practical sessions.

Dates

Arrival on Friday, March 8th, 2019 in the morning (Beginning of the course at 16h)
Course on Saturday, March 9th, 2019
Course on Sunday, March 10th, 2019 in the morning
Departure on Sunday, March 10th, 2019 after lunch

Venue

AMADRIA PARK conference centre

Experts

2 experts will participate in this camp:

- Ulla Koch (GER), Head coach of the German National Team
- Nick Ruddock (GBR), Performance Gymnastics Coach & Consultant

as well as

- Marja Raisanen/FIN, Orna Shai/ISR and Christine Frauenknecht/SUI as UEG experts / responsables

Accommodation

Milenij hoteli
V. Cara Emina 6
51410 Opatija, Croatia

The participants can arrive at Zagreb airport or Trieste airport or Rijeka airport.
The transport from the airport to the hotel will be organised by the OC.

The arrival/departure schedules have to be sent to the UEG Office (info@ueg.org) by **10.02.2019.**

Participation fee

Single room: EURO 280.- (including breakfast and dinner)
Double room: EURO 230.- per person (including breakfast and dinner)
Triple room: EURO 200.- per person (including breakfast and dinner)

50% of the participation fee are to be paid at the same time as the definitive registrations (10.01.2019). The remaining 50% at the same time as the nominative registrations (10.02.2019). The fee needs to be transferred to the bank account of the organisers:

Bank details:

**Podravska Banka, d.d., Koprivnica,
Beneficiary: ŽGK Vita Rijeka
Omladinska 8, Rijeka, 51000, CROATIA
IBAN: HR08 2386 0021 1100 3398 2
BIC / SWIFT PDKCHR2X**

Registrations

Deadline for the definitive registrations: 10.01.2019
Deadline for the nominative registrations: 10.02.2019

Please wait for the official confirmation from the UEG that the course will take place before booking your flights !

Language

The camp takes place only in English. No translation will be organised.

Participants

The number of participants is limited to 30 persons. Therefore we have to limit the participation to 2 persons per federation. If a federation wants to come with more than 2 participants, please inform us until the definitive registration deadline. If there are vacancies these demands might be accepted.

Organising Committee

VITA Rijeka Gymnastics Club
Omladinska 8
Rijeka 51000
Croatia

Contact: Julija Ljubancic
Telephone: 385959050478
E-mail: julija.ljubancic@gmail.com

The WTC/UEG hopes to have the pleasure to welcome many participants, representing numerous federations.

Sincerely yours,

UNION EUROPEENNE DE GYMNASTIQUE
The President The President WTC
Dr Farid Gayibov Anca Gabriela Mihailescu Grigoras

Lausanne, October 2018



Mental and Physical Preparation Course for European Coaches Women's Artistic Gymnastics

Opatija-Rijeka/CRO – 08. to 10.03.2019

Inscription définitive / Definitive registration Definitive Anmeldung

La Fédération de / The Federation of / Der Verband von _____

annonce les participants suivants
enters the following participants
meldet folgende Teilnehmer:

	Nom/Name	Prénom / First name Vorname	H/F
1.			Homme ____ Femme ____
2.			Homme ____ Femme ____

Date/Datum: _____ Signature/Unterschrift: _____

**A renvoyer au / To return to / Zurückzusenden an das
Secrétariat de l'UEG ~ info@ueg.org**

Délai / Deadline / Frist: 10.01.2019



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Women's Artistic Gymnastics**

Opatija-Rijeka/CRO – 08. to 10.03.2019

**Inscription nominative / Nominative registration
Namentliche Anmeldung**

La Fédération de / The Federation of / Der Verband von _____

confirme la participation de
confirms the participation of
bestätigt die Teilnahme von:

	Nom/Name	Prénom / First name Vorname	H/F
1.			Homme ____ Femme ____
2.			Homme ____ Femme ____

Date/Datum: _____ Signature/Unterschrift: _____

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