

## Invitation

### TEAMGYM COACHING COURSE ON FLOOR LEVEL 1



Prague (CZE)  
June 14<sup>th</sup> to 16<sup>th</sup>, 2019



## To the UEG Member Federations

### **INVITATION TO THE TEAMGYM COACHING COURSE ON FLOOR LEVEL 1**

**June 14<sup>th</sup> to 16<sup>th</sup>, 2019 in Prague / CZE**

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Dear Gymnastic friends,

The UEG Technical Committee TeamGym in cooperation with the JoJo Gym club have great pleasure in inviting coaches from the UEG Member Federations, to participate in a **Level 1** Coaching Course on Floor in Dobřichovice just outside Prague.

The Coaching Course offers an excellent opportunity to build and develop your knowledge and skills as a TeamGym Coach. This course consists of both theoretical and practical sessions. The course will cover the first level (out of three) in the UEG TeamGym Education Programme (see Appendix 1).

The course is led by Anders Frisk (SWE), UEG TeamGym brevet judge and educator on Floor for both the Swedish Gymnastics Federation and the UEG. All attendees will receive a diploma, which documents their participation.

#### **Age**

Participants must be at least 18 years old.

#### **Venue**

JoJo Gym facilities, gym hall 2 (<http://www.jojogym.cz/nase-prostory/gymnasticka-hala-2/>)  
5. května 1064  
Dobřichovice, 252 29  
Czech Republic

GPS Coordinates: N 49 55.848, E 14 17.121

#### **Preliminary Programme**

Friday, June 14<sup>th</sup>      Arrival, accreditation (3.00 - 4.00 p.m.)  
                                 Training sessions and Lectures, Dinner (4.00 p.m. – 9.00 p.m.)



Saturday, June 15 <sup>th</sup>	Training sessions and Lectures, Lunch (9.00 a.m. – 7.00 p.m.) Dinner, networking (7.00 p.m. – 9.30 p.m.)
Sunday, June 16 <sup>th</sup>	Training sessions and Lectures (9.00 a.m. – 12.00 a.m.) Departure (after 12.00 a.m.) Optional lunch (not included) (12.00 a.m. – 1.30 p.m.)

### Language

The course will be held in English.

### Registration

The registrations must be sent to: **info@ueg.org**

Definitive/Nominative registration: **May 5<sup>th</sup>, 2019**

We please ask you to register no more than 3 coaches per federation. Please wait for your application to be confirmed by the UEG before proceeding with booking tickets. If your Federation wants to participate with more than 3 coaches, please inform the UEG office when sending your registration.

### Participation Fee: 230 EUR / participant

The participation fee includes, lunch, dinner, coffee breaks and course facilities (venue, equipment, expert/lecturers) from Friday afternoon to Saturday morning. The Saturday evening dinner to network with all participants will be organized at the facility.

Lunch on Sunday is optional and can be booked (15 €) upon arrival in Dobřichovice.

Accommodation, breakfast and transfer from the airport are not included (see below about accommodation).

### Transfer

The closest airport is Vaclav Havel Prague Airport (PRG) located 30 km from the venue. Transfer to/from the course facility can be arranged on request up to 30 € per/car (1-4 passengers) one-way. Please contact: [petr.gryga@email.cz](mailto:petr.gryga@email.cz). For those of you arriving by car, there is free parking in front of the gym building.

Transfer by public transport takes about 90 minutes. Tickets are sold at the Info centre at Prague Airport (Terminals 1 and 2). Recommended means of transport from the airport to the course venue:

Take Bus no 100 from the airport to Zličín (end station), transfer to Metro "B" to Smíchovské nádraží station, transfer to the Train station, choose the direction to Beroun via "S7" and get off at Dobřichovice station. The JoJo gym is located about 10-15 minutes by walking from the station. For departure times see [www.dpp.cz](http://www.dpp.cz).

**The registration fee must be paid by May 5<sup>th</sup> as follows:**

230 EUR/participant, this amount is non-refundable and must be transferred to the following **account of the UEG:**



**Banque Cantonale Vaudoise**  
**Place St- Francois 14, CP 300, 1002 Lausanne**  
**Account: L5205.70.49**  
**IBAN: CH05 0076 7000 L520 5704 9**  
**SWIFT/BIC: BCVLCH2LXXX**

**For further information about the course, please contact:**

Petr Gryga, TC TeamGym, [petr.gryga@email.cz](mailto:petr.gryga@email.cz), phone +420 737 713 551.

**Welcome to Prague**

The Technical Committee TeamGym welcomes all representatives and anticipates the participation of both current and new TeamGym Federations.

Looking forward to seeing you in Prague!

We remind you to respect the deadlines and remain,  
With kind regards,

**UNION EUROPEENNE DE GYMNASTIQUE**

The President  
Farid GAYIBOV

The President TC-TG  
Per SJÖSTRAND

Lausanne, March 28<sup>th</sup>, 2019



## **APPENDIX 1**

### ***Education syllabus for TeamGym Coaching Courses on Floor / Level 1***

This course Level 1 is meant to give the coach basic knowledge in choreographing a TeamGym floor program and how to prepare the training of the gymnasts. It covers also basic knowledge in applying the Code of Points.

#### **Technique**

Basic awareness of body posture, body awareness, room awareness and movement vocabulary and how to practice this in the daily training.

Introduction and basic knowledge of Laban's Bess-concept and how this theoretical framework can enhance the gymnast's ability of mentioned elements above.

Basic knowledge in the dance-vocabulary and how to apply that in gymnastics

Basic knowledge in the ABC of floor difficulties.

Basic knowledge of the Lego-method and how to apply that for training the difficulties.

Basic knowledge of physical preparation of the gymnasts.

#### **Composition**

Basic awareness of the required elements of the floor program.

Applied practice of the required elements of the floor program.

Basic awareness in how the Bess-concept can be applied in the composition of the program.

Basic choreographic keys.

#### **Music**

Basic awareness of musical theory and key-concepts.

Basic understanding in the importance of the music for the floor program.

Basic knowledge in how to analyse music.

#### **Coaching**

Basic awareness of the impact you as a coach has on the gymnast's development

#### **Judging**

Basic knowledge of how to read and interpret the Code of Points from a floor coach point of view.



**Definitive/Nominative Registration  
to the TeamGym Coaching Course on Floor Level 1 in Prague (CZE)**

The Federation of \_\_\_\_\_  
enters the following participants to the TeamGym Floor Coaching course in Prague

**1. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**2. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**3. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**4. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

**5. Name:** \_\_\_\_\_ **First name:** \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

To return to the UEG Secretariat - [info@ueg.org](mailto:info@ueg.org)

**DEADLINE: 05.05.2019**