

UNION EUROPÉENNE DE GYMNASTIQUE
EUROPÄISCHE TURNUNION
EUROPEAN UNION OF GYMNASTICS



Secrétariat général
Avenue de la Gare 12
CH – 1003 Lausanne
Tél.: +41 - 21 - 613.10.20
E-Mail: info@ueg.org
www.ueg-gymnastics.com



INVITATION

2018 UEG Training Camp in TRAMPOLINE GYMNASTICS (TRA, DMT & TUM)

Cascais (POR)
22. July - 28. July 2018



Junior Summer
Training Camp

EUROVISION
OPERATED BY EBU

SMARTSCORING



To the UEG Member federations

INVITATION TO THE TRAINING CAMP IN TRAMPOLINE GYMNASTICS (TRA, DMT & TUM), July 22nd to 28th, 2018 in Cascais (POR)

Dear Sirs,

The Trampoline Technical Committee of UEG invites Trampoline, Double Mini-Tramp & Tumbling gymnasts with their coaches from the UEG member federations to participate in its 2018 Training Camp.

We kindly ask you to deliver this information / invitation to the Trampoline Gymnastics coaches and gymnasts in your country potentially willing to participate in the Camp. We would very appreciate if you could publish the information about the Camp also on your federation website.

Please, support your talented gymnasts and prospective coaches from your country if they want to participate. Notice please, that we have prepared the event to support the further performance improvement of the gymnasts and the improvement and exchange of the experience and knowledge of the coaches.

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 UEG TRA-TC. The experts will organize the improvement oriented trainings for young participating gymnasts and their coaches. The experts will organize also the exchange of experience for the coaches. The participants will learn the trainings' planning and the progressive construction of routines as well.

For all 3 Trampoline Gymnastics disciplines

We are proud to offer the Camp to the coaches and gymnasts from Trampoline, DMT and Tumbling also this year.

Camp leaders and the coaching experts

UEG TRA-TC : Luis NUNES & Irina KARAVAEVA

Coaching experts : Paul GREAVES, Julie PERRETEN, Sergio LUCAS (TRA) & Vladislav SKAKUN (TUM). Depending on number of participants additional experts with the experience of coaching national team may be invited.

Participants

The camp is limited to 6 gymnasts and 3 coaches per federation, nevertheless also bigger groups from the same NF might be accepted. The same additional limit could be used for Tumbling, if all disciplines are entered.

Federations wishing to apply for more than 9 (6+3) persons should inform the UEG when applying.

After the Definitive entry deadline, the free places could be offered to the NFs without limitation.

Maximum 50 gymnasts for TRA/DMT and 20 for TUM / 100 participants total

Gymnasts

Preferred level:

- national / regional team members and candidates
- national championships participants
- gymnasts from developing countries

All other entered gymnasts will be also welcomed.

Age of the gymnasts

Gymnasts must be aged between 11 - 18 to participate (born between 2007 and 2000).

** The federation who entered 6 gymnasts 11-18 years of age and is wishing to entry also 1-2 older gymnasts has to contact UEG first as well. Nevertheless, the priority will be given to the young gymnasts in the case of non-sufficient capacity.*

Participating coaches

Young and young minded coaches interested in further development and experience exchange will be welcomed as well as the high experienced coaches ready to share the experience.

Venue

The camp will be held in Sports Hall Quinta dos Lombos R. Feitoria, 2775 Carcavelos.



* The cities of Cascais and Carcavelos <https://youtu.be/O0ZZ7L0bLPI>

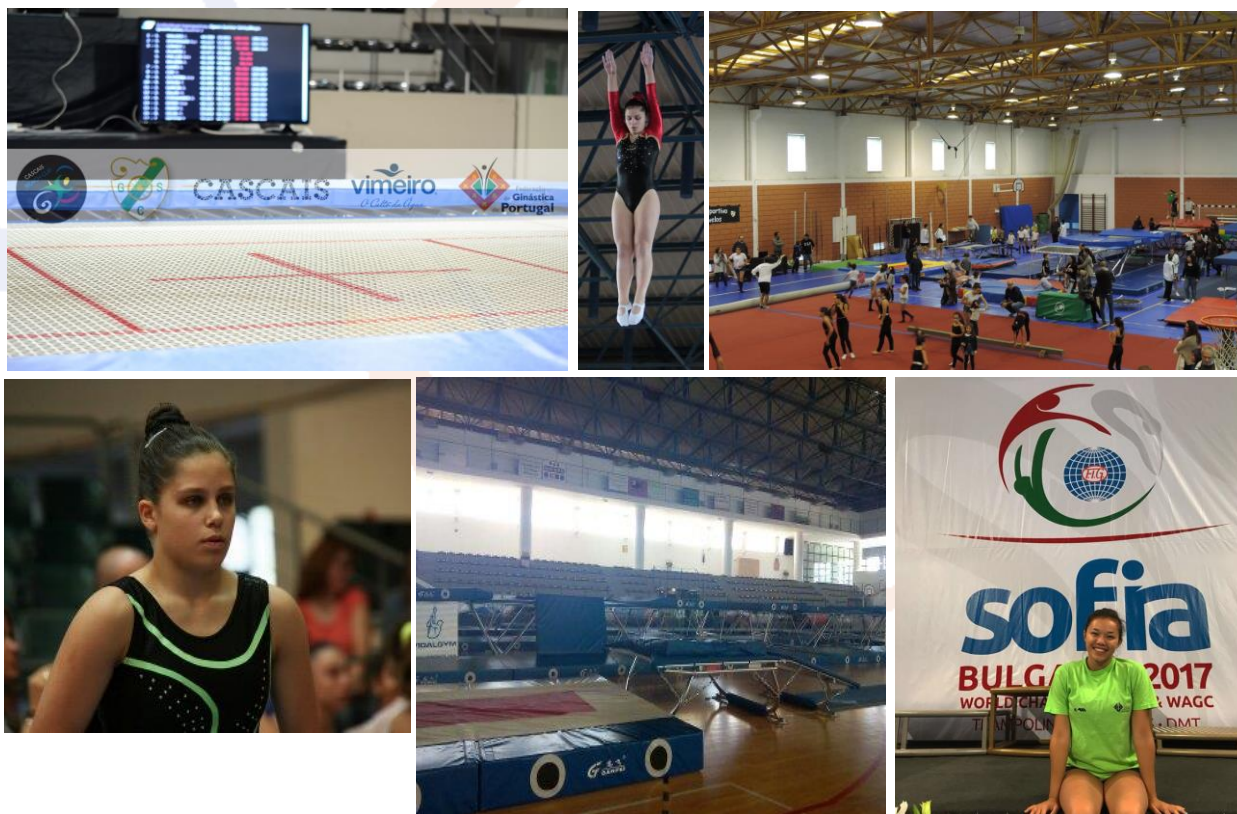


* Grupo Sportivo de Carcavelos <http://www.gscarcavelos.org/ginastica/>

The club provides various gymnastics disciplines, Trampoline Gymnastics, Acrobatic Gymnastics, General Gymnastics and Gymnastics for All.

The Trampoline and DMT gymnasts have successfully participated also at European Championships and WAGC.

The club has already organized the UEG Trampoline Gymnastics Training Camps in 2016 and 2017 and is also the organizer of Cascais Beach Cup www.gscarcavelos.org.



6 trampolines Gaofei 4x4 with all platforms, safety mats, landing mats and spotter mats

One Pit

1-2 DMT Gaofei with a complete landing area

1 TUM Track Acrosport & 1-2 inflatable tracks

Responsibility of the coaches

As most of the gymnasts participating in the training camps are still minor, it is important to underline that the coach(es) accompanying the gymnasts has to take care of the welfare and security of their gymnasts.

Language

The course/camp will be held in English. Nevertheless, the UEG experts are able to talk to the participants also in French, Russian, Spanish and Portuguese.

Programme (extracts)

Arrival: July 22nd 2018 (Sunday)

Departure: July 28th 2018 (Saturday)

The camp will include an introduction to how best prepare your gymnasts for competitions including:

- Periodisation Training
- Conditioning Circuit
- Skills Various, Jumps, Strength
- Safe progressive practice in training
- Theory and practical in spotting and safety
- Code of Points (introduction and explanation)
- Friendly Competition

Preliminary schedule

Arrival day: free training, opening, information meeting

Training days (5):

- 2 training sessions a day, 2-2.5 hrs each (morning, afternoon)
- ½ day off
- 1 coaches session a day
- leisure and/or sports activities
- friendly competition, evaluation and feedback at the end of last day

Accommodation

Hotel Praia Mar,

(single, double and triple rooms)

<http://www.almeidahotels.pt/pt/hotel-praia-mar>

Rua do Gurué, 16, 2775-581 Carcavelos

Guest House Abla, Praceta Infante Dom Henrique 80, 2775-271 Carcavelos

(double, triple, four-bed, five-bed, six-bed, seven-bed rooms)

Because of limited capacity in Guest House Abla the LOC is not able fully guarantee allocation the participants to the rooms by the teams. If necessary, the efficient allocation of gymnasts and coaches to the rooms may be done mixed, respecting the gender, function and age of the participants.

<http://ablaquesthouse.org>

Hotel Praia Mar and Guest House Abla are in walking distance.

The accommodation will be allocated on the first coming basis.

Inscriptions

The inscriptions have to be sent within the fixed deadlines to the following address:

UEG Secretariat - info@ueg.org

Definitive entry deadline:

30.04.2018

Nominative entry deadline:

15.06.2018

The inscriptions can be done only by the national federations. If you have the entry data earlier, don't wait for the deadline please and send your inscription earlier.

Do not purchase flight tickets until the UEG confirms your Definitive entry.

Participation fee per person and stay (6 nights) :

Hotel Praia Mar - triple room:	€ 410
double room:	€ 430
single room:	€ 500
Guest House Abla (limited capacity):	€ 370

(The accommodation will be allocated on the first come basis.)

Participation fee includes:

- Accommodation
- 3 meals per day
- Transfers from/to Lisbon Airport and between the accommodation and venue
- Leisure Activities: Trip to Cascais, Sintra and Lisbon, Beach and Pool
- T-shirt
- Closing Party on Friday 27th July evening (drinks not included)

The fee has to be paid until **20.05.2018** to:

Account name : **Grupo Sportivo de Carcavelos**
Bank : Montepio Geral Bank
Agency : Carcavelos
IBAN : PT50.0036.0217.99100007699.61

For further information please contact:

UEG: Vladimir Zeman, UEG TRA-TC, email: vlzeman@volny.cz

FGP: Isabel Falcão, tramp@gympor.com, +351 92 624 11 78

Local host: Helder Andrade, heldinho.andrade@gmail.com, +351 91 097 27 34

Travel Information

Each participant should arrive at Lisbon International Airport.

Please, fill in the travel data in the Nominative inscription.

The members of the UEG Trampoline Technical Committee, Portuguese Gymnastics Federation and the local host hope that they can welcome participants from many different federations.

Yours Sincerely,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Dr. Farid GAYBOV

The President TC-TRA
Vladimir ZEMAN

Lausanne, March 2018