

*UNION EUROPÉENNE DE GYMNASTIQUE  
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GIMNASTIČNA ZVEZA SLOVENIJE



# INVITATION

## 2016 UEG WORKSHOP in TRAMPOLINE GYMNASTICS



**Renče (SLO)**  
**4. - 6. November 2016**

**EUROVISION**  
OPERATED BY EBU

 **Kapital Bank**



**To the UEG member federations**

## **INVITATION TO THE WORKSHOP IN TRAMPOLINE GYMNASTICS**

**November 4<sup>th</sup> to 6<sup>th</sup>, 2016 in Renče (Slovenia)**

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Dear Madam, Dear Sir,

The Sports club Partizan Renče, in collaboration with the Slovenian Gymnastic Federation and the UEG Trampoline Technical Committee, will organise a weekend Trampoline workshop. The event will take place from 4<sup>th</sup> to 6<sup>th</sup> November 2016 in the sports hall of Renče primary school: **Osnovna Šola Lucijana Bratkoviča Bratuša Renče, Trg 32, 5292 Renče, Slovenia.**

This Workshop is specially organised for participants from Slovenia and countries near Slovenia, but other countries where Trampoline is being developed or that are interested in international knowledge are of course also welcome.

### **PARTICIPANTS**

Trampoline coaches interested in starting, further developing and/or exchanging international experience in Trampoline Gymnastic.

Also coaches with any gymnastics background are welcomed, as well as any Sports Education graduate and postgraduate.

UEG will provide the participating coaches with an official certificate of participation, as a proof of their work during the workshop.

The workshop will be held with a minimum of **15** and a maximum of **30** participants. UEG TRA-TC can update the limits, if necessary.

### **GENERAL PROGRAMME**

- Organising training on Trampoline
- Basic preparation
- Periodisation training
- Methodical steps of basic skills
- Methodical steps of advanced skills
- Safety on trampoline
- Construction of competition routine

**The workshop will be held in English language.**



## WORKSHOP LEADERS AND EXPERT COACHES

- Luis Nunes (UEG TRA-TC), FIG Academy Coaching expert and personal coach of Nuno Merino and Ana Rente (TRA Olympic Games participants)
- Paul Greaves, BG education expert and personal coach of Bryony Page (2016 Olympic Games Silver medallist)

UEG will pay all the expenses of the experts giving the Workshop.

## SCHEDULE

Thursday, 03. 11. 2016	Arrival and accommodation	
Friday, 04.11.2016	09.30 – 10.00	Welcome address, (lecture room)
	10.00 – 11.45	Training on Trampoline, Periodisation Training
	11.45 – 12.15	Coffee break
	12.15 – 13.45	Biomechanics on Trampoline (lecture room)
	13.45 – 15.00	Lunch, pause
	15.00 – 16.30	Basic skills (Training hall)
	16.30 – 17.00	Coffee break
	17.00 – 19.00	Basic skills (Training hall)
	19.00 – 21.00	Dinner
	Saturday, 05.11.2016	09.00 – 10.30
10.30 – 11.00		Coffee break
11.00 – 12.30		Basic preparation (Training hall)
12.30 – 14.00		Lunch, pause
14.00 – 15.30		Advanced skills (Training hall)
15.30 – 16.00		Coffee break
16.00 – 18.00		Advanced skills (Training hall)
18.00 – 22.00		Closing party with dinner
Sunday, 06.11.2016	09.30 – 11.30	Open for questions (Training hall)
	11.30 – 12.00	Farewell address and Distribution of certificates
	12.00	Lunch, Departure of participants

## Participation fee per person: 60 €

### Participation fee includes:

- Transfers from/to Trieste (ITA) airport or Nova Gorica (SLO), Gorizia (ITA) bus and train stations to proposed accommodation point
- Transfers from/to proposed accommodation point to/from sports hall
- Closing party with dinner on Saturday (drinks included)
- T-shirt
- Snacks and drinks between lessons

Accommodation and meals are not included into the participation fee.

### The fee and meals has to be paid until 21.10.2016 to:

Account name: Športno društvo partizan Renče  
Bank: NKBM Nova kreditna banka Maribor  
Agency: Nova Gorica  
IBAN: SI:56-04750-0000749861



## INSCRIPTION TO EVENT

Please send your inscription form to: [sdrence@gmail.com](mailto:sdrence@gmail.com) and [info@ueg.org](mailto:info@ueg.org) until **21.10.2016**.  
On the inscription form please indicate detailed information if you want to book accommodation.  
LOC will book the selected accommodation for you on the first come, first serve basis.

## OFFICIAL ACCOMMODATION

1. Hotel Garni.: Bukovica 1A, 5293 Volčja Draga (1 km from Renče)  
22 €/person/night 2 beds room shared with other participant  
28 €/person/night 1 person in room
2. Hotel Lipa.: Trg Ivana Roba 7, 5290 Šempeter pri Gorici (8 km from Renče)  
28 €/person/night 2 beds room shared with other participant  
35 €/person/night 1 person in room
3. Hotel Sabotin.: Cesta IX. korpusa 35, 5250 Solkan (13 km from Renče)  
25 €/person/night 2 beds room shared with other participant  
40 €/person/night 1 person in room

Each hotel offers bed and breakfast service. The participants will pay the accommodation directly in the hotel according to the booking.

## MEALS

During the workshop we offer meals in the nearest restaurant.

Each meal costs **10 €/person** (non-alcoholic drinks included).

## ARRIVALS AND DEPARTURE

In case of traveling by plane each participant should arrive at Trieste international airport (ITA).  
In case of traveling by train or by bus each participant should arrive in Nova Gorica (SLO) or Gorizia (IT) at bus or train station.

**On the inscription form please indicate the times of arrival and departure as well as the number of meals in the nearest restaurant.**

## For further information please contact:

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**UNION EUROPEENNE DE GYMNASTIQUE**

The President TC-TRA

Vladimir ZEMAN

Lausanne, October 2016