

## *Invitation - Einladung - Invitation*

# *TeamGym Training Camp and Coaches' Education Course Level 1 2016*



*Cesenatico (ITA)  
16.07 - 23.07.2016*



**To the UEG  
Member Federations**

**INVITATION TO THE TEAMGYM TRAINING CAMP  
AND  
TEAMGYM COACHES' EDUCATION COURSE – LEVEL 1**

**July 16<sup>th</sup> to 23<sup>rd</sup> 2016 in Cesenatico (ITA)**

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Dear Gymnastic friends,

The UEG Technical Committee TeamGym has the great pleasure to invite gymnasts and coaches from the UEG Member Federations to participate in the 13<sup>th</sup> TeamGym Training Camp and Coaches Course in Cesenatico (ITA).

**TeamGym Training Camp**

The Training Camp has been very popular in previous years and is mainly for coaches who bring their gymnasts. The camp will be led by some of the top-level coaches from the European Championships in Reykjavik (ISL). The overall aim is to help coaches and gymnasts to gain further knowledge and improve their skills. Focus will be on training and practical lectures (and of course FUN)

The overall participation at the camp is limited initially to one team per Federation (a team composed of max 18 gymnasts). Each team must participate with at least one coach. The total number of participating gymnasts at the camp will be limited to 120. The camp will be filled in the order of receipt of entries.

Federations that are interested to take part with more participants/teams may request extra places by E-mail and will in that case be contacted directly after the deadline for the definitive registration, February 1<sup>st</sup>, 2016.

Every gymnast must be able to perform at least:

Tumbling	Round off – flic flac – tucked salto
Trampet	Straight salto forwards

**TeamGym Coaches' Course**

The Coaches' Course offers an excellent opportunity to develop your knowledge and skills as a TeamGym Coach. The education consists of both theoretical and practical sessions in all three disciplines; floor, tumbling and trampet. The course will cover the first level out of three in the UEG TeamGym Education Programme (see Appendix 1).

The course is running in parallel with this summer's UEG TeamGym camp making it possible to involve gymnasts from the camp to demonstrate a number of technical skills.

The course covers a full week of lessons with activities also during some of the evenings. The course is not intended for coaches who are taking care of gymnasts at the camp. All attendees will receive a diploma, which documents their participation. Note: The Technical Committee is also planning for TeamGym Coaches' Courses on level 2 and 3. All invitations will be announced from the UEG office.

The language of instruction will be English.

### **Age**

Training Camp: The gymnasts must be at least 12 years old (born in 2004). It is important to underline that the coach accompanying the gymnasts has to take care of the welfare and security of the gymnasts.  
Coaches' Course: Participants must be at least 18 years old.

### **Venue**

Both the Training Camp and the Coaches' Course will be held from July 16<sup>th</sup> to 23<sup>rd</sup> 2016 at Accademia Acrobatica in Cesenatico (ITA) (see [www.villaggioaccademia.it](http://www.villaggioaccademia.it)). Indoor and outdoor gyms are equipped with standard TeamGym equipment, air-tracks, foam pits, trampolines and a variety of mats.

There are two swimming pool areas in the vicinity of the hostel and all participants have access to a private area on the nearby beach on the Adriatic Sea. Full board and accommodation are offered in rooms with 2 to 6 beds with shower/toilet in each room. There are also a limited number of single rooms available for the Coaches' Course.

### **Accident and health insurance**

All participants must have a certificate proving that they have valid health and accident insurance. This has to be sent to the UEG office with the nominative entry form. If a valid certificate is not presented the gymnast/coach will not be authorised to participate in the camp/course.

### **Preliminary programme (detailed schedule will be sent later)**

Saturday July 16 <sup>th</sup>	Arrival (before 6.00 PM if possible)
Sunday July 17 <sup>th</sup> - Friday July 22 <sup>nd</sup>	Training sessions, lectures
Saturday July 23 <sup>rd</sup>	Departure

**Registrations** (see forms in Appendix 2, Appendix 3):

<b>Definitive entry</b>	<b>February 1<sup>st</sup>, 2016</b>	<b>Training Camp</b>
	<b>March 31<sup>st</sup>, 2016</b>	<b>Coaches' course</b>

**Nominative entry**                      **April 29<sup>th</sup>, 2016**

### **Participation fees**

Training Camp:                      395 EUR / participant (coach, gymnast)  
Coaches' Course:                      425 EUR / participant (coach)

The amount above covers:

- Course/Camp expenses (venue, equipment, experts/lecturers)
- Accommodation and full board
- Transfer from the railway station in Cesenatico
- Use of swimming pool and the private beach
- Farewell party on a boat or on the beach

**The inscription fee payment “A” must be paid by 01/02/2016 (Training Camp) or 31/03/2016 (Coaches’ Course) as follows:**

Training Camp: 80 EUR/participant  
Coaches’ Course: 110 EUR/participant

This amount is non-refundable (except in case of over subscription) and has to be transferred to the following **account of the UEG:**

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

**The inscription fee payment “B” must be paid by 29/04/2016 as follows:**

Training Camp: 315 EUR/participant  
Coaches’ Course: 315 EUR/participant

The amount has to be transferred to the following **account of the organisers:**

**BANCA DI CESENA**  
ACCADEMIA ACROBATICA SRL  
IBAN: IT79P0707024000010000847348  
C/C Numero: 10-000847348  
BIC: ICRAITRRRTQ0

### **T-shirts/Trips**

- Camp T-shirt 10 EUR / piece
- Trip to San Marino, 20 EUR / person\*
- Trip to Mirabilandia amusement park, [www.mirabilandia.it](http://www.mirabilandia.it), 30 EUR / person\*

*\* price per person is indicative and varies slightly depending on the number of participants*

The final request (order) for T-shirt and preliminary interest for trips has to be send with the Nominative Registration (April 29<sup>th</sup>).  
It is advisable that spending/pocket money for the trips is brought with the gymnasts.

### **Transportation**

If needed, transfer from the airport in Rimini can be arranged for 12 Euro/person for one way. Transfer from the airport in Bologna can be arranged for 15 Euro/person for one-way (Bologna only for groups of at least 20 persons).

Transportation requests must be sent to the organizers by May 30<sup>th</sup>, 2016.



**For further information about the venue please contact:**

Accademia Acrobatica  
V.le C.Colombo, 35  
47042 Cesenatico (FC)  
Italy  
Tel. 0039 054 784 935  
Mobile 0039 380 298 2176 Franca Casadei  
Mobile 0039 380 304 2824 Paolo Ciavolella

[accademiaacrobatica@libero.it](mailto:accademiaacrobatica@libero.it)  
[www.villaggioaccademia.it](http://www.villaggioaccademia.it)

**Welcome to Cesenatico**

The Technical Committee TeamGym welcomes and anticipates the participation of both current and new TeamGym Federations.  
Looking forward to seeing you in Cesenatico!

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

UNION EUROPEENNE DE GYMNASTIQUE

The President  
Georges GUELZEC

The President TC-TG  
Per SJÖSTRAND

Lausanne, December 2015



## APPENDIX 1 – Education syllabus for TeamGym Coaches' Courses level 1-3

Floor	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
<b>Technique</b>	Posture, body-awareness, technique-exercises leading to simple pirouettes, jumps, balances and section elements.	Difficulties: Pirouettes 540-720. Jumps: jumps with turns, leaps Balances: standing balances, strength balances (pike sitting etc). How to prepare for the mentioned difficulties, how to combine, how to prepare them in "flow".	Physical preparation for more difficult technical elements. How to make the program "perfect"? Technical-exercises for improving the awareness of the gymnasts.
<b>Composition</b>	Basic awareness of certain required elements, choreographic keys.	Improvisation - movement material (the coaches own). Choreographic keys.	Deduction for composition or execution, where is the line? Awareness of the expression of the program.
<b>Music</b>	Basic musical expressions, music analysis, mixing music	Expressing the music in movements	

Tumbling/ Trampet	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
<b>Tumbling forwards</b>	Salto start Handspring salto twisting Salto-salto	Twisting salto start Double front	Double front twisting
<b>Tumbling backwards</b>	Singles twisting Double back	Salto-salto twisting / double in combination Double back up to 720 twisting	Triple salto Double back transfer Double back 720 and more
<b>Trampet without vault</b>	Singles with twist Double with 180 twist	Doubles up to 900 twisting	Triple saltos Doubles multiple twisting
<b>Trampet with vault</b>	Tsukahara Handspring front salto 180 twist	Tsukahara 360 twisting Handspring front twisting	Tsukahara double Handspring double front

The different course levels include:

Coaching, planning, physical preparation, mental preparation, biomechanics and a session on TeamGym Code of Points



## APPENDIX 2 – TRAINING CAMP FORMS 2016

### A) DEFINITIVE REGISTRATION FOR THE TEAMGYM TRAINING CAMP (PLEASE USE BLOCK LETTERS)

\_\_\_\_\_  
Name of Federation

\_\_\_\_\_  
Name of club / team

**Team leader/coach**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

Number of group members	Males	Females	Total number of people
Responsible coaches <sup>1</sup>			
Gymnasts			
Total number			
The inscription fee ("A") 80 € / person			x 80€ = _____€

***<sup>1</sup>Each team must participate with at least one coach***

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

**Deadline: February 1<sup>st</sup>, 2016**



## B) NOMINATIVE REGISTRATION FOR THE TEAMGYM TRAINING CAMP

Please list all participants with their full name and date of birth. Indicate if the participant is a gymnast or coach. Confirm health insurance. If you are ordering t-shirt, specify the sizes.

\_\_\_\_\_  
Federation Name of team and club

\_\_\_\_\_  
Name of team leader and e-mail address

N°	PARTICIPANT'S NAME, SURNAME	BIRTH DATE	GENDER M = Male F = Female	G = Gymnast CO = Coach	HEALTH INSUR- ANCE (Y/N)	T-SHIRT ORDER SIZE (S/M/L/XL)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

**To return to:** UEG Secretariat, mail: [info@ueg.org](mailto:info@ueg.org)

Note: Please send the form in Word format or saved as PDF format, scanned copies are not accepted

**Deadline: April 29<sup>th</sup>, 2016**





## C) Travelling information / Transportation request

Name of the team: \_\_\_\_\_

Coach: \_\_\_\_\_ Mobile number: \_\_\_\_\_

### ARRIVAL

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

Time: \_\_\_\_\_

Bus  Car

Train  Station/city \_\_\_\_\_

Flight  Flight number \_\_\_\_\_ Airport \_\_\_\_\_

We are ordering transportation FROM the railway station/airport

### DEPARTURE

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

Time: \_\_\_\_\_

Bus  Car

Train  Station/city \_\_\_\_\_

Flight  Flight number \_\_\_\_\_ Airport \_\_\_\_\_

We are ordering transportation TO the railway station/airport

This information to be sent to the organizers: [accademiaacrobatica@libero.it](mailto:accademiaacrobatica@libero.it)

Copy to [Keith.h2@virginmedia.com](mailto:Keith.h2@virginmedia.com)

**NOTE:** The organizer will confirm booked transportation by mail. In case of any changes, send corrected form and make sure it is confirmed, but not later than 30<sup>th</sup> June 2016!

**Deadline: May 30<sup>th</sup>, 2016**

## D) Activities on Tuesday July 19<sup>th</sup> – Expression of interest

Name of the team: \_\_\_\_\_

Coach: \_\_\_\_\_ Mobile number: \_\_\_\_\_

### 1) **Trip to San Marino** (20 EUR / person\*)

Preliminary number of participants: .....

### 2) **Trip to Mirabilandia amusement park** (30 EUR / person\*)

Preliminary number of participants: .....

\*price per person is indicative and varies slightly depending on the number of trip participants

This information to be sent to the organizers: [accademiaacrobatica@libero.it](mailto:accademiaacrobatica@libero.it)

Copy to [Keith.h2@virginmedia.com](mailto:Keith.h2@virginmedia.com)

**Note:** Please send the form back, even if you are not interested. Put “X” instead of number of participants in both alternatives.

**Deadline: May 30<sup>th</sup>, 2016**



## APPENDIX 3 – COACHES’ COURSE FORMS 2016

### A) DEFINITIVE REGISTRATION FOR THE TEAMGYM COACHES’ COURSE (PLEASE USE BLOCK LETTERS)

\_\_\_\_\_  
Name of Federation

\_\_\_\_\_  
Contact Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email address

Number of coaches per Federation	Total number of people
Total number	
The inscription fee (“A”) 110 € / person	x 110 € = _____€

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

**Deadline: March 31<sup>st</sup>, 2016**



## **B) NOMINATIVE REGISTRATION FOR THE TEAMGYM COACHES' COURSE**

Please list all participants with their full name and date of birth. Confirm health insurance. If you are ordering t-shirt, specify the sizes.

Federation \_\_\_\_\_

N°	PARTICIPANT'S NAME, SURNAME	BIRTH DATE	GENDER M = Male F = Female	HEALTH INSUR- ANCE (Y/N)	T-SHIRT ORDER SIZE (S/M/L/XL)
1					
2					
3					
4					
5					

N°	PARTICIPANT'S MOBILE PHONE NUMBER	PARTICIPANT'S E-MAIL ADDRESS
1		
2		
3		
4		
5		

To return to: **UEG Secretariat**, mail: [info@ueg.org](mailto:info@ueg.org)

*Note:* Please send the form in Word format or saved as PDF format, scanned copies are not acceptable!

**Deadline: 29<sup>th</sup> April 2016**

### C) Travelling information / requirements \*

Name of coach: \_\_\_\_\_

Mobile number: \_\_\_\_\_

#### ARRIVAL

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

Time: \_\_\_\_\_

Bus  Car

Train  Station/city \_\_\_\_\_

Flight  Flight number \_\_\_\_\_ Airport \_\_\_\_\_

We are ordering transportation FROM the railway station/airport

#### DEPARTURE

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

Time: \_\_\_\_\_

Bus  Car

Train  Station/city \_\_\_\_\_

Flight  Flight number \_\_\_\_\_ Airport \_\_\_\_\_

We are ordering transportation TO the railway station/airport

This information to be sent to the organizers: [accademiaacrobatica@libero.it](mailto:accademiaacrobatica@libero.it)  
Copy to [petr.gryga@email.cz](mailto:petr.gryga@email.cz)

**NOTE:** The organizer will confirm booked transportation by mail. In case of any changes, send corrected form and make sure it is confirmed, but not later than 30<sup>th</sup> June 2016!

**\*THIS FORM HAS TO BE FILLED FOR EACH PARTICIPATING COACH SEPARATELY!**

**Deadline: 30<sup>th</sup> May 2016**