



**European  
Gymnastics**

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## Invitation

# TRAINING CAMP

Trampoline Gymnastics (TRA/DMT/TUM)

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**Sangalhos (POR)**  
23<sup>rd</sup> – 29<sup>th</sup> July 2023



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*To the European Gymnastics  
Member federations*

## **Invitation to the Training Camp in Trampoline Gymnastics (TRA/DMT/TUM) July 23<sup>rd</sup> to 29<sup>th</sup>, 2023 in Sangalhos (Portugal)**

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Dear National Federations, dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) invites Trampoline, Double Mini-Trampoline and Tumbling gymnasts and their coaches from European Gymnastics member federations to participate in its 2023 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 this camp. We would very appreciate if you could publish the information about the camp also on your federation website.

Please support the talented gymnasts and coaches from your federation willing to participate. We have prepared this event to help improving the performance of the gymnasts and the exchange of experience and knowledge between the coaches.

### **INTRODUCTION**

The philosophy of our training camp is to provide access and enjoyment for those who would like to improve their performance under the supervision of coaching experts invited by the European Gymnastics TC-TRA. These experts organise training sessions aimed at the improvement of both young participating gymnasts and their coaches. The experts will also facilitate exchange of experience between all participants and lectures for the coaches. Participants will learn more about training planning and progressive construction of routines.

### **FOR ALL THREE TRAMPOLINE GYMNASTICS DISCIPLINES**

For this year's Training Camp, we are proud to offer participation to coaches and gymnasts from all our three disciplines: Trampoline, DMT and Tumbling.

## CAMP LEADERS AND COACHING EXPERTS

**European Gymnastics TC-TRA:** Luis NUNES (TRA & DMT), Jenny SÖDERLUND (TRA & DMT).

**Coaching experts:** Paul GREAVES, Julie PERRETEN, Sergio LUCAS, Romuald ABADIE (TUM) and Luis Rosa NUNES (TUM). Depending on number of participants, additional experts with experience in coaching national teams may be invited.

## PARTICIPANTS

The camp is limited to 50 gymnasts for TRA, 20 gymnasts for DMT and 30 gymnasts for TUM. Total capacity is 140 participants.

National Federations can register:

- 6 gymnasts and 3 coaches for TRA;
- 8 gymnasts and 3 coaches for DMT;
- 8 gymnasts and 3 coaches for TUM.

*If you would like to register additional gymnasts or coaches, you can add them to the 'waiting list' as indicated in the definitive registration form.*

*After the definitive registrations deadline, if places are still available, European Gymnastics will inform you and invite you to confirm the participation of your additional gymnasts/coaches.*

## LEVEL OF THE GYMNASTS

Preferred level:

- national / regional team members and candidates;
- national championships participants;
- gymnasts from countries starting and developing their TRA programme.

All other gymnasts will also be welcomed.

## AGE OF THE GYMNASTS

Gymnasts must be aged between 11 - 18 to participate (born between 2012 and 2005).

*Older gymnasts are subject to confirmation by European Gymnastics. Priority will be given to younger gymnasts in case of non-sufficient capacity.*

## PARTICIPATING COACHES

Both young new coaches interested in further developing their skills and highly experienced coaches ready to share their knowledge are welcome to register.

## VENUE

The camp will be held in the **High Performance Center of Anadia**.

**Address:** Rua Ivo Neves, nº 405 – 3780-524, Sangalhos, Anadia, PORTUGAL

**Tel:** (+351) 23 473 82 18



## EQUIPMENT

- 6-8 trampolines *Eurotramp Ultimate*, 4x4 mm with all platforms, safety mats, landing mats and spotter mats;
- One pit;
- 1-2 DMT Eurotramp with a complete landing area / pit;
- 1 TUM Track Skakun Original 2014 & 1-2 inflatable tracks & fast track;
- 1 pit for TRA, DMT and TUM.

## ACCIDENT AND HEALTH INSURANCE

Health and accident insurance is recommended to all participants. For gymnasts officially registered, European Gymnastics IMSSA insurance can be used. However, please mind that cash payment may be requested by the health professionals.

## RESPONSIBILITY OF THE COACHES

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

## LANGUAGE

The course/camp will be held in English. Nevertheless, the European Gymnastics experts can also communicate in Swedish, French, Spanish and Portuguese.

## PROGRAMME (EXTRACTS)

**Arrival: July 23<sup>th</sup>, 2023 (Sunday)**

**Departure: July 29<sup>th</sup>, 2023 (Saturday)**

For coaches, this camp will focus on the topic “**How to better prepare your gymnasts for competitions**” and will include lectures and discussions about:

- Periodisation Training;
- Conditioning Circuit;

- Skills Variety, 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

### Estalagem de Sangalhos

(single, double and triple rooms)

<http://www.estalagem.sunlive.pt>

R. Narciso da Marça, 3780-351 Sangalhos



### High Performance Center of Anadia.

Rua Ivo Neves, nº 405 - Sangalhos Tel: (+351) 23 473 82 18

### Hotel Paraíso

R. do Foral Nº 87 Ap.120, 3770-909 Oliveira do Bairro Tel: (+351) 234 740 300

## REGISTRATIONS

The registrations must be **sent by National Federations only** within the fixed deadlines to:  
European Gymnastics - [info@europeangymnastics.com](mailto:info@europeangymnastics.com)

**Deadline for Definitive registrations: 25.05.2023**

**Deadline for Nominative registrations: 29.06.2023**

## PARTICIPATION FEE PER PERSON

Accommodation in triple room: € 560

Accommodation in double room: € 620

Accommodation in single room: € 710

Participation fee includes:

- Accommodation;
- 3 meals per day;
- Transfers from/to Oporto Airport and between the accommodation and venue;
- Leisure Activities: Trip to Aveiro or to the Beach;
- T-shirt;
- Closing Party on Friday 28<sup>th</sup> of July (Barbecue evening).

The participation fee has **to be paid no later than June 29<sup>th</sup>, 2023** to:

Beneficiary:	<b>Federação de Ginástica de Portugal</b>
Bank :	<b>BPI</b>
IBAN :	<b>PT50 0010 0000 52631450001 91</b>
SWIFT/BIC:	<b>BBPIPTPL</b>

*If you wish to request an invoice for the participation fee, please contact the LOC (see contact below)*

#### **CANCELLATION POLICY**

Free cancellation until July 1<sup>st</sup>, 2023.

#### **CONTACT DETAILS FOR FURTHER INFORMATION**

European Gymnastics: Luis NUNES, TC-TRA, email: [luisnunestramp@gmail.com](mailto:luisnunestramp@gmail.com)

FGP / LOC: João Marques, email : [joao.marques@ginastica.org](mailto:joao.marques@ginastica.org) ; +351 92 624 11 78

#### **TRAVEL INFORMATION**

*Do not purchase flight tickets until European Gymnastics confirms your definitive entry.*

Transfers from/to **Oporto International Airport** for all participants are included in the participation fee. **We kindly ask you to send as soon as possible the travel details of your delegation to the LOC: [joao.marques@ginastica.org](mailto:joao.marques@ginastica.org)**

The European Gymnastics TC-TRA and the LOC are looking forward to welcoming participants from many different federations!

Yours Sincerely,

#### **EUROPEAN GYMNASTICS**



**The President**  
Dr Farid GAYIBOV



**The President TC-TRA**  
Ms Babette VAN WETERING

*By submitting a registration, the participants of your national gymnastics federation agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes. For participants under the age of 18, it is the responsibility of your national gymnastics federation that the agreement is equally obtained from the parents.*

### **PROVISIONAL, DEFINITIVE AND NOMINATIVE APPLICATIONS**

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF has access to its data at all times in order to amend it.

### **DUTY OF THE LOC**

The LOC undertake not to disseminate to its own clients the data submitted by European Gymnastics and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

### **DATA PROCESSING**

Data submitted to European Gymnastics and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of athletes and coaches designated by name
- List of delegations and accompanying persons designated by name

### **DUTY OF EUROPEAN GYMNASTICS**

European Gymnastics shall supply the most recent data to their LOC on time and on a regular basis.

### **RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT**

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

### **PHOTOS AND/OR VIDEOS**

By submitting a provisional and/or definitive and/or nominative registration through the NF, all participants agree to be filmed, photographed, identified and otherwise recorded during the event. Photos and videos taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

### **CONTACT**

EUROPEAN GYMNASTICS

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## **DATES - DEADLINES**

Definitive registration	<b>25.05.2023</b>
Payment of participation fee	<b>29.06.2023</b>
Nominative registration	<b>29.06.2023</b>
Arrival in Anadia	<b>23.07.2023</b>
Departure from Anadia	<b>29.07.2023</b>