



**European  
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# INVITATION

## COACHING WORKSHOP IN DOUBLE MINI-TRAMPOLINE

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**Katowice (POL)**

December 4<sup>th</sup> to 7<sup>th</sup>, 2025

**EBU**

OPERATING EUROVISION AND EURORADIO

**SMARTSCORING**

*To the European Gymnastics member federations*

## **INVITATION TO THE COACHING WORKSHOP**

### **in Double Mini-Trampoline**

**December 4<sup>th</sup> to 7<sup>th</sup>, 2025 in Katowice (POL)**

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Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA), the Polish Gymnastics Association (NF POL) and their member, KS AZS AWF KATOWICE (LOC) are happy to invite you to a Double Mini-Trampoline (DMT) Coaching Workshop organised over one weekend:

#### **DATES**

From Thursday **04/12/2025** to Sunday **07/12/2025**.

Arrival day for the participants: until 04/12/2025 noon at the latest

Departure day for the participants: from Sunday 07/12/2025 – noon

#### **LOCATION**

KS AZS AWF Katowice Sport Hall,

Address: 1 Raciborska Street, 40-065 Katowice, Poland.

This workshop is organised specifically for participants from **Poland and surrounding countries**, but **other countries where trampoline is being developed** are of course also invited. This workshop is designed for **DMT Coaching**.

*European Gymnastics will provide the participants with an official certificate of participation, as proof of their involvement during the workshop.*

#### **PARTICIPANTS**

(Double Mini) Trampoline coaches, gymnasts and judges interested in starting, further developing, and/or exchanging coaching experience in trampoline gymnastics.

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

The workshop will be held with a **minimum of 20 and a maximum of 30 participants**.

*The TRA-TC of European Gymnastics can update the number of participants, if necessary.*

#### **WORKSHOP LEADER AND EXPERT COACH**

**Mr Luis NUNES** – Member of the TC-TRA of European Gymnastics.

## PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

<b>Thursday, 04/12/2025</b>	<b>arrival and accommodation</b>	
<b>Friday, 05/12/2025</b>	<b>arrival and accommodation</b>	
	14.00 – 15.30	Basic Forward Skills and drills
	16.00 – 16.30	Break
	16.30 – 18.00	Basic Backward Skills and drills
	18.00 – 18.30	Break
	18.30 – 20.00	Theory lecture
<b>Saturday, 06/12/2025</b>	09.30 – 11.00	Theory lecture
	11.00 – 11.30	Break
	11.30 - 13.30	Single somersaults with twists
	13.30 – 15.00	Lunch break
	15.00 – 16.30	Theory lecture
	16.30 – 17.00	Break
	17.00 – 18.30	Single somersaults with twists
	18.30 – 19.00	Break
	19.00 – 20.30	Questions about the day
<b>Sunday, 07/12/2025</b>	09.30 – 11.00	Double somersaults with and without twists
	11.00 – 12.30	Time for debate
	After 12.30	<b>Departure</b>

## ACCOMMODATION

Please mind that accommodation needs to be booked by yourself according to your needs. The hotels close to the venue are:

### Hotel Diament Plaza Katowice,

9-11 Dworcowa Street, 40-012 Katowice,

tel: +48 32 746 70 00, fax: +48 32 746 70 01, e-mail: [katowice@hotelediament.pl](mailto:katowice@hotelediament.pl)

Walking distance to the venue (1.2 km / 16 min) and the train station (5 min);

### B&B Hotel Centrum Katowice,

4 Sokolska Street, 40-086 Katowice,

tel. +48 32 700 50 88, e-mail: [katowice@hotelbb.com](mailto:katowice@hotelbb.com)

Walking distance to the venue (850 m / 11 min) and the train station (9 min);

### Hostel Centrum Kamienna,

4 Kamienna Street, 40-000 Katowice,

tel. +48 606 752 009

Walking distance to the venue (450 m / 5 min) and the train station (7 min).

More accommodation options can be found on internet.

## MEALS

A lunch will be provided on Saturday by the organisers. Other meals should be arranged individually.

## PARTICIPATION FEE

Participation fee for the workshop is 150 €

The participation fee includes:

- Workshop with Luis Nunes (theoretical and practical parts);
- Lunch on Saturday;
- Official T-shirts.

*Accommodation and other meals are not included in the participation fee.*

## REGISTRATION & PAYMENT OF THE PARTICIPATION FEE

*Registrations can only be made by National Federations. Registrations by clubs or individuals are possible, provided they are approved by the relevant National Federation. European Gymnastics will take care of submitting registrations made by clubs / individuals to the National Federation concerned for their validation.*

Please send your registration form **until 01.11.2025** to both:

- NF POL / LOC – [kontakt@pzg.pl](mailto:kontakt@pzg.pl) / [k.wilusz@awf.katowice.pl](mailto:k.wilusz@awf.katowice.pl)
- European Gymnastics – [info@europeangymnastics.com](mailto:info@europeangymnastics.com)

According to your registration form, **an invoice for your participation fee will be sent to you.**  
The invoice must be paid **before 01.11.2025** to:

**Name of the beneficiary:** KS AZS AWF Katowice

**Bank:** PKO BP

**IBAN:** PL 93 1020 2313 0000 3102 0319 0923

**BIC / SWIFT:** BPKO PL PW

## ARRIVAL AND DEPARTURE

**Closest airports are:**

- Katowice Airport 35 km to the sport hall
- Kraków Airport 68 km to the sport hall

**Railway station:** Katowice 1 km to the sport hall

## CONTACT DETAILS

For further information please contact:

**LOC:** Krzysztof Wilusz – [k.wilusz@awf.katowice.pl](mailto:k.wilusz@awf.katowice.pl),

Wioletta Biesiada – [w.biesiada@awf.katowice.pl](mailto:w.biesiada@awf.katowice.pl)

**European Gymnastics TC-TRA:** Ms Babette VAN WETERING - [bvanwetering@outlook.com](mailto:bvanwetering@outlook.com)

Looking forward to welcoming you in Katowice,

With kind regards,

EUROPEAN GYMNASTICS



**Babette VAN WETERING**

TC-TRA President

Lausanne, October 2025