



**European
Gymnastics**

Head Office
Avenue de la Gare 12
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Invitation

TRAINING CAMP

Trampoline Gymnastics (TRA/DMT/TUM)



Sangalhos (POR)
24th – 30th July 2022



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*To the European Gymnastics
Member federations*

Invitation to the Training Camp in Trampoline Gymnastics (TRA/DMT/TUM) July 24th to 30th, 2022 in Sangalhos (Portugal)

Dear National Federations, dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) invites Trampoline, Double Mini-Tramp and Tumbling gymnasts and their coaches from European Gymnastics member federations to participate in its 2022 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 your talented gymnasts and prospective coaches from your federation if they want to participate. We have prepared the event to support the further improvement of performance of the gymnasts and the improvement and exchange of experience and knowledge between 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 European Gymnastics TC-TRA. The experts will organise the improvement-oriented trainings for young participating gymnasts and their coaches. The experts will also organise exchange of experience and lectures for the coaches. Participants will learn more about training planning and progressive construction of routines.

FOR ALL 3 TRAMPOLINE GYMNASTICS DISCIPLINES

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

CAMP LEADERS AND COACHING EXPERTS

European Gymnastics TC-TRA: Luis NUNES (TRA & DMT)

Coaching experts: Paul GREAVES, Julie PERRETEN, Sergio LUCAS, Anette DALSTEN (TRA) & Gaël MANRY, 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 a Federation wants to enter additional coaches / gymnasts, they can only be accepted if places are available after the definitive registration date. Federations wishing to apply for more gymnasts and coaches should use additional fields for gymnasts and coaches waiting for confirmation on the Definitive entry. After the Definitive entry deadline, the remaining places can be offered to the NFs without limitation.

LEVEL OF THE 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 2011 and 2004).

Older gymnasts are subject to confirmation by European Gymnastics, 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 exchange of experience will be welcome, as well as highly experienced coaches ready to share their knowledge.

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

Proper health and accident insurance is recommended to all participants. In case of illness or accident the European Gymnastics IMSSA insurance may be used by officially entered participants, nevertheless cash payment may be requested by medical doctors and hospitals.

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 European Gymnastics experts are able to talk to the participants also in Danish, French, Spanish and Portuguese.

PROGRAMME (EXTRACTS)

Arrival: July 24th 2022 (Sunday)

Departure: July 30th 2022 (Saturday)

The camp will include an introduction on the topic “**How to better 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

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 Cabecinho

Av. Eng. Tavares da Silva, 3780-203 Anadia Tel: (+351) 231 510 940

Hotel Paraíso

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

REGISTRATIONS

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

European Gymnastics - info@europeangymnastics.com

Deadline for Definitive entry: 23.05.2022

Deadline for Nominative entry: 30.06.2022

Registrations can be done only by national federations.

Please, if you already have entry data, don't wait for the deadline and send your registration details as soon as possible.

PARTICIPATION FEE PER PERSON AND STAY (6 NIGHTS)

triple room: € 490

double room: € 550

single room: € 620

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 27th August evening (Barbecue Party).

The entry fee has to be paid **no later than June 15th, 2022** to:

Account name :	Federação de Ginástica de Portugal
Bank :	BPI
IBAN :	PT50 0010 0000 52631450001 91
SWIFT/BIC:	BBPIPTPL

CANCELLATION POLICY

Free cancellation until July 1st, 2022.

CONTACT DETAILS FOR FURTHER INFORMATION

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

FGP / LOC: Isabel Falcão, Isabel.falcao@ginastica.org, +351 92 624 11 78

TRAVEL INFORMATION

Each participant should arrive at Oporto International Airport.

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

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

The members of the European Gymnastics Trampoline Technical Committee and Portuguese Gymnastics Federation hope that they can welcome participants from many different federations!

Yours Sincerely,

EUROPEAN GYMNASTICS

The President

Farid GAYIBOV



The President TC-TRA

Vladimir ZEMAN



Lausanne, April 2022

By submitting the provisional and/or definitive and/or nominative registrations for this Event, you agree to the processing of personal data contained in the forms of inscription purposes related to this European Gymnastics event and the publication of photos and/or moving images.

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.

PUBLICATION OF PHOTOS AND/OR MOVING IMAGES

By submitting a provisional and/or definitive and/or nominative application through the NF, all participants agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purposes now or hereafter authorized by European Gymnastics in relation with the promotion of the event. The NF and the participants agree that all photos and moving images 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 entry	23.05.2022
Payment of the entry fee to the Host Federation	15.06.2022
Nominative entry	30.06.2022
Arrival in Anadia	24.07.2022
Departure from Anadia	30.07.2022