



**European  
Gymnastics**

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# Invitation

## TRAINING CAMP & COACHES COURSE

### Aerobic Gymnastics

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**Loutraki (GRE)**  
June 29<sup>th</sup> to July 5<sup>th</sup>, 2026



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*To the Member Federations of European Gymnastics*

## INVITATION

### **AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE**

June 29<sup>th</sup> to July 5<sup>th</sup>, 2026 in Loutraki (GRE)

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Dear gymnastics friends,

The European Gymnastics Technical Committee for Aerobic Gymnastics (TC-AER), in collaboration with the Hellenic Gymnastic Federation (LOC), invites interested coaches and athletes from the European Gymnastics member federations to participate in their 2025 AER Training Camp and Coaches Course.

#### **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 TC-AER. The experts will organise the trainings for young participating gymnasts and their coaches. They will also allow the exchange of experience and plan lectures for the coaches. The participants will learn, among other things, how to plan the trainings and the progressive construction of routines.

#### **PARTICIPANTS**

No limitation of the number of participants per National Federation. However, the maximum number of gymnasts is **limited to 120 gymnasts**. Registrations will be accepted according to the principle **'first come, first served'**.

The course will be organised in several workgroups.

#### **AGE OF THE ATHLETES**

Only gymnasts aged 11 to 17 years can participate (born between 2009 and 2015).

#### **ACCIDENT AND HEALTH INSURANCE**

Health and accident insurance is recommended to all participants. In case of illness or accident the European Gymnastics IMSSA insurance can be used by officially registered participants. However, cash payment may be requested by medical professionals and hospitals.

#### **RESPONSIBILITY OF THE COACHES**

As gymnasts participating in the training camp are minors, the coach(es) accompanying the gymnasts must take care of the welfare and security of their gymnasts.

**EBU**

OPERATING EUROVISION AND EURORADIO

**SMARTSCORING**

## PROGRAMME

<b>29<sup>th</sup> June</b>	Arrival day
<b>30<sup>th</sup> June – 4<sup>th</sup> July</b>	Training and Workshop days <ul style="list-style-type: none"> <li>- 2 sessions a day, 2-2.5 hours each (morning, afternoon)</li> <li>- ½ day off</li> <li>- Leisure and/or sports activities</li> <li>- Evaluation and feedback at the end of the last day</li> </ul>
<b>4<sup>th</sup> July, evening</b>	Banquet
<b>5<sup>th</sup> July</b>	Departure day

*Extra leisure activities will be proposed at the special price (to be arranged on arrival).*

The camp will include an introduction on 'how to best prepare your gymnasts for competitions' including:

- Periodisation Training
- Conditioning Circuit
- Various Skills, Jumps, Strength
- Safe progressive practice in training
- Theory and practice in spotting and safety
- Code of Points (introduction and explanation)
- Choreography
- Dance styles
- Ballet
- Acrobatic elements
- Collaborations and partnerships

The Coaches Course will include practical training sessions as well as theoretical lessons. The course is designed to assist coaches in developing their skills in preparing gymnasts for top performances. All coaches are welcome to attend the Coaches Course, regardless of whether they have registered gymnasts or not.

## LANGUAGE

The courses will be held in English.

## THEORY AND PRACTICAL TRAINING SESSIONS WITH THE TC MEMBERS AND EXPERT COACHES:

**Alina DRAGAN (ROU)** – European Gymnastics TC AER President

**Dimitrios POLYZOS (GRE)** – European Gymnastics TC AER Vice-President

**Monica Maria DARONE (ITA)** – European Gymnastics TC AER member

**Arianna CIUCCI (ITA)** – Aerobic content

**Matteo GUERRINI (ITA)** – Head Coach of the Senior national team of France

**Eva SZLOBODA (HUN)** – FIG Academy expert, Coach of the national team of Egypt for 5 years

**Antonio PAPA ZOV (BUL)** – European and World Champion, coach

**Mariana MEZEI (ROU)** – Coach of the Junior national team of Romania

**Bastien SAFFORES (FRA)** – Physical trainer and trainer manager. Responsible coach for physical preparation of the Junior and Senior French national teams

**Anastasia DONTI (GRE)** – Artistic Gymnastics coach, Professor at the Greek Physical Education University

**Pantelis PAPAGEORGIU (GRE)** – Acrobatic Gymnastics coach, former national team coach

## VENUE

**SPORTCAMP Loutraki**

*Oneiron, Loutraki 203 00*

## ACCOMMODATION

### Hotel Paolo

*Ethnikis Antistasis 16, 20300 Loutraki*

Website: <https://hotelpaolo.gr/>

The Hotel Paolo is located in the town of Loutraki, just 50m from the beach.

**To book your accommodation**, please contact:  
Hellenic Gymnastics Federation, Email: [ego@otenet.gr](mailto:ego@otenet.gr)

## ARRIVAL – DEPARTURE

Arrival on Monday June 29<sup>th</sup>, 2026.

Departure on Sunday, July 5<sup>th</sup>, 2026.

## REGISTRATIONS

The registrations must **be submitted within the deadline** using the Excel sheet provided.

**Deadline for registrations: May 11<sup>th</sup>, 2026**

## PARTICIPATION FEE

**EUR 590.-** per participant accommodated in triple room

**EUR 630.-** per participant accommodated in double room

**EUR 730.-** per participant accommodated in single room

**The participation fee includes** accommodation in full board, transfer from/to Athens airport/Loutraki (both ways), transfers between the hotel and the venue, farewell party, beach activities.

The participation fee **must be paid to the Hellenic Gymnastics Federation** by bank transfer to:

**Name of the Bank:** National Bank of Greece (NBG)  
**Name of the account holder:** Hellenic Gymnastics Federation  
**Address of account holder:** 37 Kifissias Ave., OAKA, 151 23 Maroussi, Greece  
**Bank address:** 38 Stadiou str., 105 59 Athens/GRE  
**Account number:** 080 48077666  
**IBAN:** GR71 0110 0800 0000 0804 8077 666  
**Swift Code (BIC):** ETHNGRAA  
**Reference:** AEROBIC TRAINING CAMP LOUTRAKI\_GRE

*The participating federation is responsible for covering all bank fees in connection with the bank transfers.*

**DEADLINES FOR PAYMENT: 18.05.2026** (one week after nominative registrations)

## CANCELLATION POLICY

Please take into account that cancellation is not possible.

## LOCAL ORGANISING COMMITTEE – CONTACT DETAILS

### SPORTCAMP S.M S.A.

Mr Charalambos PELEKIS

Email: [b.pelekis@sportcamp.gr](mailto:b.pelekis@sportcamp.gr)

[sportcamp@sportcamp.gr](mailto:sportcamp@sportcamp.gr)

European Gymnastics, the TC AER members, the experts, the LOC and the Hellenic Gymnastics Federation hope that many different federations will take part in this training camp and are waiting for your registrations!

Yours Sincerely,

### EUROPEAN GYMNASTICS



**Dr Farid GAYIBOV**  
*President*



**Ms Alina DRAGAN**  
*President TC-AER*

Lausanne, March 2026

*By submitting this 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 always has access to its data in order to amend it.

### **DUTY OF THE LOC**

The LOC undertakes 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 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.

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