



**European
Gymnastics**

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Invitation

TRAINING CAMP & COACHES COURSE

Aerobic Gymnastics



Pomigliano D'Arco (ITA)
July 24th to 30th, 2022



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*To the Member Federations
of European Gymnastics*

INVITATION

AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE

July 24th to 30th, 2022 in Pomigliano D'Arco (ITA)

Dear gymnastics friends,

The European Gymnastics Technical Committee for Aerobic Gymnastics (TC-AER), in collaboration with the Italian Gymnastic Federation (LOC), invites interested coaches and athletes from the European Gymnastics member federations to participate in their 2022 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

The Training Camp and Coaches Course are limited to a maximum of 2 coaches and 10 gymnasts for the Training Camp and 5 coaches for the Coaches Courses per federation. We expect approximately 100 participants, organised in several workgroups.

AGE OF THE ATHLETES

Only gymnasts aged 11 to 17 years can participate.

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/have to take care of the welfare and security of their gymnasts.

PROGRAMME (EXTRACTS)

The camp will include an introduction to 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 style
- Ballet

PRELIMINARY SCHEDULE

Arrival day: Information meeting

Training days:

- 2 training sessions a day, 2-2.5 hours each (morning, afternoon)
- ½ day off
- leisure and/or sports activities
- evaluation and feedback at the end of last day

VENUE

Palazzetto Dello Sport

Via San Pietro 80038 POMIGLIANO D'ARCO
Metropolitan City of Naples, Italy

ACCOMMODATION

Hotel San Mauro

Via Casarea, 45, 80013 Casalnuovo di Napoli NA, Italia

Website: <https://www.hotelsanmauro.it/en/>

Hotel Quadrifoglio

Via Kennedy 8 80030 Castello di Cisterna

Website: <http://www.hotelquadrifoglio.eu/en/>

Hotel Casal dell'Angelo

Via Variante 7 Bis, 80034 Marigliano NA, Italia

Website: <https://www.casaldellangelo.it/>

To book your accommodation, please contact the LOC:

Mr Graziano PICCOLO, Tel: **+39 328 045 9092**, Email: fitnessstrybe@libero.it

ARRIVAL – DEPARTURE

Arrival on Sunday July 24th, 2022.

Departure on Saturday, July 30th, 2022.

Transfers from Naples (NAP) airport or train station will be organised by the LOC (10€ per person for one way). Please contact fitnessstrybe@libero.it as soon as possible to let them know about your travel plan, date of arrival, airport/station of arrival and organise your transfer.

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 *ad interim*;
Arianna CIUCCI (ITA) – head coach of the junior national team of ITA;
Lefki FERENTINO (GRE) – European Gymnastics TC-AER member;
Antonio PAPAISOV (BUL) – World and European Champion, coach;
Matteo GUERRINI (FRA) – head coach of the senior national team of FRA;
Cristiana SPINU (ROU) – head coach of the junior national team of ROU.

Experts for the Coaches Course:

Olga KYSELOVICOVA (SVK) – European Gymnastics TC-AER member;
Andrea SINKO (HUN) – European Gymnastics TC-AER member;
Monika WIETHOFF (GER) – European Gymnastics TC-AER member.

REGISTRATIONS

The registrations have **to be sent within the fixed deadlines** to the following address:
info@europeangymnastics.com

Definitive registrations:	May 31 st , 2022
Nominative registrations:	June 27 th , 2022

PARTICIPATION FEE

For gymnasts: EURO 480.- per participant. Accommodation and full board are included.

For coaches: EURO 500.- per participant. Accommodation and full board are included.

The participation fee **must be paid before June 27th, 2022** by bank transfer to:

Name of the beneficiary: **Fitness Trybe S.S.D. a R.L.**
Address of the beneficiary: **Via San Pietro 80038 Pomigliano d'Arco, ITALIA**
Name of the bank: **Banca Popolare dell'Emilia Romagna**
IBAN: **IT82F0538740070000002930262**
BIC/Swift: **BPMOIT22XXX**

CANCELLATION POLICY

Please take into account that cancellation is not possible.

LOCAL ORGANISING COMMITTEE – CONTACT DETAILS

Fitness Trybe S.S.D. a R.L

Ms Viviana TAURISANO: + 393894360289

Mr Graziano PICCOLO: + 393280459092

Email: fitnesstrybe@libero.it

European Gymnastics, the TC-AER members, the experts, the LOC and the Italian 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 ad interim

Lausanne, May 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 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.

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

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