

*UNION EUROPÉENNE DE GYMNASTIQUE
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INVITATION

**2019 UEG PRACTICAL WORKSHOP in
TRAMPOLINE GYMNASTICS (DMT)**



**Hamburg (GER)
17.-19.05.2019**

EUROVISION
OPERATED BY EBU

 **Kapital Bank**



To the UEG member federations

INVITATION TO THE PRACTICAL DOUBLE MINI-TRAMPOLINE WORKSHOP

May 17th to 19th, 2019 in Hamburg (GER)

Dear Madam, Dear Sir,

the Sports club Bramfelder SV, in collaboration with the German Gymnastic Federation and the UEG Trampoline Technical Committee, will organise a weekend Double Mini-Trampoline (DMT) Workshop. The event will take place from 17th to 19th May 2019 in the sports hall "Sporthalle Margaretha-Rothe-Gymnasium": Langenfort/Lorichstraße 22307 Hamburg/Germany.

This Workshop is primary organised as the Double Mini-Trampoline introduction and/or development practical Workshop. The Workshop is arranged for the participants from Germany and near countries and also for other countries developing DMT. The countries interested in earning of international experience and knowledge in DMT are of course also welcome.

PARTICIPANTS:

Coaches interested in starting, further developing and/or exchanging of international experience in Double Mini-Trampoline. Max. 4 gymnasts (age min. 11, national level recommended) per participating coach. Depending on number of entries more gymnasts may be accepted on request.

Other coaches with any gymnastics background are welcomed too, as well as any Sports Education graduate and postgraduate.

Observers interested in implementation of Double Mini-Trampoline in their countries are welcome to join the Workshop.

UEG will provide the participating coaches with an official certificate of participation, as a proof of their work during the workshop.

The workshop will be held with a minimum of **15** and a maximum of **30** coaches. Maximum number of participating gymnasts is **20**. UEG TRA-TC can update the limits, if necessary.

The workshop will be held in English language.

Accident and Health Insurance

All foreign participants have to present a certificate proving that they have a proper health and accident insurance. Without this certificate the gymnasts/coaches are not allowed to participate.



Responsibility of the coaches

The coach(es) accompanying the gymnasts has to take care of the welfare and security of their gymnasts.

WORKSHOP LEADERS AND EXPERT COACHES

- Luis Nunes (UEG TRA-TC), FIG Academy Coaching expert and personal coach of André Lico (DMT World Champion) and Nuno Merino and Ana Rente (TRA Olympic Games participants)
- Ulf Andersson, FIG Academy Coaching expert and main personal coach of Lina Sjöberg (2018 DMT World Champion)

UEG will pay all the expenses of the experts giving the Workshop.

APPARATUS

1-2 DMT-Ultimate, landing area, 25 m for run-up available, additional mats, JUMP-BAG-Pad

SCHEDULE

practical DMT Workshop, start Friday 09.30 and end Sunday 12.00

Participation fee per person: 90 €

Participation fee 90 € per person (without accommodation) Friday-Sunday (2,5 days) including a T-shirt + 2 lunches (Friday and Saturday) is applied for all participating coaches, observers and gymnasts, Harbour Ship Tour, Closing party with dinner, airport/railway/bus transport

The fee has to be paid until 01.05.2019 to:

Account name: Olaf Schmidt - Der Trampoliner
Bank: Hamburger Sparkasse
IBAN: DE87200505501055788564

INSCRIPTION TO EVENT

Please send your Definitive and Nominative entry forms to info@ueg.org until **15.04.2019**. (The hotel guarantee the prices until 18.04.2019)

On the inscription form please indicate detailed information if you want to book accommodation. LOC will book the selected accommodation for you on the first come, first serve basis.

OFFICIAL ACCOMMODATION

1. Hotel B&B: Habichtstraße 62/64; 22305 Hamburg
70 €/person/night 2 beds room, 60 €/person/night 3 beds room, 50 €/person/night 4 beds room, All including with breakfast
2. Heikhotel: Lauensteinstraße 15; 22307 Hamburg
110 €/person/night single room, 80 €/person/night 2 beds room, All including breakfast

The Hotel must be paid to the LOC Olaf Schmidt until **15.04.2019**. Hotels are in walking distance.



MEALS

Lunch on Friday and Saturday, Dinner at closing party will be organised by LOC.

ARRIVALS AND DEPARTURE

In case of traveling by plane each participant should arrive at Hamburg international airport (GER).
In case of traveling by train or by bus each participant should arrive at Hamburg bus or train station.

For further information please contact:

Olaf Schmidt (LOC) der_trampolineer@web.de or patrick.siegfried.mainz@gmail.com or Tel. +49 (0)172-4105526.

Vladimir Zeman (UEG TRA-TC) vlzeman@volny.cz.

UNION EUROPEENNE DE GYMNASTIQUE

The President TC-TRA
Vladimir ZEMAN

Lausanne, March 2019