

Invitation

TEAMGYM COACHING COURSE 2019 LEVEL 1



Wolfurt (AUT)
August 25th to 30th, 2019



**To the UEG
Member Federations**

INVITATION TO THE TEAMGYM COACHING EDUCATION COURSE – LEVEL 1

August 25th to 30th 2019 in Wolfurt (AUT)

Dear Gymnastic friends,

The UEG Technical Committee TeamGym has the great pleasure to invite coaches from the UEG Member Federations to participate in the TeamGym Coaching Course in Wolfurt (AUT).

1. TeamGym Coaching Course – level 1

The Coaching Course offers an excellent opportunity to develop your knowledge and skills as a TeamGym Coach. The education consists of both theoretical and practical sessions in all three disciplines; floor, tumble and trampet. The course will cover the first level out of three in the UEG TeamGym Education Programme (see Appendix 1).

The course is running in parallel with the TeamGym summer camp of the local club TS Wolfurt making it possible to involve gymnasts from the camp to demonstrate some technical skills. The course covers a full week of lessons with activities.

All attendees will receive a diploma, which documents their participation.

The course will be held in English.

2. Age

Participants for the Coaching Course must be at least 18 years old.

3. Venue

The Coaching Course will be held from August 25th to 30th, 2019 in the Hofsteigtturnhalle in Wolfurt, Schulstrasse 2, 6922 Wolfurt, Austria, www.ts-wolfurt.at

The gyms are equipped with standard TeamGym equipment, air-tracks, foam pits, trampolines and a variety of mats.

Lunch, dinner and coffee breaks (water, coffee, tea, fruits and small snacks) are served in the foyer of the gym.



4. Accommodation

- a) Hotel Sternen, Sternenplatz 4, 6922 Wolfurt (1min. walk to the gym)
www.sternenhotel.at

Accommodation at the Hotel Sternen has been pre-booked. For room reservations (deadline 29.05.2019) please contact: bianca.franzoi77@gmail.com
Payment is made directly to the hotel (credit card upon arrival or in advance by bank transfer).

Accommodation in a single room incl. breakfast from Saturday evening, August 24th to Friday morning August 30th, 2019 – **€ 594.-/ person**

Accommodation in a double room incl. breakfast from Saturday evening, August 24th to Friday morning August 30th, 2019 – **€ 468.-/ person**

- b) Gästehaus Brugger, Harderstrasse 1, 6923 Lauterach
www.gaestehaus-brugger.at

Local bus from the hotel to the gym and back (10 min drive). Bus ticket for one week: € 10.90.-

Accommodation at Gästehaus Brugger has been pre-booked. For room reservations (latest 29.05.2019) please contact: bianca.franzoi77@gmail.com
Payment is made directly to the hotel (credit card upon arrival or an advanced bank transfer).

Accommodation in a single room incl. breakfast from Saturday evening, August 24th to Friday morning August 30th, 2019 – **€ 360.-/ person**

Accommodation in a double room incl. breakfast from Saturday evening, August 24th to Friday morning August 30th, 2019 – **€ 330.-/ person**

It is also possible to book another hotel by yourself, e.g.:

- Gasthof Linde (office@gasthof-linde.vlbg.at)
- Junges Hotel Hard (office@jugendherberge-hard.at)
- Jufa Bregenz (also triple or 6 bed rooms) (bregenz@jufa.eu)

5. Preliminary programme (detailed schedule will be sent later)

August 24 th	Arrival (no dinner)
August 25 th – 29 th	Training sessions/lectures
August 30 th	Training sessions/lectures until 12.00
	Departure (no lunch)

6. Registrations (see forms in Appendix 2 & 3):

Definitive entry **May 29th, 2019**

Nominative entry **July 1st, 2019**

If your Federation wants to participate with more than 4 coaches, please contact the UEG office for your application to be confirmed. Please wait for your application to be confirmed by the UEG before proceeding with booking tickets.

7. Participation fees

Coaching Course: 350 EUR/ participant

The amount above covers:

- Experts/lecturers
- Venue
- Lunch, dinner, snacks, coffee, water (Sunday-Thursday)
- Transfer from/to the railway station St. Margrethen (SUI) or Bregenz/Dornbirn (AUT)

The participation fee must be paid by July 1st, 2019 as follows:

This amount is non-refundable and has to be transferred to the following **account of the UEG**:

Banque Cantonale Vaudoise
Place St- Francois 14, CP 300, 1002 Lausanne
Account: L5205.70.49/IBAN: CH05 0076 7000 L520 5704 9
SWIFT/BIC: BCVLCH2LXXX

8. Transportation

The nearest international airport is Zürich (ZRH) in Switzerland. From Zürich airport there are direct trains to St. Margrethen leaving at 9:23, 10:23, 12:23, 13:23, 14:23, 15:23, 17:23, 19:23 and 20:23. You can book your train ticket in advance at the Swiss railways www.sbb.ch. On Friday August 30th, there are direct trains to Zürich airport at 13:13 (arrival ZRH at 14:36) and at 14:13.

Transfer from/to St. Margrethen is included and available on request. If you travel by train, transfer is also offered from the railway stations in Bregenz and Dornbirn. Transportation requests must be sent to emanuel.koeb@aon.at by July 31th, 2019.



For further information please contact: bianca.franzoi77@gmail.com



9. Welcome to Wolfurt

The Technical Committee TeamGym welcomes and anticipates the participation of both current and new TeamGym Federations.

Looking forward to seeing you in Wolfurt!

We remind you to respect the deadlines and remain,
With kind regards,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Dr Farid GAYIBOV

The President TC-TG
Per SJÖSTRAND

Lausanne, April 26th, 2019

APPENDIX 1

Education syllabus for TeamGym Coaching Courses level 1-3

Floor	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
Technique	Posture, body-awareness, technique-exercises leading to simple pirouettes, jumps, balances and section elements.	Difficulties: Pirouettes 540-720. Jumps: jumps with turns, leaps Balances: standing balances, strength balances (pike sitting etc). How to prepare for the mentioned difficulties, how to combine, how to prepare them in "flow".	Physical preparation for more difficult technical elements. How to make the program "perfect"? Technical-exercises for improving the awareness of the gymnasts.
Composition	Basic awareness of certain required elements, choreographic keys.	Improvisation - movement material (the coaches own). Choreographic keys.	Deduction for composition or execution, where is the line? Awareness of the expression of the program.
Music	Basic musical expressions, music analysis, mixing music	Expressing the music in movements	

Tumble/ Trampet	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
Tumble forwards	Salto start Handspring salto twisting Salto-salto	Twisting salto start Double front	Double front twisting
Tumble backwards	Singles twisting Double back	Salto-salto twisting / double in combination Double back up to 720 twisting	Triple salto Double back transfer Double back 720 and more
Trampet without vault	Singles with twist Double with 180 twist	Doubles up to 900 twisting	Triple saltos Doubles multiple twisting
Trampet with vault	Tsukahara Handspring front salto 180 twist	Tsukahara 360 twisting Handspring front twisting	Tsukahara double Handspring double front

The different course levels include:

Coaching, planning, physical preparation, mental preparation, biomechanics and sessions on the TeamGym Code of Points



APPENDIX 2

Definitive Registration to the TeamGym Coaching Course Level 1 in Wolfurt (AUT)

The Federation of _____ enters the following participants to the TeamGym Coaching course in Wolfurt.

Contact name: _____

Email address: _____

Number of coaches	
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Date: _____

Signature: _____

To return to the UEG Office – info@ueg.org

DEADLINE: 29.05.2019



APPENDIX 3

Nominative Registration to the TeamGym Coaching Course Level 1 in Wolfurt (AUT)

The Federation of _____ enters the following participants to the TeamGym Coaching course in Wolfurt.

1. Name: _____ **First name:** _____

E-Mail: _____

2. Name: _____ **First name:** _____

E-Mail: _____

3. Name: _____ **First name:** _____

E-Mail: _____

4. Name: _____ **First name:** _____

E-Mail: _____

5. Name: _____ **First name:** _____

E-Mail: _____

Date: _____

Signature: _____

To return to the UEG Office – info@ueg.org

DEADLINE: 01.07.2019