

## Welcome to the UEG 1<sup>st</sup> Educational Long Weekend 2019 in Norway!

The Educational Long Weekend combines different educational matters in one event and offers a platform for gymnastic coaches, coach developers, sport managers to exchange and to gain knowledge, new experiences and ideas.

The event includes:

- Educational Choreography Camp
- Developing Gymnastics for All symposium

### **Venue:**

The Educational Long Weekend will be organised in Oslo at the Norwegian School of Sport Sciences.

<https://www.nih.no/en/>

### **Date and time:**

The Educational Long Weekend will start on Friday, September 6<sup>th</sup> (1 pm), and will end on Sunday, September 8<sup>th</sup> (1 pm) 2019.

## PROGRAMME

### **1) Educational Choreography Camp**

The main aim of the camp is to prepare coaches to develop group performances that are more joyful, inspiring and challenging for the participants, with higher quality and more attractive for the audience.

The camp will also provide knowledge and support for the National Federations in preparing, coaching, evaluating and selecting groups for the Gym for Life Challenge, EUROGYM, Golden Age Gym Festival and other events.

The focus areas are: the creative process, composition, evaluation, feedback and coaching.

The minimum age to participate is 16 years. If a participant is under 18 years old, they need to be accompanied by another participant from the same NF that is over 18 years old and take the responsibility for the underaged participant.

### **2) Symposium**

The symposium will offer you more knowledge and ideas about how to create and develop gymnastics that attracts all gymnasts. We will focus both on the coaching and managerial aspects. The symposium consists of lectures, practical parts, discussions, group studies and possibilities to share your own experiences.

The symposium targets coaches and responsible people for children and youth in Gymnastic for All. The minimum age to participate is 18 years old.

### **3) Experts**

The Educational Long Weekend will be held in English and will have international lecturers and instructors from different countries with extensive experience in the field of gymnastics and sports.

 <p><i>Ilona Gerling (GER)</i></p>	<p>Ilona Gerling is from Germany and she is a lecture of the German Sport University Cologne for gymnastics and acrobatics. She is in the University Committee for giving the Award for best choreography at the University.</p> <p>Ilona have made her Licence as a choreographer in Switzerland. After that she has developed and evaluated as a head for that area in the German Gymnastics Federation DTB the training education contents and conditions for becoming a choreography licence Germany. She took part as a participant and as a responsible person for the DTB in nearly all world Gymnaestrada since 1987. Ilona has taking part as an instructor in all the courses of the ECC for the UEG (both in GER, Norway, Sweden, Slovenia and Portugal and she had been travelled to Brazil as a speaker for choreography.</p>
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 <p><i>Cédric Bovey (SUI)</i></p>	<p>Cédric Bovey is from Switzerland and is a teacher for sports students at a University. Cedric working in daily bases with gymnastics for all in different aspects both with gymnastics with large apparatus training, choreography and organizing big gymnastics events for the National federation.</p> <p>He has also been involved as a coach developer and working with the physical preparation for the national team in Switzerland.</p> <p>Cedric has also taking part in several World Gymnaestrada and as an evaluator and feedbacker at the Gym for Life Challenge for both FIG and UEG.</p>
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 <p><i>Kasper Frederiksen (DEN)</i></p>	<p>Kasper Fredriksen is from Denmark has been an teacher at a gymnastics school in Stevns between 2001 until 2012. Since 2000 he is a coach in TeamGym in different levels and for the last 10 years as a head coach and a coach for the national team both in Denmark and Sweden and competed with his team in EM for TeamGym.</p> <p>Over time he has also been involved as an author to educational matters and an instructor at different Educational programme both in display and TeamGym in Denmark and Sweden but also in other European countries.</p> <p>Kasper has also taking part in several World Gymnaestrada and EUROGYM and as an evaluator and feedbacker at the Gym for Life Challenge for both FIG and UEG.</p>
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 <p><i>Mauro Policarpo (POR)</i></p>	<p>Mauro Policarpo is from Portugal and graduated as Physical Educational teacher and a fitness trainer. He has experience in acrobatics gymnastics and Gymnastic for All both as a gymnast and coach.</p> <p>Mauro has experience in Gymnastics Group Routines; international competition of Gymnastics for all and big Groups; International Competition in Acrobatics Gymnastics, shows at TV and taking part with groups both in Gym for Life Challenge and EUROGYM several of times and got awarded as a coach for the excellent groups' performances on the last World Gym for Life Challenge 2017 in Norway.</p>
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 <p><i>Aila Ibanez Mengüç (SWE)</i></p>	<p>Aila Ibanez Mengüç is from Sweden and has worked with Sport Development at the Swedish Sport Confederation since 2011, and before that she worked at the Swedish Basketball Federation.</p> <p>She is involved with the development of the new Swedish sport education program, and Strategy 2025. Bringing research closer to the practical world, at a strategic level but also closer to Sports clubs and the coaches are some of her tasks at work.</p>
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We will also have an expert from Norway as a guest.

## PRACTICAL INFORMATION

### 1) Registration

Each National Federation has the opportunity to register up to 4 participants for the camp and 4 for the symposium. The National Federations are allowed to ask for more participants - if there will be enough places, the registration will be accepted.

The online registration form, on the link down below, must be submitted before **June 15<sup>th</sup>, 2019**.

The online registration form:

<https://response.questback.com/isa/gbv.dll/ShowQuest?QuestID=5321382&sid=7yH5l4j37Z>

### 2) Costs

No participation fee will be requested. The participants have to pay their travel costs, accommodation, meals as well as 15.- EUR for the documents which will be distributed during the Educational Long Weekend. These 15.- EUR have to be paid to the OC at the same time as the costs for accommodation.

### 3) Accommodation and catering

All participants will stay in Comfort Hotel Børsparken, Tollbugaten 4.

<https://www.nordicchoicehotels.no/hotell/norge/oslo/comfort-hotel-borsparken/>

270 EUR / per person in double room (full board)

375 EUR / per person in single room (full board)

The price above is for two nights' accommodation Friday until Sunday and full board.

For a person choosing a double room, but who is the only participant from its federation, this person might be accommodated with another person from another federation in a double room.

This will be advised accordingly to all parties concerned.

If you need to arrive or depart one day before or after the Educational Long Weekend, please arrange it by the hotel by yourself.

### 4) Transport

We advise you to make sure you arrive at Oslo Airport Gardermoen, and from there you can use either bus, ordinary train or the Airport Express Train. You will find all the necessary information in this link:

<https://avinor.no/en/airport/oslo-airport/to-and-from-the-airport/train-buss-and-taxi/trains>

The hotel is situated only five minutes' walk from Oslo Central Station (Oslo S) / Oslo Bus Terminal.

### 5) Travels from the hotel and to the Venue.

Use the Subway from Oslo S / Jernbanetorget, line 5 to Sognsvann (end station). The travel lasts 21 minutes, and goes every 15 minutes from Oslo S.

<https://ruter.no/en/journey-planner/#st:1,sp:0,bp:0>



A person will be at the reception at the hotel one hour before the Educational Long Weekend will start to guide the participants to venue.

#### **6) Cancellation policy**

If you cancel your participation between June 15<sup>th</sup> and August 1<sup>st</sup>, you must pay 100 Euro.

Should you need to cancel after August 1<sup>st</sup>, you must pay the total amount (documentation fee and accommodation)

If you for some reason can't participate, the federation are free to send someone else without extra cost.

## **QUESTIONS?**

#### **1) Registration and accommodation**

Please contact the Norwegian LOC, Minna Børstad, [minna.borstad@gymogturn.no](mailto:minna.borstad@gymogturn.no)

#### **2) Content of the event**

Please don't hesitate to contact the UEG TC Members:

- Maria Stahl: [stahlmaria74@gmail.com](mailto:stahlmaria74@gmail.com)
- Géza Mikes: [elyrias@gmail.com](mailto:elyrias@gmail.com)
- Ilse Arys: [ilsearys@gymfed.be](mailto:ilsearys@gymfed.be)

**We look forward to welcoming you in Norway!**