

*UNION EUROPÉENNE DE GYMNASTIQUE*  
*EUROPEAN UNION OF GYMNASTICS*  
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## **Invitation - Einladung - Invitation**

### **TEAMGYM COACHES' EDUCATION COURSE LEVEL 2 & 3**



**Malmö (SWE)**  
**28-30.08.2015**



## To the UEG Member Federations

### **INVITATION TO THE TEAMGYM COACHES' EDUCATION COURSE LEVEL 2&3 - August 28<sup>th</sup> to 30<sup>th</sup>, 2015 in Malmö (SWE)**

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Dear Gymnastic friends,

The UEG Technical Committee TeamGym has great pleasure in inviting coaches from the UEG Member Federations to participate in the first **Level 2 and 3** Coaches Course in Malmö (SWE).

The Coaches' Course offers an excellent opportunity to develop your knowledge and skills as a TeamGym Coach. This educational course consists of both theoretical and practical sessions in all three disciplines of TeamGym; floor, tumbling and trampet. The course will cover the second and third levels (out of three) in the UEG TeamGym Education Programme (see Appendix 1). There will be two specialists on Floor and two specialists covering Tumbling and Trampet.

The tumbling and trampet sessions will include a station focusing on security and spotting.

Each participant chooses to take part in **either** the floor or the tumbling/trampet sessions.

There will also be a joint lecture for all participants; the programme will include areas of Team Management covering how to put a team together, how to plan and divide the year into phases and how to get the 'mind-set' into your team.

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

#### **Age**

Participants must be at least 18 years old.

#### **Venue**

##### **Sofielundshallen**

Lantmannagatan 22  
214 44 Malmö  
Sweden

See Google maps:

<https://www.google.se/maps/place/Lantmannagatan+22,+214+44+Malm%C3%B6/@55.5876999,13.0198009,17z/data=!3m1!4b1!4m2!3m1!1s0x4653a168f414c87d:0x854b3697be9f1e5b>

#### **Preliminary programme** (detailed schedule will be sent later)

Friday August 28 <sup>th</sup>	Arrival (before 5.00 p.m.), Lectures
Saturday August 29 <sup>th</sup>	Training sessions and Lectures
Sunday August 30 <sup>th</sup>	Training sessions and Lectures
	Departure at 2.00 p.m.

## Registration

The registrations have to be sent to the following E-mail address: [info@ueg.org](mailto:info@ueg.org)

Definitive registration: June 30<sup>th</sup>, 2015

Nominative registration: July 31<sup>st</sup>, 2015

Participation fee: 260 EUR / participant

The amount includes lunch, dinner and coffee breaks from Friday afternoon to Sunday lunch (except dinner on Saturday night). Accommodation, breakfast and transfer from the airport are not included.

The closest airport is Copenhagen (CPH) in Denmark. Transfer from the airport to Malmö is recommended by train, which leaves directly from the airport. If required, transfer from Malmö central station to the hotel can be arranged.

## Accident and health insurance

All participants must have a certificate proving that they have a valid health and accident insurance and current membership of their Federation. This has to be sent to the UEG office with the nominative entry form. If a valid certificate is not presented the gymnast/coach will not be authorised to participate in the course.

## Accommodation

A number of hotel rooms have been pre-booked August 28<sup>th</sup> – 30<sup>th</sup>. You have access to the rooms by using a special booking code (see below). The pre-booked rooms are available on a first come basis and payment is made directly to the respective hotel. Early booking is strongly recommended.

Our recommended hotels are all located within walking distance from the venue. There are also a few hostels in Malmö. Please see contact details below.

- 1) Scandic Triangeln (1.7 km)  
Triangeln 2, 211 43 Malmö  
<http://www.scandichotels.com/Hotels/Sweden/Malmo/Triangeln/>  
Phone +46 40 693 47 00, E-mail: [triangeln@scandichotels.com](mailto:triangeln@scandichotels.com)  
Booking code: SVE280815\_004  
5 single rooms 899 SEK/room per night, 4 double rooms 999 SEK/room per night (breakfast included)
  
- 2) Teaterhotellet (2.1 km)  
Fersens väg 20, 211 47 Malmö  
<http://www.teaterhotellet.se/?lang=en>  
Phone +46 40 66 55 800, E-mail: [info@teaterhotellet.se](mailto:info@teaterhotellet.se)  
Booking code: 157700  
10 single rooms 645 SEK/room per night, 5 double rooms 775 SEK/room per night (breakfast included)
  
- 3) Hostels in Malmö  
<http://www.swedish.hostelworld.com/vandrarhem/Malmo/>
  - a) STF/Hi Vandrarhem Malmö City (2.1 km)
  - b) Rut & Ragnars Hostel (0.9 km)
  - c) Bosses Gästväningar och Vandrarhem (1.2 km)

**The registration fee must be paid by June 30<sup>th</sup> as follows:**

260 EUR/participant, 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

**For further information about the course, please contact:**

Sólveig Jónsdóttir, TC TeamGym, [solveig@fimleikasamband.is](mailto:solveig@fimleikasamband.is), phone +354 895 8880

**Welcome to Malmö**

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

Looking forward to seeing you in Malmö!

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

**UNION EUROPEENNE DE GYMNASTIQUE**

The President

Georges GUELZEC

The President TC-TG

Per SJÖSTRAND





## APPENDIX 1 – Education syllabus for TeamGym Coaches' Courses level 1-3

Floor	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
<b>Technique</b>	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.
<b>Composition</b>	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.
<b>Music</b>	Basic musical expressions, music analysis, mixing music	Expressing the music in movements	

Tumbling/ Trampet	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
<b>Tumbling forwards</b>	Salto start Handspring salto twisting Salto-salto	Twisting salto start Double front	Double front twisting
<b>Tumbling backwards</b>	Singles twisting Double back	Salto-salto twisting / double in combination Double back up to 720 twisting	Tripple salto Double back transfer Double back 720 and more
<b>Trampet without vault</b>	Singles with twist Double with 180 twist	Doubles up to 900 twisting	Triple saltos Doubles multiple twisting
<b>Trampet with vault</b>	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 a session on TeamGym Code of Points**