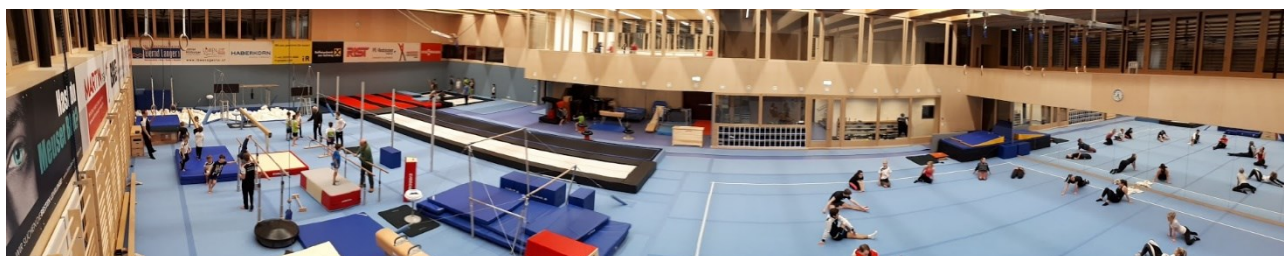


## Invitation

### TEAMGYM COACHING COURSE 2019 LEVEL 1



**Wolfurt (AUT)**  
**August 25<sup>th</sup> to 30<sup>th</sup>, 2019**



**To the UEG  
Member Federations**

## **INVITATION TO THE TEAMGYM COACHING EDUCATION COURSE – LEVEL 1**

**August 25<sup>th</sup> to 30<sup>th</sup> 2019 in Wolfurt (AUT)**

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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 25<sup>th</sup> to 30<sup>th</sup>, 2019 in the Hofsteigturnhalle in Wolfurt, Schulstrasse 2, 6922 Wolfurt, Austria, [www.ts-wolfurt.at](http://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](http://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](mailto: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 24<sup>th</sup> to Friday morning August 30<sup>th</sup>, 2019 – **€ 594.-/ person**

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

- b) Gästehaus Brugger, Harderstrasse 1, 6923 Lauterach  
[www.gaestehaus-brugger.at](http://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](mailto: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 24<sup>th</sup> to Friday morning August 30<sup>th</sup>, 2019 – **€ 360.-/ person**

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

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

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

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

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

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

<b>Definitive entry</b>	<b>May 29<sup>th</sup>, 2019</b>
<b>Nominative entry</b>	<b>July 1<sup>st</sup>, 2019</b>

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 1<sup>st</sup>, 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](http://www.sbb.ch). On Friday August 30<sup>th</sup>, 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](mailto:emanuel.koeb@aon.at) by July 31<sup>th</sup>, 2019.



**For further information please contact:** [bianca.franzoi77@gmail.com](mailto: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 26<sup>th</sup>, 2019



## APPENDIX 1

### Education syllabus for TeamGym Coaching 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	

Tumble/ Trampet	Level 1 (youth-junior)	Level 2 (juniors-senior)	Level 3 (advanced)
<b>Tumble forwards</b>	Salto start Handspring salto twisting Salto-salto	Twisting salto start Double front	Double front twisting
<b>Tumble backwards</b>	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
<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 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: \_\_\_\_\_

<b>Number of coaches</b>	
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Date: \_\_\_\_\_

Signature: \_\_\_\_\_

To return to the UEG Office – [info@ueg.org](mailto: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](mailto:info@ueg.org)

**DEADLINE: 01.07.2019**