



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

INVITATION

2023 Development Training Camp IN TRAMPOLINE GYMNASTICS



RIGA / LAT

March 12th to 19th, 2023

To the European Gymnastics member federations

INVITATION TO THE DEVELOPMENT TRAINING CAMP IN TRAMPOLINE GYMNASTICS

March 12th to 19th, 2023 in Riga / Latvia

Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) and the Latvian Gymnastics Federation (NF LAT) are happy to invite you to a development workshop in trampoline gymnastics.

DATES

From Friday **12/03/2023** to Sunday **19/03/2023** (*including arrival and departure days*)

LOCATION

In Riga / Latvia

Address: Riga, Maskavas street 322

This workshop is organised specifically for participants from **EST, FIN, LAT, LTU** but **other European countries where Trampoline is being developed** are of course also invited.

PARTICIPANTS

Trampoline coaches and if wanted also Double-Mini trampoline coaches, gymnasts and judges interested in starting, further developing, and/or exchanging coaching experience in trampoline gymnastics.

The workshop will be held in English and Russian language.

The workshop will be held with a **minimum of 10 and a maximum of 30 participants**.

The TC-TRA can update the number of participants, if necessary.

European Gymnastics will provide the participants with an official certificate of participation.

WORKSHOP LEADER AND EXPERT COACH

- Luís Nunes (European Gymnastics TRA-TC), FIG Academy Coaching expert and personal coach of Nuno Lico and André Lico (DMT World Champions) and Nuno Merino and Ana Rente (TRA Olympic Games participants)
- Paul Greaves, personal coach of Bryony Page (2 times Olympic Games medalist)



PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

Sunday, 12.03.2023	arrival and accommodation	
Monday, 13.03.2023	09:30	Leaving to the hall
	10:00-12:30	Training
	12:30-14:30	Lunch break
	14:30-17:30	Training
	17:45	Leaving to the hotel
Tuesday, 14.03.2023	09:30	Leaving to the hall
	10:00-12:30	Training
	12:30-14:30	Lunch break
	14:30-17:30	Training
	17:45	Leaving to the hotel
Wednesday, 15.03.2023		Excursion
Thursday, 16.03.2023	09:30	Leaving to the hall
	10:00-12:30	Training
	12:30-14:30	Lunch break
	14:30-17:30	Training
	17:45	Leaving to the hotel
Friday, 17.03.2023	09:30	Leaving to the hall
	10:00-12:30	Training
	12:30-14:30	Lunch break
	14:30-17:30	Training
	17:45	Leaving to the hotel
Saturday, 18.03.2023		Competition
Saturday, 19.03.2023	departure	

OFFICIAL ACCOMMODATION

Rixwell Old Riga Palace Hotel

Minsterejas street 8/10, Riga, LV-1050, Latvia

Price for single room including breakfast – 70.00 € per night / per person

Price for double room: including breakfast – 55.00 € per night / per person

Bookings: Until 02.03.2023 via Latvian Gymnastics Federation, gfl@latnet.lv

Payment deadline: 06.03.2023 (to Latvian Gymnastics Federation)

MEALS

The participants are responsible for organising lunch and dinner. Several options are possible:

- Lunch - 15 € (each), near the training camp venue
- Dinner - 20 € (each), in the hotel
- There is a grocery store next to the hotel.

Bookings: Until 02.03.2023 via Latvian Gymnastics Federation, gfl@latnet.lv

Payment deadline: 06.03.2023 (to Latvian Gymnastics Federation)



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PARTICIPATION FEE

Participation fee for the camp is € 50.00 per person.

Accommodation + meals are not included in the participation fee.

REGISTRATION & PAYMENT

Registrations can only be made by National Federations.

Please submit the registration via the enclosed online form to European Gymnastics until 02.03.2023

The participation fee, as well as hotel- and meals bookings, have to be paid to:

A/S Swedbank Bank

IBAN: LV52HABA0551047128180

SWIFT: HABALV22

According to your registration (to European Gymnastics via online form) as well as hotels- and meals bookings (to Latvian Gymnastics Federation via gfl@latnet.lv) **an invoice will be sent to you.** The invoice must be paid **until 06.03.2023**

ARRIVAL AND DEPARTURE

- International travel to/from Riga is the responsibility of the participants.
- NF LAT will offer transportation from/to [Riga airport](#) for participants who have booked the accommodation in the official hotel through NF LAT.
- **Please send your flight details for arrival and departure to gfl@latnet.lv until 03.03.2023**
- Participants who book accommodation on their own have to arrange airport transportation themselves.

CONTACT DETAILS

For further information please contact:

NF LAT: Natalija Prokofjeva, e-mail: gfl@latnet.lv

Babette van Wetering (European Gymnastics TRA-TC), e-mail: bvanwetering@outlook.com

Luis Nunes (European Gymnastics TRA-TC), e-mail: luisnunestramp@gmail.com

LATVIAN GYMNASTICS FEDERATION

Natalija Prokofjeva
Secretary General

EUROPEAN GYMNASTICS

Babette Van Wetering
TC-TRA President

Lausanne, February 15th 2023