



**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 COACHING WORKSHOP IN DOUBLE MINI-TRAMPOLINE (DMT)



Tartu (EST)

March 24th and 25th, 2023

EUR(O)VISION
OPERATED BY EBU

SMARTSCORING

To the European Gymnastics member federations

INVITATION TO THE COACHING WORKSHOP IN DOUBLE MINI-TRAMPOLINE

March 24th and 25th, 2023 in Salzburg / Rif (AUT)

Dear gymnastics friends,

The European Gymnastics Trampoline Technical Committee (TC-TRA) and the Estonian Gymnastics Federation (NF EST), in collaboration with SK Biomechanics Group, are happy to invite you to a Double Mini-Trampoline (DMT) Coaching Workshop organised over one weekend:

DATES

Friday **24/03/2023 (starting at 15:30)** and Saturday **25/03/2023 (finishing at 20:00)**

LOCATION AND VENUE

Variku Sprotshall in Tartu, Estonia

Address: Aianduse 4, 50110 TARTU, Estonia

Website: <https://tartusport.ee/hooned/spordihooned/variku-spordihoone/>

This workshop is organised specifically for participants from **Estonia and surrounding countries** but **other countries where Trampoline is being developed** are of course also invited. This workshop is designed for Double Mini-Trampoline Coaching.

European Gymnastics will provide the participants with an official certificate of participation, as proof of their involvement during the workshop.

PARTICIPANTS

(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 language only.

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

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

All coaches who register are welcome to register one demonstration gymnast as well.

Please indicate the name of the accompanying gymnast on your registration form.

WORKSHOP LEADER AND EXPERT COACHES

- Ulf Andersson, FIG Academy Coaching expert and personal coach of Lina Sjöberg (3-time DMT World Champion) and current DMT expert for the Swedish national trampoline team.
- Jenny Söderlund (European Gymnastics TRA-TC), FIG Academy Level 3 coach and former national coach for the Swedish national trampoline team.

PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

Friday, 24 th March 2023	<i>Arrival of the participants before 15:30</i>	
	15:30 – 16:30	Lecture and discussion (lecture room)
	16:30 – 17:30	Practical session (training hall)
	17:30 – 18:00	Break
	18:00– 20:00	Practical session (training hall)
Saturday, 25 th March 2023	09:00 – 10:00	Lecture and discussion (lecture room)
	10:00 – 11:00	Practical session (training hall)
	11:00 – 11:15	Break
	11:15 – 12:30	Practical session (training hall)
	12:30 – 14:00	Break
	14:00 – 15:15	Lecture and discussion (lecture room)
	15:15 – 15:30	Break
	15:30 – 17:30	Practical session (training hall)
	17:30 – 18:00	Break
	18:00 – 19:30	Practical session (training hall)
	19:30 – 20:00	Summary, questions and answers

ACCOMMODATION

You are responsible for finding and booking accommodation for your participants.

The nearest accommodation is **The Vocational Education Central Hotel**

Website: <https://hotell.voco.ee/eng>

The Estonian Gymnastics Federation partners are:

- [Hotel Dorpat](#)
- [Pallas Hotel](#)

If you need help with hotel booking and finding the best options, please get in touch with NF EST before March 22nd, 2023 using the email address eevl@eevl.ee

MEALS

The participants are responsible for organising all their meals.

PARTICIPATION FEE

Participation fee for the workshop is **75 EUR per person**.

A T-shirt is included in the price, please fill in your T-shirt size in the registration form.

Accommodation and meals are not included in the participation fee.

REGISTRATION & PAYMENT OF THE PARTICIPATION FEE

Registrations can only be made by National Federations. Registrations by clubs or individuals are possible, provided they are approved by the relevant National Federation. European Gymnastics will take care of submitting registrations made by clubs / individuals to the National Federation concerned for their validation.

Please submit your registration form **until March 22nd, 2023** via the following link

[REGISTRATION FORM](#)

Please pay your participation fee **by March 22nd, 2023** through bank transfer to:

Beneficiary: Estonian Gymnastics Federation
IBAN: EE142200221002104505
Name of the bank: Swedbank
SWIFT/BIC: HABAEE2X

According to your registration form, an invoice for your participation fee will be sent to you.

ARRIVAL AND DEPARTURE

International travel to/from Tartu is the responsibility of the participants.

Connection airport is Tallinn Lennart Meri Airport. There are 3 ways to get from Tallinn to Tartu: by [train](#), [bus](#) or [car](#).

CONTACT DETAILS

For further information please contact:

Natalja Inno (Estonian Gymnastics Federation)

E-mail: natalja@eevl.ee or +372 555 66404 (WhatsApp)

Sigrid Pedoson (EST TRA-TC) workshop coordinator

E-mail: sigrid@trampoline.ee

Babette van Wetering (European Gymnastics TRA-TC President)

E-mail: bvanwetering@outlook.com

ESTONIAN GYMNASTICS FEDERATION



Natalja INNO
Secretary General

EUROPEAN GYMNASTICS



Babette VAN WETERING
President TC-TRA