



**European  
Gymnastics**

Head Office  
Avenue de la Gare 12  
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

[info@europeangymnastics.com](mailto:info@europeangymnastics.com)  
[www.europeangymnastics.com](http://www.europeangymnastics.com)

# Invitation

## TRAINING CAMP & COACHES COURSE

### Aerobic Gymnastics

---



**Pomigliano D'Arco (ITA)**  
July 3<sup>rd</sup> to 9<sup>th</sup>, 2023

*To the Member Federations  
of European Gymnastics*

## **INVITATION**

### **AEROBIC GYMNASTICS TRAINING CAMP & COACHES COURSE**

July 3<sup>rd</sup> to 9<sup>th</sup>, 2023 in Pomigliano D'Arco (ITA)

---

Dear gymnastics friends,

The European Gymnastics Technical Committee for Aerobic Gymnastics (TC-AER), in collaboration with the Italian Gymnastic Federation (LOC), invites interested coaches and athletes from the European Gymnastics member federations to participate in their 2023 AER Training Camp and Coaches Course.

#### **INTRODUCTION**

The philosophy of the camp is to provide access and enjoyment for those who would like to improve their performance under supervising coaching experts provided by the TC-AER. The experts will organise the trainings for young participating gymnasts and their coaches. They will also allow the exchange of experience and plan lectures for the coaches. The participants will learn, among other things, how to plan the trainings and the progressive construction of routines.

#### **PARTICIPANTS**

The Training Camp and Coaches Course are limited to a maximum of 2 coaches and 10 gymnasts for the Training Camp and 5 coaches for the Coaches Courses per member federation of European Gymnastics.

We expect approximately 100 participants, organised in several workgroups.

#### **AGE OF THE ATHLETES**

Only gymnasts aged 11 to 17 years can participate (born between 2006 and 2012).

#### **ACCIDENT AND HEALTH INSURANCE**

Health and accident insurance is recommended to all participants. In case of illness or accident the European Gymnastics IMSSA insurance may be used by officially entered participants, nevertheless cash payment may be requested by medical professionals and hospitals.

## RESPONSIBILITY OF THE COACHES

As most of the gymnasts participating in the training camps are still minor, it is important to underline that the coach(es) accompanying the gymnasts has/have to take care of the welfare and security of their gymnasts.

## PROGRAMME (EXTRACTS)

The camp will include an introduction to how to best prepare your gymnasts for competitions including:

- Periodisation Training
- Conditioning Circuit
- Various Skills, Jumps, Strength
- Safe progressive practice in training
- Theory and practice in spotting and safety
- Code of Points (introduction and explanation)
- Choreography: How to build a choreography and how to follow the theme
- Dance style: How to use different styles of music in aerobic routines/ How to use different styles in AMP

## PRELIMINARY SCHEDULE

Arrival day: Information meeting

Training days:

- 2 training sessions a day, 2-2.5 hours each (morning, afternoon)
- ½ day off
- leisure and/or sports activities
- evaluation and feedback at the end of last day

## VENUE

### Palazzetto Dello Sport

Via San Pietro 80038 POMIGLIANO D'ARCO  
Metropolitan City of Naples, Italy

## ACCOMMODATION

### Hotel San Mauro

*Via Casarea, 45, 80013 Casalnuovo di Napoli NA, Italia*

Website: <https://www.hotelsanmauro.it/en/>

### Hotel Quadrifoglio

*Via Kennedy 8 80030 Castello di Cisterna*

Website: <http://www.hotelquadrifoglio.eu/en/>

### Hotel Casal dell'Angelo

*Via Variante 7 Bis, 80034 Marigliano NA, Italia*

Website: <https://www.casaldellangelo.it/>

**To book your accommodation**, please contact the LOC:

Mr Graziano PICCOLO, Tel: **+39 328 045 9092**, Email: [fitnesstrybe@libero.it](mailto:fitnesstrybe@libero.it)

## ARRIVAL – DEPARTURE

Arrival on Monday July 3<sup>rd</sup>, 2023.

Departure on Sunday, July 9<sup>th</sup>, 2023.

## TRANSFERS FROM NAPLES (NAP) AIRPORT OR TRAIN STATION

Transfers from Naples (NAP) airport or train station will be organised by the LOC (**10€ per person for one way**). Please contact [fitnessstrybe@libero.it](mailto:fitnessstrybe@libero.it) as soon as possible to let them know about your travel plan, date of arrival, airport/station of arrival and organise your transfer.

## LANGUAGE

The courses will be held in English.

## THEORY AND PRACTICAL TRAINING SESSIONS WITH THE TC MEMBERS AND EXPERT COACHES:

**Alina DRAGAN (ROU)** – European Gymnastics TC AER President

**Daniel BALI (HUN)** – World and European Champion, coach and choreographer

**Vito IAIA (ITA)** – Head Coach of the Senior national team of Italy

**Matteo GUERRINI (ITA)** – Head Coach of the Senior national team of France

**Sara MORENO (ESP)** – European Gymnastics TC AER member, former World and European Champion, coach and choreographer

**Dimitrios POLYZOS (GRE)** – European Gymnastics TC AER member

**Dimitrina KANDEVA (BUL)** – European Gymnastics TC AER member

**Monica Maria DARONE (ITA)** – European Gymnastics TC AER member

**Antonio BARONE (ITA)** – Dance teacher and choreographer

**Pedro ESPERANÇA CANILHAS** – video support

## REGISTRATIONS

The registrations must **be sent within the fixed deadlines** to the following address:  
[info@europeangymnastics.com](mailto:info@europeangymnastics.com)

<b>Definitive registrations:</b>	May 8 <sup>th</sup> , 2023
<b>Nominative registrations:</b>	June 5 <sup>th</sup> , 2023

## PARTICIPATION FEE

**Training Camp: EURO 510.-** per participant. Accommodation and full board are included.

**Coaches Course: EURO 530.-** per participant. Accommodation and full board are included.

The participation fee **must be paid before June 5<sup>th</sup>, 2023** by bank transfer to:

Name of the beneficiary: <b>Fitness Trybe S.S.D. a R.L.</b>
Address of the beneficiary: <b>Via San Pietro 80038 Pomigliano d'Arco, ITALIA</b>
Name of the bank: <b>Banca Popolare dell'Emilia Romagna</b>
IBAN: <b>IT82F0538740070000002930262</b>
BIC/Swift: <b>BPMOIT22XXX</b>

## CANCELLATION POLICY

Please take into account that cancellation is not possible.

## LOCAL ORGANISING COMMITTEE – CONTACT DETAILS

**Fitness Trybe S.S.D. a R.L**

Ms Viviana TAURISANO: +393894360289

Mr Graziano PICCOLO: + 393280459092

Email: [fitnessstrybe@libero.it](mailto:fitnessstrybe@libero.it)

European Gymnastics, the TC AER members, the experts, the LOC and the Italian Gymnastics Federation hope that many different federations will take part in this training camp and are waiting for your registrations!

Yours Sincerely,

**EUROPEAN GYMNASTICS**



**Dr Farid GAYIBOV**  
*President*



**Ms Alina DRAGAN**  
*President TC-AER*

Lausanne, April 2023

*By submitting this registration, the participants of your national gymnastics federation agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes. For participants under the age of 18 it is the responsibility of your national gymnastics federation that the agreement is equally obtained from the parents.*

### **PROVISIONAL, DEFINITIVE AND NOMINATIVE APPLICATIONS**

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF has access to its data at all times in order to amend it.

### **DUTY OF THE LOC**

The LOC undertakes not to disseminate to its own clients the data submitted by European Gymnastics and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

### **DATA PROCESSING**

Data submitted to European Gymnastics and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of athletes and coaches designated by name
- List of delegations and accompanying persons designated by name

### **DUTY OF EUROPEAN GYMNASTICS**

European Gymnastics shall supply the most recent data to their LOC on time and on a regular basis.

### **RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT**

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

### **PHOTOS AND VIDEOS**

By submitting a provisional and/or definitive and/or nominative registration through the NF, all participants agree to be filmed, photographed, identified and otherwise recorded during the event. Photos and videos taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

### **CONTACT**

EUROPEAN GYMNASTICS

Avenue de la Gare 12, 1003 Lausanne, Switzerland

Phone: +41 - 21 - 613.10.20, E-Mail: [info@europeangymnastics.com](mailto:info@europeangymnastics.com)