



**European
Gymnastics**

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Invitation

COACHES COURSE

in Rhythmic Gymnastics



November 12th to 17th, 2023
Marbella (ESP)





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To the European Gymnastics Member Federations

INVITATION

Course for Rhythmic Gymnastics Coaches

Dear National Federations, dear gymnastics friends,

The Technical Committee for Rhythmic Gymnastics (TC-RG) of European Gymnastics, with the special cooperation of the Spanish Gymnastics Federation, is pleased to invite you to a Rhythmic Gymnastics **Coaches Course** in **Marbella (ESP)** from **November 12th to 17th**, 2023.

The subject of the course will be *“Physical and mental preparation for individual gymnasts and groups”*.

The participating experts are experienced and well-known personalities in their respective field of expertise:

Elena ALIPRANDI – Body and apparatus technique for individual gymnasts (seniors and juniors)

Beatriz BRITO – Ballet and physical preparation

Siyana VASILEVA – Body and apparatus technique for groups (seniors and juniors)

Tatiana YANCHEVA – Psychology

SCHEDULE

Arrival: 12th of November 2023

Departure: 17th of November 2023

Airport: Malaga (AGP)

Accommodation: **Hotel BlueBay Banus**
Autovía del Mediterráneo, Km 173
29660 Marbella-Málaga, Costa del Sol
Spain
www.bluebayresorts.com/en

Price: Euro 750.- in single room
Euro 650.- in double room
Euro 600.- in triple room



IMPORTANT NOTE

These prices include for the participants:

- Accommodation and full board
- Transportation from airport to the official hotel (and vice versa)
- Transfers from the official hotel to the site of the training (and vice versa)
- Course material

Please **transfer the corresponding amount by October 26th, 2023** to the following bank account (and indicate the names of the participants and RG Coaches Course):

Beneficiary: Federación Andaluza de Gimnasia
Name of the Bank: BBVA (Banco Bilbao Vizcaya Argentaria S.A.)
Swift: BBVAESMMXXX
IBAN Code: ES66 0182 60 00 13 0208518406.
Address: C/ Granada, 1, Planta 2ª, 41001 Sevilla, ESPAÑA

Participants:

No more than 3 coaches per federation.

If your Federation wants to participate with more coaches, please inform European Gymnastics when sending your nominative registration.

Main language: English

Nominative registration:

Please send your nominative registration **by October 26th, 2023** to info@europeangymnastics.com

Transport:

In order to allow the Organising committee to organise transportation from the airport, **please send your travel details to: s.diaz@andaluciagym.com**

Transport from the airport (Malaga) to the hotel as well as the local transport are included in the participation fee.

After the nominative registrations, you will receive a detailed schedule and further information.

Thanking you already now for your interest in this course, we remain,

With kind regards

EUROPEAN GYMNASTICS

The President

Dr Farid GAYIBOV



The President TC-RG

Ms Evangelia TRIKOMITI



Lausanne, August 2023