

# UEG JUNIOR TRAINING CAMP 2016

## Trampoline, Double Mini-Trampoline and Tumbling

Carcavelos - POR  
17th to 23rd July  
Lombos Sports Hall



Photo: Per Lindström

[www.ueg.org](http://www.ueg.org)



CASCAIS



# UEG Training Camps

**For all 3 disciplines ! (TRA & TUM & DMT)**

The philosophy of the camp:

- Camp under supervising coaching experts provided by the UEG TRA-TC
- Improvement oriented trainings for young participating gymnasts and their coaches
- Exchange of experience for the coaches
- Trainings' planning and Periodisation and Progressive construction of routines

Content:

- Safe progressive practice in training
- Skills Various, Jumps, Strength
- Conditioning Circuit
- Theory and practical in spotting and safety
- Code of Points (introduction and explanation)
- Friendly Competition
- Leisure activities



# UEG Training Camps

## **Gymnasts**

Preferred level:

- national / regional team members and candidates
- national championships participants
- gymnasts from developing countries

Nevertheless all other entered gymnasts will be also welcomed.

## **Age of the gymnasts**

Gymnasts aged between 11 - 18

## **Participating coaches**

Young and young minded coaches interested in further development and experience exchange will be welcomed as well as the high experienced coaches ready to share the experience.

## **Experts**

Preferred level: national team coaching experience



# UEG Training Camp 2014



# UEG Training Camp 2015



*Experts (from left): Lennard Villafuerte TRA (NED); Paul Greaves TRA (GBR); Luís Nunes TRA & DMT (UEG TRA TC); Vadim Skakun TUM (RUS);*



# UEG Training Camp 2015

## ***Tumbling included***

*Increase of the number of gymnasts from 2014 to 2015;*

- in 2014 we had 22 gymnasts only from TRI/DMT;*
- in 2015 we had 27 gymnasts (21 from TRI/DMT and 6 from TUM);*

*Our experts were:*

- Luís Nunes TRA & DMT (UEG TRA TC);*
- Paul Greaves TRA (GBR);*
- Lennard Villafuerte TRA (NED);*
- Vadim Skakun TUM (RUS);*

*Most of the countries came in both years;*

*Some of the countries brought different groups of gymnasts;*

*There was a better interaction between all participants;*

*Hard work for the next organizers.*





# UEG Training Camp 2015 - TRA





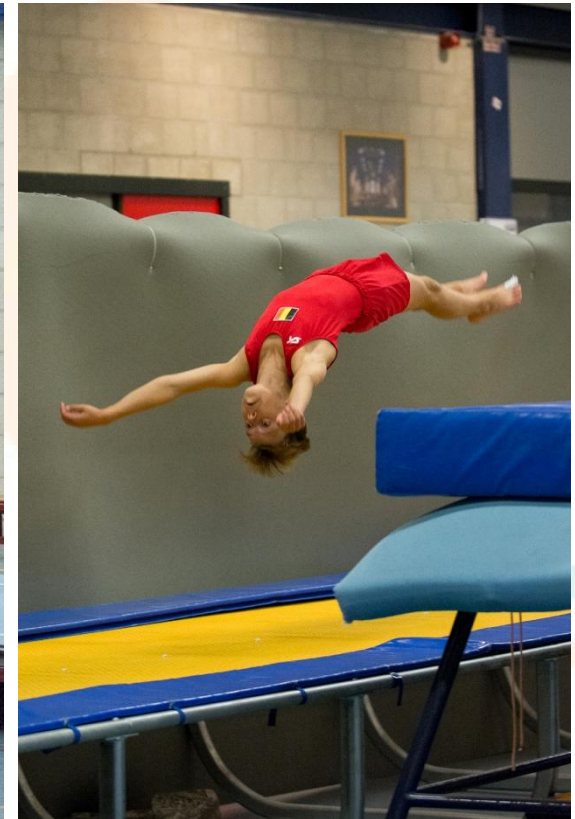
# UEG Training Camp 2015 - DMT







# UEG Training Camp 2015 - TUM





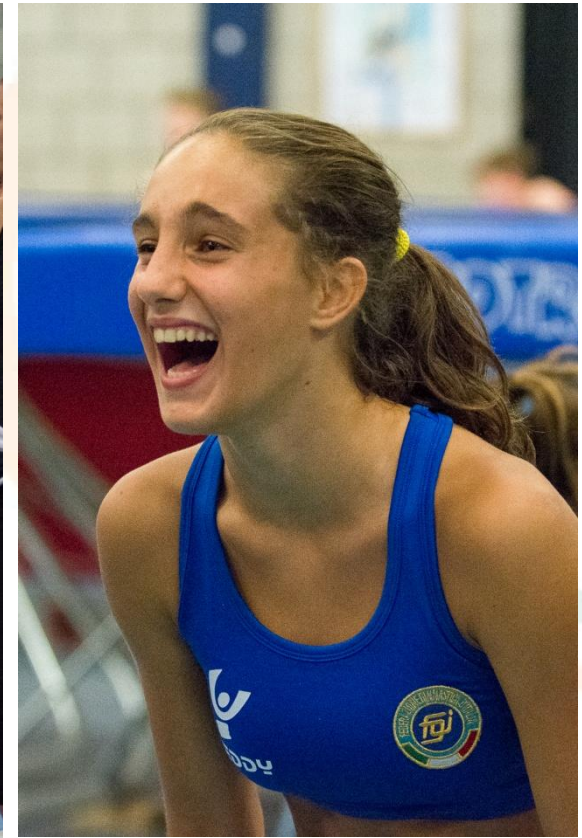
# UEG Training Camp 2015 – Hard Work







# UEG Training Camp 2015 – Have Fun



# UEG Training Camp 2015

**Don't worry**

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**Be happy !!**





# UEG Training Camp 2015





# UEG Training Camp 2016

**For all 3 disciplines again ! (TRA & TUM & DMT)**

Date and place: **17-23 July 2016**, Cascais, Portugal

Venue: Sports Hall Quinta dos Lombos R. Feitoria, 2775 Carcavelos

Experts:

- UEG TRA-TC : Luis Nunes (TRA+DMT), Irina Karavaeva (TRA)
- 1-2 other coaches with coaching experience at the national team (TRA)
- Vadim Skakun (TUM)

Equipment:

- 6 trampolines Gaofei 4x4
- 2 DMT Gaofei
- 1 TUM Track Acrosport & 2 inflatable tracks





# UEG Training Camp 2016

Invitation: on the UEG Intranet (available for the national federations) and on the UEG website (<http://www.ueg.org/en/event/viewStage.html?id=200>)

## Entries:

- Only by national federations
- Definitive / nominative entry deadline: 29.04.2016
- Send your entry earlier, if possible

## Capacity limits:

- 6 gymnasts and 3 coaches per federation, additional limits for TUM
- If you need more persons do not hesitate to contact UEG
- After the Definitive entry deadline the free places could be offered to the NFs without limitation.
- Maximum 60 gymnasts / 80 participants.

**Arrival: July 2016, 27th**

**Departure : July 2016, 23rd**



# UEG Training Camp 2016



## Accommodation



# UEG Training Camp 2016



**City of Cascais**