

Invitation

Coaches' course

Rhythmic Gymnastics



November 3rd to 8th, 2019
Marbella (ESP)



**To the UEG
Member Federations**

INVITATION

to the Course for Rhythmic Gymnastics Coaches

Dear President,

TC RG UEG, with the special cooperation of the Gymnastics Federation of Spain, is pleased to invite you to a Rhythmic Gymnastics Coaches Course in Marbella, Spain.

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

The experts are once again well-known experienced personalities.

Tatyana YANCHEVA - Psychology
Leandro MARTINEZ – Nutrition for Rhythmic Gymnasts
Beatriz BRITO – Ballet
Dominique MULLER-LAUTH – Yearly planning for individual gymnasts
Elena ALIPRANDI – Physical and technical preparation – Free body and apparatus

PROGRAMME:

Arrival: November 3rd, 2019
Departure: November 8th, 2019
Venue: Marbella, Spain
Airport: Malaga
Accommodation: Hotel ALANDA MARBELLA
Boulevard Principe Alfonso Von Hohenlohe, s / n
29602 Marbella Málaga
Spain
<https://www.alandahotelmarbella.com>
Price: Euro 650.- in single room
Euro 550.- in double room
Euro 500.- in triple room



Definitive registration

Course for RG Coaches

03 – 08.11.2019 – Marbella / ESP

The Federation of _____

enters the following participants:

	Name	First name
1.		
2.		
3.		

Date: _____ Signature: _____

To return to

UEG Secretariat – info@ueg.org

Deadline: 17.09.2019



Nominative registration

Course for RG Coaches

03 – 08.11.2019 – Marbella / ESP

The Federation of _____

Confirms the registration of the following participants:

	Name	First name
1.		
2.		
3.		

Date: _____ Signature: _____

To return to

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Deadline: 03.10.2019