

Secrétariat général Avenue de la Gare 12 CH - 1003 Lausanne

Tél.: +41 - 21 - 613.10.20

E-Mail: info@ueg.org www.ueg-gymnastics.com

Invitation Coaches' course

Rhythmic Gymnastics



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





UNION EUROPÉENNE DE GYMNASTIQUE EUROPEAN UNION OF GYMNASTICS EUROPÄISCHE TURNUNION



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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:

Venue:

Arrival: November 3rd, 2019 **Departure**: November 8th, 2019

Airport: Malaga

Accommodation: Hotel ALANDA MARBELLA

Marbella, Spain

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







Full board is included in this price, but not the beverages.

Please transfer the corresponding amount by **September 17**th, **2019** to the following bank account and <u>indicate the names of the participants.</u>

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 the UEG secretariat when sending your definitive registration.

Main language: English

Definitive registration

Please send your definitive registration by **September 17th, 2019** to the UEG Secretariat.

Nominative registration

Please send your nominative registration by **October 3rd**, **2019** to the UEG Secretariat.

Transport

In order to allow the Organising committee to organise the transport from the airport, please send your travel details to: $\underline{s.diaz@andaluciagym.com}$

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

UNION EUROPEENNE DE GYMNASTIQUE

The President Dr. Farid Gayibov The President TC-RG Maria Petrova

Lausanne, July 2019



Definitive registration

Course for RG Coaches

03 - 08.11.2019 - Marbella / ESP

| The F | ederation of | | | | | |
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| enters the following participants: | | | | | | |
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| Date: | | Signature: __ | | | | |
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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 F | ede | eration of | - | | | |
|--|-----|--------------|--------------|--|--|--|
| Confirms the registration of the following participants: | | | | | | |
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| | _ | Name | First name | | | |
| | 1. | | | | | |
| | 2. | | | | | |
| | 3. | | | | | |
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| | | | | | | |
| Date: | | Signature: _ | | | | |

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Deadline: 03.10.2019