European Gymnastics

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Invitation
COACHES COURSE
in Rhythmic Gymnastics

November 12th to 17th, 2023

Marbella (ESP)

MARBELLA

EUR(O)VISION SPORT
OPERATED BY EBU

SMARTSCORING

FEDERACIÓN ANDALUZA GIMNASIA

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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:
Yuliya RASKINA – 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

With the exceptional participation of multiple World Champion Darja VARFOLOMEEV!

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

MARBELLA EUR(O)VISION SPORT OPERATED BY EBU SMARTSCORING FEDERACIÓN ANDALUZA GIMNASIA

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, October 2023