

Invitation

TEAMGYM COACHING COURSE ON FLOOR LEVEL 3



Reddam House (GBR)
23 – 25 March 2018



To the UEG Member Federations

INVITATION TO THE TEAMGYM COACHING COURSE ON FLOOR LEVEL 3

March 23rd to 25th, 2018 at the Reddam House, Wokingham / GBR

Dear Gymnastic friends,

The UEG Technical Committee TeamGym in cooperation with British Gymnastics have great pleasure in inviting coaches from the UEG Member Federations, to participate in a **Level 3** Coaching Course on Floor at the Reddam House (GBR).

The Coaching Course offers an excellent opportunity to develop your knowledge and skills as a TeamGym floor Coach. This course consists of both theoretical and practical sessions. The course will cover the third level (out of three) in the UEG TeamGym Education Programme (see Appendix 1).

All attendees will receive a diploma, which documents their participation.

Age

Participants must be at least 18 years old.

Venue

Reddam House
Bearwood Rd,
Wokingham
Berkshire RG41 5BG

Preliminary Programme

Friday	March 23 rd	Course starts at 4 p.m.
Saturday	March 24 th	Training sessions and Lectures from 9 a.m. to 5 p.m. Dinner at the hotel at 7 p.m.
Sunday	March 25 th	Training sessions and Lectures from 9 a.m. to 4 p.m. Departure from 4 p.m.

Registration

The registrations have to be sent to the following E-mail address: info@ueg.org
Definitive / Nominative registration: February 15th, 2018

As we only have place for 20 participants, we please ask you to register no more than 2 coaches per federation. If your Federation wants to participate with more coaches, please inform the UEG office when sending your registration. Before booking the flights, please wait for the confirmation of the UEG.

Participation Fee: 230 EUR / participant

The participation fee includes, lunch, coffee breaks and the course facilities (venue, equipment, experts/lecturers) from Friday afternoon to Sunday lunch. Accommodation, breakfast and transfer from the airport are not included (see below about accommodation).

The closest airport is London Heathrow (LHR).

Accommodation

Hotel: Best Western - Mote House. Mill Ln, Sindlesham, Earley, Wokingham RG41 5DG

Price: £128 Single room (only 5 available), Friday Dinner, Saturday Breakfast & Dinner & Sunday Breakfast.

£92 Twin/Double room, Friday Dinner, Saturday Breakfast & Dinner & Sunday Breakfast.

To book your accommodation until February 15th, 2018, please contact Peter Tranckle: peter.tranckle@british-gymnastics.org

Transfer

Please note that we are only offering low cost airport transfers from and to London Heathrow (any terminal).

Price: £45 Airport Transfer from London Heathrow (any terminal) to the hotel for up to 3 passengers with luggage. Same price for return. Has to be paid directly to the driver. Transfers from Winnersh & Winnersh Triangle train stations can be arranged free of charge with sufficient notice.

To book your transfer, please contact Peter Tranckle: peter.tranckle@british-gymnastics.org

The registration fee must be paid by February 15th, 2018 as follows:

230 EUR/participant, this amount is non-refundable and has to be transferred to the following **account of the UEG:**

Banque Cantonale Vaudoise
Place St- Francois 14, CP 300, 1002 Lausanne
Account: L5205.70.49/IBAN: CH05 0076 7000 L520 5704 9
SWIFT/BIC: BCVLCH2LXXX

For further information about the course, please contact:

Peter Tranckle, TC TeamGym, peter.tranckle@british-gymnastics.org.

Welcome at the Reddam House

The Technical Committee TeamGym welcomes and anticipates the participation of both current and new TeamGym Federations.

Looking forward to seeing you in Great Britain!

We remind you to respect the deadlines and remain,
With kind regards,

UNION EUROPEENNE DE GYMNASTIQUE

The President
Farid GAYIBOV

The President TC-TG
Per SJÖSTRAND



APPENDIX 1 – Education syllabus for TeamGym Coaches' Courses on Floor / level 1-3

Step 1

This course is meant to give the coach basic knowledge in choreographing a TeamGym floor program and how to prepare the training of the gymnasts. Also basic knowledge in applying the Code of Point.

Technique

- Basic awareness of body posture, body awareness, room awareness and movement vocabulary and how to practice this in the daily training.
- Introduction and basic knowledge of Laban's *Bess-concept* and how this theoretical framework can enhance the gymnast's ability of mentioned elements above.
- Basic knowledge in the *dance-vocabulary* and how to apply that in gymnastics
- Basic knowledge in the *ABC* of floor difficulties.
- Basic knowledge of the *Lego-method* and how to apply that for training the difficulties.
- Basic knowledge of physical preparation of the gymnasts.

Composition

- Basic awareness of the required elements of the floor program.
- Applied practice of the required elements of the floor program.
- Basic awareness in how the *Bess-concept* can be applied in the composition of the program.
- Basic choreographic keys.

Music

- Basic awareness of musical theory and key-concepts.
- Basic understanding in the importance of the music for the floor program.
- Basic knowledge in how to analyse music.

Coaching

- Basic awareness of the impact you as a coach has on the gymnast's development

Judging

- Basic knowledge of how to read and interpret the Code of Points from a floor coach point of view.

Step 2

This course will give the coach enhanced knowledge in different technical aspects in training the gymnasts. It will also give the coach an opportunity to be aware of the own movement vocabulary and how to apply that in to choreography. Also an introduction to basic didactic aspects that is important in order to enhance the ability of the gymnast.

Technique

- Applied dance technique using different dance-genres.
- Analysing technique (both difficulties and choreography) using the *BESS-concept*.
- Enhanced knowledge of the *Lego-method* and in analysing the difficulties.
- Further knowledge in physical preparation of the gymnast.

Composition

- Improvisation – awareness of movement vocabulary.
- Analyse composition using the BESS-concept.
- Further choreographic keys and how to develop movement material.

Music

- Further awareness of expressing the music in movements

Coaching

- Basic knowledge of Didactics.
- Basic knowledge of bodily learning processes (Visual, Auditive, Kinaesthetic Tactile) and in transferring to the gymnast's.
- Basic awareness in the use of the voice.

Step 3

The “theme” of this course is how to accomplish perfection, both in the performance of the gymnast's as well as the choreography.

Technique

- Further knowledge in how applying the *BESS-concept* in analysing difficulty elements
- Enhanced knowledge in physical preparation of the gymnast.
- Knowledge of how to build up progression of the difficulty elements over time.
- Preparation for more difficult technical elements and how to perform them in flow.
- Preparation for more difficult choreography.
- Technical-exercises for improving the awareness of the gymnasts.

Composition

- Enhanced knowledge of and the ability in how different choreographic elements and the relation between them can improve the experience of the program.
- Awareness of the expression of the program.
- How to make in-depth analysing of the program

Coaching

- Enhanced knowledge in aspects around didactics.
- How to raise the awareness of the individual gymnast as well as the team and their performance.
- Awareness of how to use imagery and metaphors in order to enhance the performance of the team.



**Definitive / Nominative Registration
to the TeamGym Coaches Course on Floor at the Reddam House**

The Federation of _____

enters the following participants to the TeamGym Coaches course on Floor at the Reddam House.

1. Name: _____ **First name:** _____

E-Mail: _____

2. Name: _____ **First name:** _____

E-Mail: _____

Date: _____

Signature: _____

**To return to the UEG Secretariat, Avenue de la Gare 12, 1003 Lausanne
info@ueg.org**

DEADLINE: February 15th, 2018