



European
Gymnastics

Invitation

INTERNATIONAL TEAMGYM CONFERENCE



in Malmö (SWE)
January 5th-7th 2024



To the Member Federations of
European Gymnastics

Lausanne, October 16th, 2023

INVITATION TO THE INTERNATIONAL TEAMGYM CONFERENCE
January 5th – 7th 2024 in Malmö (SWE)

Dear TeamGym friends,

The European Gymnastics TeamGym Technical Committee, in cooperation with the Swedish Gymnastics Federation and the club GK Motus-Salto, have the pleasure in inviting you to the International TeamGym Conference in Malmö.

This conference will include both practical and theoretical sessions which will be of particular interest to performance coaches, judges, and managers/governing body administrators.

The conference is an excellent opportunity to increase your knowledge about the latest in TeamGym and at the same time influence the future direction of the sport. Practical and theoretical sessions will run in parallel, so it is advisable to send more than one delegate.

Conference topics include:

- Transitions on tumble
- Technical development of triple saltos
- Dynamics on floor
- Injury prevention (practical)
- Performance coaching for vault (trampet)
- Modernisation of judging
- Periodisation for TeamGym
- Case studies for national programmes
- Injury prevention (theory)
- Future development of international competitions
- Code modifications for lower levels
- Dynamic execution/
Amplitude and extension (floor)

There will also be sessions on the next TeamGym Code of Points to be published early 2025.
Details may change before the program is finalised.

Language

All sessions will be held in English.

Course Venue

The conference will take place at [Quality Hotel View](#), Hyllie Stationstorg 29, Malmö, and in the nearby training hall at Hyllievångshallen, Ymers gata 4, Malmö. The training hall is about 6-7 minutes by walk from the hotel.

Lunch, dinner and coffee breaks from Friday afternoon to Sunday lunch is included in the course fee.



Travelling

The nearest international airport is Copenhagen Airport (CPH) in Denmark. Transfer by train takes 12 min from Copenhagen Airport to Malmö Hyllie station. Tickets can be bought using debit/credit card at [Skånetrafiken](#)'s ticket machines at the stations. Trains are leaving about 3 times an hour and cost approximately €12 per way (to be paid in SEK).

Preliminary time schedule

| | | |
|----------------------------------|-------------|---|
| Friday 5 th January | -15h00 | Arrival in Malmö Hyllie |
| | 15h30-16h00 | Coffee and refreshments |
| | 16h00-19h15 | Opening session Class and gym based sessions |
| | 19h30 | Dinner |
| Saturday 6 th January | 09h00-12h00 | Class and gym based sessions |
| | 12h00-13h00 | Lunch |
| | 13h00-18h30 | Class and gym based sessions |
| | 19h00 | Dinner |
| Sunday 7 th January | 09h00-12h30 | Class and gym based sessions Closing session |
| | 12h30-13h30 | Lunch |
| | 13h30 | Departure |

Registrations to the course

- **Definitive registrations:** until **November 30th**
- **Nominative registrations:** until **November 30th**

National federations submit the invitation form within the indicated deadline to the following address: European Gymnastics, info@europeangymnastics.com

Participation fee (conference fee, tutors, lunch, dinner, coffee breaks) €320.- /participant.

The registration fee must be paid **by November 30th, 2023**. The fee is non-refundable and must be transferred to the following account of the European Gymnastics:

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



Accommodation

Hotel accommodation from January 5th - 7th is not included in the course fee, but may be booked on the registration form and paid directly to GK Motus-Salto. Rooms have been pre-booked at Quality Hotel View.

- Accommodation in a single room 1700.- SEK (appr. €148) for 2 nights, including breakfast
- Accommodation in a shared double room 950.- SEK (appr. €83) for 2 nights per person, including breakfast

The booking of accommodation is non-refundable.

Please contact GK Motus-Salto, Jonathan Stensson, e-mail: info@motussalto.com for information about room rates for earlier arrivals or later departures.

Payment for accommodation is made in SEK via bank transfer to GK Motus Salto, Kopparbergsgatan 2C, SE-214 44 Malmö (see below). For the negotiated prices to apply, the accommodation must be paid **by the registration deadline November 30th, 2023.**

Bank: Skandinaviska Enskilda Banken
Address: World Trade Center, SE-205 20 Malmö, Sweden
IBAN SE965000000055261006112
SWIFT/BIC: ESSESESSXXX

Accident and health insurance

All participants must have a certificate proving that they have valid health and accident insurance. A copy of the certificate must be sent to the European Gymnastics office with the entry form. If a valid certificate is not presented the coach/judge/manager will not be authorised to participate in the course.

Questions about the TeamGym conference:

Michaël Alger, European Gymnastics, info@europeangymnastics.com

The Technical Committee TeamGym is looking forward to seeing you in Malmö!

With kind regards,

EUROPEAN GYMNASTICS

Dr Farid Gayibov
President

Per Sjöstrand
TeamGym TC President



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

By submitting the provisional and/or definitive and/or nominative registrations for this Event, you agree to the processing of personal data contained in the forms of inscription purposes related to this European Gymnastics event and the publication of photos and/or moving images.

DEFINITIVE AND NOMINATIVE APPLICATIONS

By submitting a provisional and/or definitive and/or nominative application, you accept that data you input will be transmitted to and saved by European Gymnastics. Submitted information for the application to an official European Gymnastics event will be transmitted through the European Gymnastics office to the official LOC. NF has access to its data at all times in order to amend it.

DATA PROCESSING

Data submitted to European Gymnastics and transferred to the LOC may be used for the following purposes:

- Preparation of the organisation of this event
- List of conference delegates
- List of delegations and accompanying persons designated by name

DUTY OF EUROPEAN GYMNASTICS

European Gymnastics shall supply the most recent data to their LOC on time and on a regular basis.

DUTY OF THE LOC

The LOC undertakes not to disseminate to its own clients the data submitted by European Gymnastics and NFs, to use the information exclusively for the event, to respect the retention/erasure period provided and to take any useful measure to safeguard the information in its possession.

RETENTION OF INFORMATION IN ORDER TO PREPARE THE EVENT

The LOC is entitled to retain for a 6-month period the information related to the entries and the organisation of the event.

After this deadline, all information received shall be erased except for the accounting data such as invoicing. The legal deadline of the host country shall apply.

PUBLICATION OF PHOTOS AND/OR MOVING IMAGES

By submitting a provisional and/or definitive and/or nominative application through the NF, all participants agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purposes now or hereafter authorised by European Gymnastics in relation with the promotion of the event. The NF and the participants agree that all photos and moving images taken at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from European Gymnastics.

CONTACT

EUROPEAN GYMNASTICS
Avenue de la Gare 12, 1003 Lausanne, Switzerland
Tel : +41 - 21 - 613.10.20, E-Mail: info@europeangymnastics.com