

1<sup>th</sup> February 2018

**UEG Team Gym Level 3 Coach Education Course  
Reddam House GBR  
23<sup>rd</sup> – 25<sup>th</sup> March 2018**

British Gymnastics is delighted to receive an invitation to attend the UEG Team Gym Training Level 3 Coaches Course taking place in Reddam House, GBR, 23<sup>rd</sup> – 25<sup>th</sup> March 2018.

With British Gymnastics, the Technical Committee is inviting applications to attend from coaches that meet the criteria stated below. To further inform your application please find attached the directives to include full details of the course.

**Attendance Criteria**

- Current member of British Gymnastics
- Current DBS and Safeguarding and Protecting Children certificate
- Qualified TeamGym coach Level 3 and above

**Costs & Payment**

Attendees of the Coaches Course will be responsible for funding all costs including the participant fee, travel and accommodation. Details of the participant fee are as follows:

- €230.00 per person
- Participant fee includes lunch, coffee breaks and course facilities (venue, equipment, experts/lecturers)

Please note that accommodation, breakfast and transfer from the airport are not included and will therefore be in addition to this cost.

Coaches who wish to be considered for the Coaches Course are asked to complete and return the attached form to British Gymnastics by **Wednesday 7<sup>th</sup> February 2018**. Applications will be considered by the Technical Committee Chair and the Performance Manager by **Monday 12<sup>th</sup> February 2018** based on fulfilling the eligibility / qualification criteria. Please note that attendance at the UEG Coaches Course is for CPD purposes only and does not provide a coaching qualification recognised by British Gymnastics.

In signing and returning the application form you are accepting 100% of the costs of attending the Coaches Course. British Gymnastics will make payment to the UEG for the participant fee and then recharge this cost. Payment of the participant fee to British Gymnastics must be made no later than **Wednesday 14<sup>th</sup> February**.

Should you have any queries please contact Marie Johnson:

Email – [marie.johnson@british-gymnastics.org](mailto:marie.johnson@british-gymnastics.org)

Phone – 0345 129 7129, extension 2317





**UEG TeamGym Level 3 Coach Education Course**  
Application to Attend

**Deadline: Wednesday 7<sup>th</sup> February 2018**

E-mail: [marie.johnson@british-gymnastics.org](mailto:marie.johnson@british-gymnastics.org)

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Current Coaching  
Qualification: \_\_\_\_\_

DBS Expiry Date: \_\_\_\_\_

SPC Expiry Date: \_\_\_\_\_

BG Membership Number: \_\_\_\_\_

Accepting 100% of the responsibility of the costs, I would like to submit a request to attend the UEG TeamGym Level 3 Coach Education Course taking place in Reddam House, GBR.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## 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 23<sup>rd</sup> to 25<sup>th</sup>, 2018 at the Reddam House, Wokingham / GBR**

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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 <sup>rd</sup>	Course starts at 4 p.m.
Saturday	March 24 <sup>th</sup>	Training sessions and Lectures from 9 a.m. to 5 p.m. Dinner at the hotel at 7 p.m.
Sunday	March 25 <sup>th</sup>	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](mailto:info@ueg.org)  
Definitive / Nominative registration: February 15<sup>th</sup>, 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 15<sup>th</sup>, 2018, please contact Peter Tranckle: [peter.tranckle@british-gymnastics.org](mailto: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](mailto:peter.tranckle@british-gymnastics.org)

**The registration fee must be paid by February 15<sup>th</sup>, 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](mailto: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**

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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](mailto:info@ueg.org)**

**DEADLINE: February 15<sup>th</sup>, 2018**