

The Trampoline Development Clinics at Portugal



INVITATION LETTER

for

The Summer Trampoline Development Clinic at Portugal- LOULÉ 2015

Loulé, February the 24th, 2015

Dear Friends,

The AlgarveGYM Club and the Algarve GymCamps are proud to announce the Portugal Trampoline Clinic Programme. This will be comprised by three annual events, summer, winter and spring and will start in 2015/2016 with The Summer Trampoline Development Clinic at Portugal – Loulé 2015.

These events will be somewhat different from the TrampCamp, which will have its sixth edition this summer. Without disregarding the gymnasts involved in training, it'll pay a little bit more attention to coaches and their needs, including theoretical lectures, debates and formal practical sessions, specially devoted to their professional development as trampoline coaches.

Loulé is the capital city of a quite big municipal territory but it is, at the same time, a small friendly town, very well known for organising regional, national and international gymnastics events, particularly in Trampoline.

As said above, this year, our club will be organising the 6th edition of what we believe to be the largest Trampoline Gymnastics international training camp in Western Europe (please refer to www.algarvegymcamps for more information).

Recognising the experience of the city and the municipality of Loulé in organising international sport events, the city has been awarded by ACES the title of European City of Sport for 2015.

How will The Summer Trampoline Development Clinic at Portugal – Loulé 2015 be organised? Five days of training, lectures and practical coaching sessions, two beach and/or aqua park trips and a friendly competition.

Leisure times will be spent mostly at the swimming-pool and, of course, at the beach and/or the aqua park.

Please refer to the attached provisory programme.

There'll be at least two working stations, led by one expert coach each, and every gymnast/group/coach will rotate on those working stations, from training session to training session.

We won't accept registrations from gymnasts unaccompanied by a coach.

Training methodology will be agreed between the expert coaches and the gymnasts' coaches present but it might have to reflect the themes present at the lectures and practical coaching sessions.

If you are interested in registering, please request the Registration and Payment Schedule to secretariat@algarvegymcamps.org.

For the OC of the Algarve GymCamps,

Nuno Cordes Aniceto

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Provisory Programme

Day 1 – August, 7th, 2015

Arrivals

Day 2 – August, 8th, 2015

07:00 – 09:00	Breakfast
08:00 – 08:50	Lecture 1
09:00 – 10:20	Practical Coaching Session 1
10:30 – 12:15	Training Session 1 (Group 1 and Group 2)
12:30 – 14:00	Lunchtime
14:30 – 15:50	Practical Coaching Session 2
16:00 – 17:45	Training Session 2 / Group 1
17:15 – 19:00	Training Session 2 / Group 2
19:30 – 21:00	Dinnertime

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Day 3 – August, 9th, 2015

07:00 – 09:00	Breakfast
08:00 – 09:20	Practical Coaching Session 3
09:30 – 11:15	Training Session 3 / Group 1
10:45 – 12:15	Training Session 3 / Group 2
Beach Trip (Lunch will be provided in a carry bag)	
19:30 – 21:00	Dinnertime
21:30 – 22:20	Lecture 2 & Debate

Day 4 – August, 10th, 2015

07:30 – 09:00	Breakfast
08:00 – 08:50	Lecture 3
09:30 – 11:15	Training Session 4 / Group 1
10:45 – 12:15	Training Session 4 / Group 2
12:00 – 14:00	Lunchtime
14:30 – 15:50	Practical Coaching Session 4
16:00 – 17:45	Training Session 5 / Group 1
17:15 – 19:00	Training Session 5 / Group 2
19:30 – 21:00	Dinnertime

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Day 5 – August, 11th, 2015

07:00 – 09:00	Breakfast
08:00 – 09:20	Practical Coaching Session 5
09:30 – 11:15	Training Session 6 / Group 1
10:45 – 12:15	Training Session 6 / Group 2
Beach Trip (Lunch will be provided in a carry bag)	
19:30 – 21:00	Dinnertime
21:30 – 22:20	Lecture 4 & Debate

Day 6 – August, 12th, 2015

07:30 – 09:00	Breakfast
08:00 – 08:50	Lecture 5
09:30 – 11:15	Training Session 7 / Group 1
10:45 – 12:15	Training Session 7 / Group 2
12:00 – 14:00	Lunchtime
15:30 – 18:00	Competition
18:00 – 19:00	Closing Ceremony
20:30 – 24:00	Barbecue & Dance Party

Day 7 – August, 13th, 2015

Departures