



**European  
Gymnastics**

Head Office  
Avenue de la Gare 12  
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info@europeangymnastics.com  
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## INVITATION

### 2025 COACHES WORKSHOP in TUMBLING



**Koblenz (Germany)**

**Turnverband Mittelrhein e.V.**

**Rheinau 10 - 56075 Koblenz**

**02.-04. May 2025**

# AirTrack Factory

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## To the EG member federations

### **Invitation to the coaches' workshop in TUMBLING 02.-04. May 2025, Koblenz (Germany)**

Dear Madam, Dear Sir,

The European Gymnastics Trampoline Technical Committee and German Gymnastics Federation DTB in collaboration with her member, Turnverband Mittelrhein e.V. will organize a weekend trampoline coaching workshop. The event will take place from 02.-04. May 2025, Turnverband Mittelrhein e.V. Rheinau 10 - 56075 Koblenz.

This Workshop is specially organized for participants from Germany and countries near Germany, but other countries where Trampoline is being developed are of course also invited. This Workshop is designed for TUM.

#### **Participants:**

Gymnastics coaches, gymnasts and judges interested in starting, further developing, and/or exchanging of coaching experience in trampoline gymnastics. The workshop will be held in English language only.

The EG will provide the participants with an official certificate of participation, as proof of their work during the workshop.

The workshop will be held with a minimum of 10 and a maximum of 30 participants. The EG TRA-TC can update the limits, if necessary.

#### **Workshop leaders and expert coaches**

MIKEY BARNES is a highly successful gymnast, Cirque du Soleil performer, and tumbling coach. As both a gymnast and a coach, Mikey has achieved medals at the British, European, and World Championships. He is currently a Great Britain National Team and tumbling coach educator.

ANDREW COULTER is a highly qualified FIG tumbling Judge and European Gymnastics Trampoline TC Member.

#### **OFFICIAL ACCOMMODATION**

Sportschule Oberwerth, Lortzingstr. 1a, 56075 Koblenz.

Price for single room is 68,00 € per night and double room is 45,50 € per night including breakfast. Taxes are included. You have to pay for the accommodation when you check out the hotel.



### PROVISIONAL SCHEDULE

The participants will receive the definitive schedule upon arrival.

Thursday, 01. May	arrival and accommodation	
Friday, 02. May	until 14:00	Arrival
	14:00 – 15:00	Welcome and introductions
	15:00 – 16:00	Theory Lecture 1
	16:00 – 16:30	Warm Up
	16:30 – 18:30	Practical Session 1
	18:00 – 20:00	Dinner
Saturday, 03. May	07:00 – 09:30	Breakfast
	09:30 – 11:30	Practical Session 2
	11:30 – 12:00	Break
	12:30 – 13:30	Theory lecture 2
	13:30	Lunch
	13.30 – 15.30	Lunch break
	15.30 – 17.30	Practical Session 3
	17.30 – 18.00	Questions about the day
	17:30 – 19:30	Dinner
Sunday, 04. May	07:00 – 09:30	Breakfast
	09.30 – 11.30	Practical Session 4
	11.30 – 12.30	Review of the workshop & Final Q&A
	13:00	Lunch
		Departure

### MEALS

Lunch, 15,90 € | Dinner 14,50 €

### PARTICIPATION FEE

The participation fee for the workshop is 75,00 € per person. The participation fee includes the following: Accommodation and meals are not included in the participation fee.

### REGISTRATION and PAYMENT

Please send your application form to the DTB German Gymnastics Federation: [patrick.siegfried@dtb.de](mailto:patrick.siegfried@dtb.de) until **15.04.2025** On base of your application, we will send you an invoice for the workshop.



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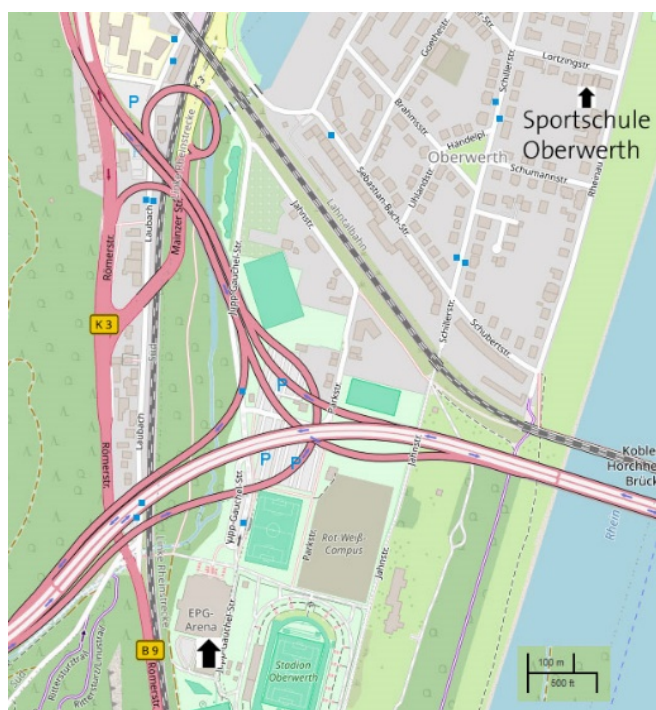
The participation fee has to be paid by **28.04.2025** to:

BANK Sparkasse Koblenz Bank account: DE33 5705 0120 0000 0560 44

SWIFT-BIC code: MALADE51KOB

### ARRIVALS AND DEPARTURE

From the Airport Frankfurt and Cologne is a direct connection by train to Koblenz. From the Airport Hahn by Bus. etc.



### INFORMATION

For further information please contact:

Patrick Siegfried (DTB TRA-TC) [patrick.siegfried@dtb.de](mailto:patrick.siegfried@dtb.de) phone/WhatsApp +49 157 79068623

Babette van Wetering (European Gymnastics TRA-TC) e-mail: [bvanwetering@outlook.com](mailto:bvanwetering@outlook.com)

### German Gymnastics Federation

TC-TRA  
Patrick SIEGFRIED

### EUROPEAN GYMNASTICS

President TC-TRA  
Babette VAN WETERING

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