



Circular TRA TC 03-2019

8 January 2019

To: SAGF Board & TTC Members
Trampoline HP Coaches
All Provinces, Districts, Clubs & Members

GREECE TRA & TUM TRAINING CAMP **7th to 13th JULY 2019**

Dear Clubs.

After careful consideration the committee has decided that rather than send a team to compete in the Frivolten Cup Competition to rather participate in a Greek training camp, which will accommodate trampoline, double mini and tumbling.

We also feel that this event will fit very nicely into our 2019 calendar. The 2nd trials combined with a training camp are scheduled to be held in Gauteng from the 1st to the 6th July. We will try to host all the travelling gymnasts with families in Gauteng for this period of time and plan to depart for Greece on Saturday evening the 6th July. Only level 7 & 8 gymnasts will be offered this opportunity and at the discretion of the TC some talented 10&U level 6 gymnasts may be included, based on their performance at the SA Cup Competition.

ADDITIONAL INFORMATION:

Asteras Pefkis is the biggest gymnastics association in Athens Greece involved with trampoline, tumbling and DMT. From 07 to 13 July 2019 ASTERAS PEFKIS will organise the second trampoline, tumbling and DMT camp in cooperation with the biggest sports centre in Greece. It has uniquely combined high quality sports facilities, accommodation, food and beverage as well as areas of entertainment. This is all encompassed in a natural environment of 75.000sqm with full qualified and trained staff. This is to provide all members involved with safety and security. Furthermore, there will be a European coach provided with many years of experience at international level competitions. The head coach for trampoline will be the Russian coach. Oleg Zaporozchenko and for tumbling the head coach will be the Russian coach Vadim Skakun.

DATE:

7-13th July 2019 (13th July Check Out)

This means the gymnasts will have two weeks of focused training and only 4 days of school will be missed.

ACCOMOTATION/DIETRY REQUIREMENTS PROVIDED

The accommodation provided to all participating athletes is 55 very modern and air-conditioned rooms and cottage. These all provide toilets with showers and hot water for 6-16 people per dorm. There is a restaurant provided for breakfast, lunch and dinner. It is 650sqm. It will provide healthy wholesome meals for all athletes in a buffet style. All ingredients are fresh and food is home made.

SPORTS COMPLEX

The athletic facilities and space is of Olympic quality and status. Used during the 2004 Olympic Games. They include:

- Private gymnasium with parquet 900sqm
- 3 tennis courts

- 3 outdoor basketball courts
- 6 volleyball courts
- Football courts
- Cycling run
- Indoor air conditioning training court (multipurpose)
- Gymnasium 500sqm (free weights and gym equipment)
- Heated pool 25x12,5m with 66 lanes
- Natural grass football field, with a full running track around it.
- Training seminars class

EQUIPMENT

- 4 Eurotramp Trampolines
- 1 Tumble Track
- 1 Fast Track
- 1 Air Track
- Belts
- 1 Double Mini Trampoline

BUDGETED COST

- The total budgeted cost is approx. R20, 000.00 and includes:
- Accommodation in dorms of 12-16 rooms for all athletes
- All board meals 3x/ day breakfast, lunch and dinner in buffet style. This does not include beverages
- Exclusive use of the indoor stadium for CAMP
- One-day excursion
- Safety insurance responsibility for all visitors of CAMP
- Free accommodation for any coach responsible for 15 athletes 1/15 athletes free
- T-Shirt -Cotton
- Flight

PAYMENT CONDITION

50% of budgeted cost to be transferred by 15/02/2019 (Please note this is non-refundable if cancelled)

Remainder of the payment by 27/05/2019

Payments MUST be deposited via the CGGA Nedbank bank account number: 1913207536

We are looking at taking full teams (x4) for each age group male & female for trampoline, double mini and tumbling and possibly 2 additional members depending on the demand. It is however, important to note that bookings will be reserved on a "first come, first serve basis". This means you should complete the attached intent to participate form and return to me together with a copy of your deposit payment as soon as possible to avoid disappointment.

Kind Regards

Cheryl van der Walt
Trampoline Programme Manager