



INTERNATIONAL TEAMGYM TRAINING CAMP PORTUGAL



Kim
Fischer 
(Camp Head Coach)

Dear Teamgym friends,

The International Teamgym Camp Portugal by Sunlive Group have great pleasure in inviting gymnasts and coaches from the all over the world, to participate again in a 6 days Training Camp in Anadia - Portugal from the **7th to 12th of September 2020**.

This 2020 Training Camp edition offers an excellent opportunity to develop your knowledge and skills as TeamGym gymnasts as well as for all Coaches taking part.

The Camp consists of practical sessions in all three disciplines of TeamGym; Floor, Tumbling and Trampet as well as theoretical sessions for Coaches.

There will be international experts covering the three disciplines as well as international gymnasts acting as support coaches.

With a modern National Gymnastics Training Center, Anadia will amaze everyone with its beauty, its modern developed infrastructure and its unique nature surrounding.

All gymnasts and participating coaches will be able to enjoy the exceptionally comfortable conditions offered here.

Thanks to its favourable location, the participants can easily get to Anadia from the Oporto International Airport, only 60 minutes by bus or using the train.

We truly hope that you are going to take an active part in this International Teamgym Camp in Anadia, Portugal and contribute to this International Teamgym movement.

The Camp organisers welcomes all representatives and anticipates the participation of both current and new TeamGym gymnasts and coaches.

Looking forward to seeing you in Anadia!

With kind regards,

THE INTERNATIONAL TEAMGYM CAMP PORTUGAL
by Sunlive Group

organised by





INTERNATIONAL TEAMGYM TRAINING CAMP PORTUGAL

7th - 12th
September
2020

PACKAGE OPTIONS

Package	Price (euros)	Participation Fee (300 €)	Training Camp Sessions	Twin Room	Triple Room	Full Board	Camp Social Activities
Package A2	475	✓	✓	✓	✗	✓	✓
Package A3	450	✓	✓	✗	✓	✓	✓
Package B2	450	✓	✓	✓	✗	✓	✓
Package B3	425	✓	✓	✗	✓	✓	✓
Package C	300	✓	✓	✗	✗	✗	✗

Registration Dates:

Expression of Interest - Until 15th of May 2020

Participation Fee (300 euros) - Until 30th of May 2020

Remaining Value (accommodation value) - Until 31st of July 2020



PACKAGE A

ESTALAGEM DE SANGALHOS - 3 Stars Sports Hotel

Deep in the heart of the Bairrada region, this quiet guesthouse boasts panoramic views of the surrounding landscapes. It features an outdoor pool and a tennis court.

Package rates includes Full-Board Accommodation + Participation fee (price per participant for 5 days - 7th to 12th September):

A2 - Twin room: 475 euros

A3 - Triple room: 450 euros



PACKAGE B

CAR – HIGH PERFORMANCE CENTRE - National Velodrome

Located at CAR – High Performance Centre / National Velodrome this Sports Housing as rooms fully equipped with free wifi and LCD television. It has a four stars standard hotel rating.

Package rates includes Full-Board Accommodation + Participation fee (price per participant for 5 days - 7th to 12th September):

B2 - Twin room: 450 euros

B3 - Triple rooms: 425 euros



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CAMP TRAINING HALL



Teamgym
Trampoline
Power Tumbling
Artistic Gymnastics
Rhythmic Gymnastics

BMX Olympic Track
Velodrome
Fencing
Judo





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GENERAL PROGRAMME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 th SEP	8 th SEP	9 th SEP	10 th SEP	11 th SEP	12 th SEP
ARRIVALS	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Transfer to Hall	Transfer to Hall	Transfer to Hall	Transfer to Hall	Transfer to Hall
	Technical Training 1 Trampoline/ Forward	Technical Training 3 Pegasus/ Backwards	Technical Training 5 Forward/ Trampoline	Technical Training 7 Backwards	OpenGym Backwards
	Refreshements	Refreshements	Refreshements	Refreshements	Refreshements
	Technical Training 2 Forward/ Trampoline	Technical Training 4 Backwards/ Pegasus	Technical Training 6 Trampoline/ Forward	Technical Training 8 Pegasus/ Backwards	OpenGym Trampoline
	Lunch Time				Final Lunch & Pool Party
Welcome To Camp					DEPARTURES
Open Gym	Focus Training A Trampoline/ Forward	Focus Training B Pegasus/ Backwards	Free Afternoon <i>(e.g. Surf Baptism; PaintBall; Beach Tennis; Canoeing; City Sightseeing)</i>	Focus Training E Backwards/ Pegasus	
Training groups	Focus Training C Trampoline/ Forward	Focus Training level D Pegasus / Backwards	Focus Training G Forward/Pegasus		
Dinner Time	Dinner Time	Dinner Time	Dinner Time	Dinner Time	
Social Activities	Social Activities	Social Activities	Social Activities	Social Activities	
Bed Time					





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2019 Camp Participants

