



Dutch Rhönrad
Summercamp 2012
Ede, 25 July - 3 August

www.drs2012.com

**INTERNATIONAL TRAINING CAMP
IN
WHEEL GYMNASTICS**

EDE



The Netherlands



DOK Ede and the Dutch Gymnastics Federation (KNGU), in co-operation with the IRV (International Wheel Gymnastics Federation), hereby invites the wheel gymnastics family to meet again in Ede in 2012. Enthusiasts of all levels and nationalities are welcome to join our international summer training camp 25 July - 3 August 2012.

Where is Ede?

Ede is approximately 80km from Amsterdam, between Utrecht and Arnhem, in the province of Gelderland in central Netherlands.

How to get to Ede?

By **car** you can drive:

- From the South East via Venlo or Arnhem
- From the East via Arnhem or Hengelo
- From the North via Hengelo
- From the West (Great Britain) via Channel Tunnel then Antwerp (Belgium) and Breda

Ede is approximately 190km from Cologne, 600km from Berlin and 420km from Hamburg.

For travelling by car it is easy to consult:

<http://route.anwb.nl/routeplanner>

By **train** you need to travel to the train station called Ede-Wageningen.

A good web site to consult is:

<http://onlineboeken.nshispeed.nl/microtips>



For **air** travel, the nearest international airport is Amsterdam (Schiphol), although cheaper flights can often be found to the German airport of Düsseldorf Weeze (www.airport-weeze.de/2-3_an_und_abreise_bus_und_bahn.php?lang=en), or the Dutch airports Eindhoven (www.9292ov.nl) and Rotterdam (www.9292ov.nl). There are train connections from all these airports to Ede-Wageningen.

You can also consult:

<http://www.bcdtraveldirect.nl> or <http://www.cheaptickets.nl>

Moving around in Ede – the environmentally friendly way!

The small town of Ede with its 108 000 inhabitants has a unique traffic plan, whereby the easiest way to move around is by bicycle. The cycle paths are wide, easy to follow and provide an excellent transport network between the sports halls at the international training camp.

So we will not just be active in big wheels

The camp organisers have chosen to follow the environmentally friendly example of Ede:

Bicycles will be made available to all camp participants in order to move around from sports hall to sports hall. The bicycles must be handed back at the end of the camp.



Helmets are not legally required in the Netherlands. However, the IRV recommends camp participants for their own safety to bring their own helmets and use them during the camp.



Accommodation and meals

Accommodation and meals will be organised in one of the four sports halls that will be used for the camp. Each participant will be provided with a camp bed, but will need to bring a sleeping bag and pillow from home.

This accommodation is not suitable for babies or small children.

Separate sleeping quarters (also with camp beds, but in a smaller and quieter area) will be available for coaches and organising officials.

Vegetarian meals and other dietary requirements

We will offer vegetarian meals at the training camp. We will also do our best to cater for other dietary requirements. Please indicate your meal preferences with your online registration.

Training

Three additional sports halls will be used for training; one for straight-line, one for vault and one for spiral.

Sports halls

The following sports halls will be used for the camp:

- A: De Peppel sports hall, Peppelensteeg 17 (straight-line)
- B: 't Riet sports hall, Laan der Verenigde Naties 84 (overnight and meals)
- C: De Maandereng sports hall, Mesdagstraat 3 (vault)
- D: De Reehorst sports hall, Bennekomseweg 26 (spiral)



See the map below for location of the sports halls (A, B, C, D):



Age of participants

Camp participants must be at least 13 (born 1999 or earlier). All participants under 18 must be accompanied by a responsible adult (group leader). Please remember to register the group leader on the registration form.

Leisure time

There will be one organised day out during the camp. This day will cost extra and it will be possible to choose between several options with different prices. Information about the organised day out will be provided as soon as it has been finalised.

There will also be an information board at the camp providing participants and tourists with details about things to do and see in Ede and the local surroundings.



Nearby facilities include a nearby swimming pool, cinema, tennis and squash court. It will also be possible to rent equipment such as balls, badminton rackets and board games. We hope to be able to have an informal volleyball and badminton tournament.

Some extra courses will be offered during the camp. Possible courses include rope skipping, acrobatics, zumba, trampolining. More information about extra courses will be provided at a later date.



Training/Coaching/Judging Courses

For active gymnasts there will be two levels for each discipline:

- **G1** straight–line (beginners/intermediate)
- **G2** straight–line (advanced – experienced competitive gymnasts)
- **S1** spiral (beginners/intermediates)
- **S2** spiral (advanced – experienced competitive gymnasts)
- **V1** vault (beginners/intermediates)
- **V2** vault (advanced – must be experienced competitive gymnasts)

The following judging courses are planned:

- **J1** straight-line judging course
- **J2** spiral judging course

The following coaching courses are planned:

- **T1 “IRV Assistant Coach Level 1”** – with exam and official certificate (extra licence fee of EURO 30 payable to IRV)
- **T2** spiral coaching course

Important notice for judging and coaching courses:

We need to have enough people interested in order to offer these courses. The IRV may make changes to the judging/coaching courses offered at the camp depending on the level of interest.

Total number of training/coaching/judging courses

Those doing only courses for active gymnasts: maximum 3 courses

Those wanting to mix courses for active gymnasts with judging/coaching courses: maximum 4 courses

IMPORTANT: We will try to make a the timetable to fit everyone’s choices, but we cannot guarantee that it will be possible in the case of those wanting to mix active courses with judging/coaching courses. We will do our best!

The timetable will finalised in May 2012.



Make your own bindings

It will be possible to make your own 'De Jong' bindings (see registration form). The cost of materials must be paid on arrival.

Show

We will be organising at least one show during the time you are in Ede. Please indicate on the registration form (space provided) if you would like to perform a show during the camp. Shows should be ready to perform before you arrive – we do not want to allocate much time at the camp to show preparation. If possible, please give information about the type of show you wish to perform.

Coaches and Helpers

Anyone interested in joining the team of coaches for Ede 2012 should contact Paul Sieler by email as soon as possible:

PSieler@rhoenrad.com



Price

The total price of the camp, including accommodation, meals and wheel gymnastics courses is as follows:

EURO 540	for participants from <u>IRV member countries</u>
EURO 610	for participants from <u>non-IRV</u> countries

Please contact the IRV at irv@rhoenrad.com if you want more information about becoming a member of the IRV – you do not have to have a national organisation for wheel gymnastics in order to become a member.

Registration

- 31 January 2012** Main registration – camp participation guaranteed
Deposit EURO 100 per person
- 30 April 2012** Late registration – subject to space available
Full payment due

Proof of payment (scanned copy of bank transfer) must be submitted with your registration form.

Early booking bonus

A **5% discount** will be given to anyone making their full payment for the camp at the first registration (end January 2012).

This means that participants who **pay early and in full** will enjoy the following prices:

- **EURO 513** for those from IRV member countries
- **EURO 579** for those from non-member countries

Tourist Price

For tourists (friends, relations etc.) who are not interested in taking part in the wheel gymnastics courses, we can offer a tourist price of **EURO 450** (no early booking discount for tourists).



Online registration

Please register for the camp using the online registration form.

You can find a link to the online registration form on the following sites:

- www.rhoenrad.com
- www.drs2012.com

Payment details

All payments should be made into the following account.

Account holder/name:	Reto Meier / IRV
Address:	Parkstr. 4 CH-6214 Schenkon Switzerland
Bank name:	Bankcoop
Head office:	Dufourstrasse 50 CH-4002 Basel Switzerland
IBAN :	CH72 0844 0250 6231 2200 3
SWIFT-BIC:	COOPCHBB

Important points regarding payment:

- Please mark all payments with “Wheel Ede 2012”.
- Please indicate the group or person to which the payment relates.
- Please ensure that the correct amount per person is actually paid into the account, i.e. that no bank charges are taken from the amount before it is paid into the training camp account.



- If too little money arrives in the training camp account, we will have to ask you to pay the difference on arrival in Ede.
- It is probably advisable to transfer money for a whole group at a time in order to minimise bank charges.

Insurance

We remind you that you are responsible for your own travel and medical insurance.

Questions

If you have any questions regarding the camp, please contact:

rina.viets@drs2012.com

Rina Viets
Ede Organisation Committee
www.drs2012.com

PSieler@rhoenrad.com

Paul Sieler
IRV President
www.rhoenrad.com

For questions regarding the online registration, please contact:

irv@rhoenrad.com