



EUROPEAN DIVING COACHES EDUCATION PROGRAM (EDCEP) Leg 2

RUZA, Moscow
17-19 October 2019

After the big success of the 1st triennial edition of the LEN EDCEP the previous years, the LEN TDC and the Russian Diving Federation has the honor and pleasure to invite your coaches and officials to the 2nd leg of the 2nd triennial edition of the “**EUROPEAN DIVING COACHES EDUCATION PROGRAM (EDCEP)**”, to be held in RUZA (RUS) on October 17-19, 2019.

EVENT CONTACTS

Should you have any questions or queries regarding the information provided in this bulletin, please do not hesitate to contact the following Russian Diving Federation:

divingrus@mail.ru

Russia's Diving Federation

Diana Berkalova
Manager of the Russian Diving Team
Russia's Diving Federation
+7495 725-47-18
divingrus@mail.ru

Organizing Committee

Mrs. Svetlana Moiseeva - Director of organization committee
msb@bk.ru
Mrs. Diana Berkalova - Manager of the Russian Diving Team
divingrus@mail.ru

Pool Address

10, Severniy microraion, Ruza, Moscow Region

SITES AND DATES FOR THE EDCEP PROGRAMM 2018-2020

2nd EDCEP Triennial Edition (years 2018-2019-2020)

1st School / Kyiv Ukraine 2018 (22-25/11/2018)) Unit

“PREPARE TO DIVE”

Title “*Building up dry land philosophy*”

2nd School / Russia, Ruza 2019 (October 17-19)

Unit “**LEARN TO DIVE**”

Title “*From dry land to the water*”.

3rd School/ Croatia Zadar 2020 (September – October date TBC)

Unit “**PREPARE TO COMPETE**”

Title “*High performance competitions activity*”



ENTRY PROCESS AND PROTOCOL

The participants must be nominated by their Federations. The nomination shall be sent to the OC with a copy to LEN Office.

IMPORTANT DATES TO NOTE

Arrival to Moscow RUZA: 16 October 2019
2nd EDCEP Course 2019: 17-19 October 2019
Departure from Moscow: 20 October 2019

DEADLINE OF APPLICATION

Preliminary entry /hotel booking form: 20.09.2019
Final entry / hotel final booking form: 30.09.2019
Travel form: 30.09.2019

VENUE INFORMATION

RUZA SPORT CENTRE, RUZA (RUS)
10, Severniy microraion, Ruza, Moscow Region

Exceptional dry-land training facilities full equipped with dry springboards, trampolines, mats, acrobatic floor, wall bars etc.

Excellent facility with all necessary functional rooms and areas as well as athletes hotel and restaurant

MEDICAL SERVICES

Medical service will be available during the stay of the officials within the training center.

ACCREDITATION

All participants are requested to send to the Russian Diving Federation by email msb@bk.ru, divingrus@mail.ru a passport size photo in .jpg format to be used for the accreditation, **September 30, 2019**

VISA INFORMATION

European Countries are required visas for travelling to Moscow. Please ask the OC for an invitation letter divingrus@mail.ru

TRANSPORTATION

Airport:

The Organizing Committee will provide transport between “Domodedovo” International Airport and the hotel. Please make sure that your flight details are sent to the Russian Diving



Federation (divingrus@mail.ru) and LEN Office in order to ensure that your transportation to and from Moscow "Domodedovo" International Airport is arranged correctly.

Accommodation and Information on payment

Payment:

Russia's Diving Federation

PAYMENT SHOULD BE MADE BY CASH ONLY IN EURO
--

THE HOTEL FOR THE COACHES WILL BE:

Name: PARUS HOTEL Pensionat

Single room: 90 € per person per day

Double room: 80 € per person per day

The price includes accommodation, transport, and catering.

Hotel reservation Booking Form

Federation name: _____

Team Manager: _____

Accommodation rate in Hotel PARUS:

Single Room rate 90 € per person per night (full board rate)

In Double Room rate 80 € per person per night (full board rate)

Please use a new reservation form for every new group:

			ACCOMMODATION			
Date and time of arrival	Date and time of departure	N° of nights	Single rooms		Double rooms	
				€		€
				€		€
TOTAL				€		€

TOTAL €

Date: _____

Signature: _____

STAMP OF THE FEDERATION

PLEASE SEND THIS FORM BACK TO THE RUSSIA'S DIVING FEDERATION

divingrus@mail.ru and copy the LEN Office

Legue Européenne de Natation (LEN European Aquatics)

9, rue de la Morâche , 1260 Nyon /SWITZERLAND

WITHIN AND NO LATER THAN 20 SEPTEMBER 2019