



LEN DIVING PROJECT 2019 EUROPEAN JUNIOR TRAINING & EDUCATIONAL CAMP 2019 FOR COACHES AND DIVERS DIVING OLYMPIC TRAINING CENTRE, RUZA, Moscow (RUS)

INVITATION

LEN is pleased to inform you that as a part of the annually development programs for each discipline, together with the Russian Diving Federation, organize the 3rd European Juniors High Level Training and Educational Diving Camp (EJTEC) for A&B categories (born 2001-2005). The camp will be held in the **NATIONAL DIVING TRAINING CENTRE “RUZA”, RUSSIA**, from 14th to 20th October 2019 and will gather both divers and coaches in a full week of a high training /educational program.

The LEN TDC reflecting on the further development, high quality, promotion of our sport, underlines the importance of a solid and progressive technical structure which needs to fulfill the necessities of the sports and the demanding requirements of the diving programs as well as the forthcoming Olympic Games 2020 in Tokyo and the Youth Olympic Games in Dakar 2022, with the support of LEN, organizes for the 3rd time in the diving history a special camp dedicated to the best junior European divers.

Additional: the 2nd leg EDCEP for coaches will take place during the last three days of the Camp, 17-19 October (See the invitation).

Objectives

- To embrace all LEN affiliated federations supporting the development, giving equal training opportunities the A-B age groups divers in a unique training camp early season by high performance coaches, physiotherapists and sport psychologists.
- To act as a development “vehicle” for both coaches and divers in a common training camp where the physical preparation, postural and technical methods and new diving techniques will be used during the training sessions in gym, in pool and sporting activities.
- To be run as a three year basis program in order the Age Group divers participating in OG in 2020 and in YOG 2022 to be supported in high level training centers by high level performance coaches.

Number of High Performance Coaches: 2-3 from LEN TDC + 3 from the Host

Participant divers: up to 48 all over Europe

Participated coaches all over Europe: up to 15

Arrival date and orientation: 13/10/2019

Training period: 14 - 19/10/2018

Departure date: 20/10/2019

Training Sessions: Gym – Pool - Sport & Cultural activities

Educational Sessions: Class – Gym – Pool

A) Selecting criteria - List of participants:



According to the results of the European Juniors Diving Championships in KAZAN this year and their performances, the 12 TOP in the platform and 3m finals for A age groups Boys and Girls, plus the best 6 in the platform and 3m finals for B age groups Boys and Girls, the TDC experts have made a selection of divers who can participate in the Camp, as in the list which will be published after the Kazan Junior Championships 2019.

A Boys	Name	Country	Year
1	Grigory Ivanov	RUS	2001
2	Oliver Crompton	GBR	2001
3	Jules Bouyer	FRA	2002
4	Adr. G. Abadia Garcia	ESP	2002
5	Moritz Wesemann	GER	2002
6	Theofilos Afthinos	GRE	2001
7	Riccardo Giovannini	ITA	2003
8	Cyprien Mennequier	FRA	2002
9	Ruslan Ternovoi	RUS	2001
10	Maksim Malofeev	RUS	2003
11	Tom Waldsteiner	GER	2002
12	Aidan Heslop	GBR	2002
13	Lucas Thomson	GBR	2001
14	Filip Jachim	POL	2003
15	Athanasios Tsirikos	GRE	2002
16	Dragomir Aurelian	ROU	2001
17	Aarne Rieki	FIN	2002
18	Cameron Gammage	GBR	2002
19	Vincent Wiegand	GER	2001
20	Robert Lukaszewicz	POL	2001
21	Alexandr Molchan	BLR	2002

A Girls	Name	Country	Year
1	Elizaveta Kuzina	RUS	2003
2	Vitaliia Koroleva	RUS	2001
3	Valeria Antolino Pacheco	ESP	2002
4	Chiara Pellacani	ITA	2002
5	Alicia Mora Herencia	ESP	2001
6	Julia Deng	GER	2003
7	Jette Muller	GER	2003
8	Lauren Hallaselka	FIN	2003
9	Iana Satina	RUS	2002
10	Josie Zillig	GBR	2003
11	Emily Martin	GBR	2001
12	Pauline Pfeif	GER	2002
13	Muscalu Angelica	ROU	2003
14	Else G. Praasterink	NED	2003
15	Caroline Kupka	NOR	2003
16	Ronja Rundgren	FIN	2002
17	Helle Tuxen	NOR	2001
18	Maria Papworth	GBR	2001
19	Silvia Murianni	ITA	2001
20	Emilia Nilsson Garip	SWE	2003
21	Hedda Greiz	SWE	2002

B Boys	Name	Country	Year
1	Roman Larin	RUS	2004
2	Stefano Belotti	ITA	2004
3	Juan P. Cortes Zapata	ESP	2004
4	Igor Edutov	RUS	2004
5	Oleksii Serada	UKR	2005
6	Euan McCabe	GBR	2005
7	Jaden Eikermann	GER	2005
8	Milo French	GBR	2005
9	Jonathan Schauer	GER	2005
10	Luis Avila Sanchez	GER	2005
11	Matteo Cafiero	ITA	2005
12	Tommaso Zannella	ITA	2004

B Girls	Name	Country	Year
1	Lotti Hubert	GER	2004
2	Viktoriia Prosekova	RUS	2005
3	Callie Eaglestone	GBR	2004
4	Elisa Pizzini	ITA	2005
5	Elizaveta Kanzo	RUS	2004
6	Anna Konanykhina	RUS	2004
7	Chloe Johnson	GBR	2005
8	Andre Spendolini Sirieix	GBR	2004
9	Dehsarne Bent-Ashmeil	GBR	2004
10	Erica Ciancaglini	ITA	2004
11	Johanna Kraus	GER	2005
12	Stella Lindquist	SWE	2004



For any Federation that wishes to bring an additional diver (for example synchro pair) has to ask immediately in order to check the availability for extra rooms.

B) Program

Training schedule							
13.10.2019							
Arrival							
14.10.2019							
Time	Trampoline gym	Ballet gym	Cardio & weights gym	Time	Trampoline gym	Ballet gym	Cardio & weights gym
9.00 -10.00	1	2	3	16.30-17.30	3	1	2
10.10-10.50	2	3	1	17.45-19.30	Pool side	Pool side	Pool side
11.00-12.30	Pool side	Pool side	Pool side				
15.10.2019							
Time	Trampoline gym	Ballet gym	Cardio & weights gym	Time	Trampoline gym	Ballet gym	Cardio & weights gym
9.00 -10.00	2	3	1	16.30-17.30	1	2	3
10.10-10.50	3	1	2	17.45-19.30	Pool side	Pool side	Pool side
11.00-12.30	Pool side	Pool side	Pool side				
16.10.2019							
Time	Trampoline gym	Ballet gym	Cardio & weights gym	BARBEQUE PARTY			
9.00 -10.00	3	1	2				
10.10-10.50	2	3	1				
11.00-12.30	Pool side	Pool side	Pool side				
17.10.2019							
Time	Trampoline gym	Ballet gym	Cardio & weights gym	Time	Trampoline gym	Ballet gym	Cardio & weights gym
9.00 -10.00	1	2	3	16.30-17.30	3	1	2
10.10-10.50	2	3	1	17.45-19.30	Pool side	Pool side	Pool side
11.00-12.30	Pool side	Pool side	Pool side				
18.10.2019							
Time	Trampoline gym	Ballet gym	Cardio & weights gym	Time	Trampoline gym	Ballet gym	Cardio & weights gym
9.00 -10.00	2	3	1	16.30-17.30	1	2	3
10.10-10.50	3	1	2	17.30-18.30	Pool side	Pool side	Pool side
11.00-12.30	Pool side	Pool side	Pool side	18:30 – 20:00	SAUNA		



19.10.2019				
Time	Trampoline gym	Ballet gym	Cardio & weights gym	FAREWEL PARTY
9.00 -10.00	1	2	3	
10.10-10.50	2	3	1	
11.00-12.30	Pool side	Pool side	Pool side	
20.10.2019				
Departures				

CONTINENTAL PROJECT FOR EUROPEAN DIVING

3rd EUROPEAN JUNIORS HIGH LEVEL TRAINING & EDUCATIONAL DIVING CAMP 2019 (EJTEC) and 2nd EUROPEAN DV COACHES EDUCATIONAL SCHOOL (EDCEP 2019) "RUZA / RUS 14-20/10/2019					
PROVISIONAL PROGRAM					
DATE	TIME	DAILY ACTIVITIES	PLACE	LEN LECTURERS	LOCAL COACHES
Sunday	10.00-14.00	Arrivals Lecturers			
13/10/2019	14.00	Lunch	Hotel		
	14.00-19.00	Arrivals Divers/ Coaches Registration	Hotel	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	15.00-17.00	Lecturers meeting	Hotel meeting room	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
		Lecturers meeting with OC	GYM / POOL / ORIENTATION	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	
	19.00-20.00	Teams orientation by the LEN TDC and High	Hotel	EQUIPMENT TESTING Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4



		performance Russian DV coaches			
	19.30- 20.30	Dinner	Hotel		
	20:30- 22:00	Welcome & fan meeting	Hotel Meeting room	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	OC
Monday	7:30- 8:00	Morning wake up programme	Ruza Sport Pool facility		Flash mob learning to make special diving dance at the end of the camp
14/10/19	08.30- 09.00	Breakfast	Hotel		
	09.30- 10.00	Diver meeting PROGRAM OF THE WEEK	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	
	10.00 – 11.30	Dry Land	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	11.30 – 12.30	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.00 - 14.00	Lunch	Hotel		
	16.00 - 17.00	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	17.00- 18.30	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	19.30- 20.30	Dinner	Hotel		
Tuesday	7:30- 8:00	Morning wake up programme	Pool facility		Flash mob learning to make special diving dance at the end of the



DATE	TIME	DAILY ACTIVITIES	PLACE	LEN LECTURERS	LOCAL COACHES
15/10/19	08.30-09.00	Breakfast	Hotel		
	10.00 – 11.30	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	11.30 – 12.30	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.00 - 14.00	Lunch	Hotel		
	16.00 - 17.00	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	17.00-18.30	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	19.30-20.30	DINNER	Hotel		
Wednesday	7:30-8:00	Morning wake up programme	Pool facility		Flash mob learning to make special diving dance at the end of the camp
16/10/19	08.30-09.00	Breakfast	Hotel		
	10.00 – 11.30	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	11.30 – 13.00	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.15-14.00	Lunch	Hotel		
	14.30 - 18.30	CITY TOUR			
	18.30-19.00	Dinner	Hotel		
	19.30-21:00	Sauna relax	Ruza Sport Pool facility		



Thursday	7:30-8:00	Morning wake up programme	Pool facility		Flash mob learning to make special diving dance at the end of the camp
17/10/19	08.30-09.00	Breakfast	Hotel		
	10.00 – 11.30	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	11.30 – 12.30	Pool	Ruza Sport Pool facility	Klaus Dibiasi / LEN TDC Secretary, Arne Tellefsen /LEN TDC Development Sub-com Coordinator /S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.00 - 14.00	Lunch	Hotel		
	16.00 - 17.00	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	17.00-18.30	Pool	Ruza Sport Pool facility	G.Fyrigou Consolo LEN TDC Chairman/ Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	19.30-20.30	Dinner	Hotel		
Friday	7:30-8:00	Morning wake up programme	Pool facility		Flash mob learning to make special diving dance at the end of the camp
18/10/19	08.30-09.00	Breakfast	Hotel		
	10.00 – 11.30	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4



	11.30 - 12.30	Pool	Ruza Sport Pool facility	G.Fyrigou Consolo LEN TDC Chairman/ Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.00 - 14.00	Lunch	Hotel		
	16.00 - 17.00	Dry Land		Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	17.00- 18.30	Pool		G.Fyrigou Consolo LEN TDC Chairman/ Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	19.30- 20.30	Dinner	Hotel		
Saturday	7:30- 8:00	Morning wake up programme	Pool facility		Flash mob learning to make special diving dance at the end of the camp
19\10\2019	08.30- 09.00	Breakfast	Hotel		
	10.00 - 11.30	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	11.30 - 12.30	Pool	Ruza Sport Pool facility	G.Fyrigou Consolo LEN TDC Chairman/ Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	13.00 - 14.00	Lunch	Hotel		
	16.00 - 17.00	Dry Land	Ruza Sport Pool facility	Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development	4



				Sub-Com local coordinator	
	17.00-18.30	Pool (competition «new dive»)	Ruza Sport Pool facility	G.Fyrigou Consolo LEN TDC Chairman/ Arne Tellefsen /LEN TDC Development Sub-com Coordinator / A. Evangulov /LEN TDC Development Sub-com/ S.Moiseeva LEN TDC Development Sub-Com local coordinator	4
	19.30-20.30	FAREWELL DINNER (dancing programme)	Hotel		
		DIPLOMAS AWARD		G.Fyrigou Consolo LEN TDC Chairman	
Sunday	06.30-10.00	Breakfast	Hotel		
20/10/19		DEPARTURES			

Russia's Diving Federation

President: Alexei Vlasenko

Address: 8,Luzhnetskaya nab, Moscow, Russia,119991

Contacts	Names	Emails / Phone
International:	Diana Berkalova	divingrus@mail.ru
Logistics, Hospitality & Accommodation	Aleksandr Tsivinskii	divingrus@mail.ru
Financial:	Diana Berkalova	divingrus@mail.ru
Technical:	Svetlana Moiseeva	msb@bk.ru

D) VENUE INFORMATION /

NATIONAL DIVING TRAINING CENTRE "RUZA" Moscow region

Address:10, Severniy microraiion, Ruza, Moscow Region

Tel: +7 (49627) 2-41-11

web-site: dvvs.ru

4 X 3m Springboard
2 X 1m

3m, 5m, 7.5 and 10m Platform (3m wide)



Exceptional dry-land training facilities full equipped with 3 dry springboards, trampolines, mats, acrobatic floor, wall bars etc.

E) HOSPITALITY AND RECEPTION (October 13-10, 2019)

The hospitality is considered from October 13th to the departure day on October 20. (max: 8 days/7 nights)

F) TRANSPORT

The O.C. in Moscow will arrange private transport for the teams between **ONLY** the international airport "Domodedovo" and NATIONAL DIVING TRAINING CENTRE in RUZA at their arrival (earliest on October 13th) and departure (October 20th 2019). The hotel is situated in 150km from the airport "Domodedovo" at the pure and beautiful place in Moscow Region

G) ACCOMMODATION FOR ATHLETES AND COACHES

HOTEL PARUS

SINGLE ROOM 90 € PER DAY

DOUBLE ROOM 80 € PER DAY

The hotel is located 10 min. far from the pool. Transportation will be arranged between the hotel and the pool.

H) DEADLINES FOR BOOKING & PAYMENT DETAILS

Payment should be made BY CASH IN EURO to the RUSSIAN Diving Federation

DEADLINES

PRELIMINARY ENTRY 20/09/2019

FINAL ENTRY / ACCOMMODATION FORM 30/09/2019

TRAVEL FORM 30/09/2019

I) INSURANCE

The Insurance of the participants is at the responsibility of the respective Federations. Lifeguards and equipment will be provided for training and competition.

J) VISA INFORMATION

Citizens of countries needing an entry visa to RUSSIA are requested to contact the Russian Diving Federation for an official invitation. In order to avoid problems of administrative nature when requesting a visa, please contact the Embassy of the Russian Federation or Consular Authorities within your country in due time prior to your planned departure to Russia.



PRELIMINARY ENTRY & ACCOMMODATION FORM
EUROPEAN JUNIOR TRAINING & EDUCATIONAL CAMP 2019
for Coaches and Divers
14 -20/09/2019

Federation		CODE			
Address					
Contact person					
Telephone					
Fax					
E-mail					

Estimated numbers of team members:

Boys	
Girls	
Team Staff	
Coaches	
TOTAL	

HOTEL PARUS

Total payment	Single Rm. No:	Double Rm. No:		Total Rooms:
				€

Date / 09 / 2019

Signature (President or Gen. Secretary of Federation)

Stamp of Federation

The Preliminary Entry and Hotel Reservation should reach the Russian DV Federation and LEN Office
by **20/09/ 2019**

Russia's Diving Federation

e-mail: divingrus@mail.ru

Ligue Européenne de Natation (LEN European Aquatics)

9, rue de la Morâche , 1260 Nyon

SWITZERLAND

e-mail: lenoffice@len.eu



FINAL ENTRY & ACCOMMODATION FORM
EUROPEAN JUNIOR TRAINING & EDUCATIONAL CAMP 2019
for Coaches and Divers
14 -20/09/2019

Federation		CODE			
Address					
Contact person					
Telephone					
Fax					
E-mail					

Estimated numbers of team members:

Boys	
Girls	
Team Staff	
Coaches	
TOTAL	

HOTEL PARUS

Total payment	Single Rm. No:	Double Rm. No:		Total Rooms:
				€

Date / 09 / 2019

Signature (President or Gen. Secretary of Federation)

Stamp of Federation

**The Preliminary Entry and Hotel Reservation should reach the Russian DV Federation and LEN Office
by **30/09/ 2019****

Russia's Diving Federation

e-mail: divingrus@mail.ru

Ligue Européenne de Natation (LEN European Aquatics)

9, rue de la Morâche , 1260 Nyon

SWITZERLAND

e-mail: lenoffice@len.eu