

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



Lausanne, August 7, 2025
ID: 18356

To: The Estonian Gymnastics Federation

Copy: Morinari Watanabe, Nicolas Buompane, Anis Saoud, Olivia Bille Peña

SUBJECT: FIG AGE GROUP PROGRAM 5-DAY CAMP FOR PARKOUR IN TALLINN, ESTONIA DURING NOVEMBER 4TH - 8TH, 2025

Dear President:

We appreciate your interest in adopting our Age Group educational programme, and we are delighted to approve your request to host the five-day Parkour training camp in your country.

The purpose is to monitor and/or assist with the correct implementation and understanding of the aspects of the FIG Age Group Development and Competition Programme for Parkour (HP1 & HP2). This program includes a full series of physical and technical ability tests for the various categories of movements and tricks as well as recommended competition rules and compulsory exercises for all competition levels below junior.

Your federation is invited to participate with up to 20 Parkour coaches as well as their gymnasts. These numbers are not absolute, but it will become difficult to manage the camp effectively if there are many more participants. All costs for your participants and the facility will be your responsibility.

The dates agreed for the camp as follows:

Arrival of FIG Expert	November 3 rd
Parkour AGP Training Camp	November 4th – 8th
Departure	November 9 th (or evening Nov 8 th)

Accommodation of the expert:

Radisson Blu Olumpia Hotel
33 Liivalaia Street, 10118 Tallinn
Tel: +372 631 5333

Venue for theory and technical lectures:

Parkuuri Keskus
Tulika 9/11, Tallinn
Tel: +372 53499970

Contact person:

Margot Vösokov
Email: margot@estoniangymnastics.ee
Tel: +37256493901

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Additional Information

- You must provide local transportation for the expert(s) (between airport and hotel, and hotel and training centre).
- Since this is a single country camp, you can decide as you wish about the accommodation of your coaches.
- We may decide to invite one or two countries that are not yet part of the Age Group Programme or to which we cannot safely send our experts to attend with an observer coach. We will inform you if any such country wishes to attend. Moreover, you may also include other nearby countries. There is no fee and no citizenship requirement for age group camps.
- This is intended to be a practical in-gym camp but there will be some theory and/or PowerPoint sessions. We will need a projector and screen in the gymnasium.
- The gymnasium should be equipped with Parkour coaching and AGP testing needs such as benches, staffs, tape measure as indicated in the Age Group Programme Manual. Please note the AGP manuals for all disciplines are available in three languages for open access on the FIG website.
- The proposed daily schedule (09:00-12:00; 14:00-17:00) will be sent soon and can be modified to meet your internal needs but please plan for two three-hour sessions daily and inform the FIG Office of your preferences.
- Please send the list of your participating coaches on the attached form no later than October 4th, 2025.

An exact schedule of the camp and other necessary information will be sent to you soon by the FIG Managers of Coach Education Programs

NICOLAS BUOMPANE
Secretary General

Please reply to:

Anis Saoud FIG Coach & Education Programmes Manager asaoud@fig-gymnastics.org

Attachment: Registration form