

# International Rhythmic Gymnastics Camp

## "YOUNG TALENTS OF VIENNA SUMMER CAMP 2019"

08.07.2019 – 27.07.2019  
KOPER, SLOVENIA

Monday – Saturday: 9:00 – 13:30 and 17:30 – 20:00  
Sunday: free day

**Coaches:**

*Mariia Bogatyreva - Master of sports of Russia*

*Polina Gruzdeva - Master of sports of the International Class*

*And other coaches and choreographers of RG club "Young Talents Vienna"*

[youngtalentsofvienna@gmail.com](mailto:youngtalentsofvienna@gmail.com)



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### **Purpose and aims of RG camp:**

- improvement of the level of gymnasts
- training with apparatus of rhythmic gymnastics,
- development of general and special physical RG training
- choreography trainings
- dance trainings

### **Dates and venue:**

Training camp will be held from July 8 to July 27, 2019.

Address: Koper - Capodistria, Rozmanova ulica 21a, 6000

Sport-hall in Koper

- The hall is equipped with air conditioning.
- High ceilings
- Gymnastic carpet

### **Camp director:**

Rhythmic Gymnastics Club "Young talents of Vienna" (Austria)

### **Participants of the training camp:**

Gymnasts who are members of sports teams: national and regional teams, clubs and sports schools, gymnasts who have medical access to sports trainings, age of participants: 2013 and older.

### **Schedule and program:**

**2 trainings per day:** Monday - Saturday 09:00 - 13:30 and 17:30 - 20:00

Sunday is a day off

### **Program:**

- different physical and power trainings
- stretching
- choreography (ballet, parterre)
- work with RG apparatus
- practice of elements of rhythmic gymnastics
- acrobatics, jumps, rotations, balances
- dance training
- preparation of new RG individual and group programs (for extra payment)

## Head coaches os camp:

**Mariia Bogatyreva** – Master of Sports of Russia in rhythmic gymnastics, winner and medalist of Russian competitions in group exercises. Graduate of the University of Rick Odums (Paris) with a specialization - professional dance, coach. YTV club head coach, coach of the winners of Austrian championship in group exercises. Coach of winners and medalists of national and international competitions in modern styles of dance. Judge of national category (Austria). Choreographer (group exercises making).

**Polina Gruzdeva** – Master of Sports of International Class in rhythmic gymnastics, Master of Sports of Russia. Multiple winner and medalist of international FIG tournaments, Russian Champion between students and medalist and winner of Moscow Championship. Graduate of Lomonosov Moscow State University. World champion in AGG in team of Russian Federation. Owner of the presidential decree award for talented youth of the Russian Federation. Judge of the national category (Austria). Author of international master-classes in RG and AGG (Japan, Austria, Germany, Russia). Choreographer of RG programs (individual program).

**Gocha Budagashvili** – Soloist of the Tbilisi Opera and Ballet Theater and other national and international ballet groups, graduate of the Tbilisi State Ballet School, since 1993 - choreographer of Bulgarian RG national team, head of dancing studio «Elegia» in Moscow, member of juri of international «Artix-fest» festival and other international dancing and ballet competitions. Choreographer of YTV RG club in Vienna. Choreographer of RG gala-shows.

*And other coaches and choreographers of the YTV club – member of the Austrian Rhythmic Gymnastics Federation.*

## Conditions of the application and acceptance:

### Cost of the training camp:

- **1 week - 200 Euro**
- **2 weeks - 350 Euro**
- **3 weeks - 500 Euro**

*Prepayment - 30%. The rest (70%) amount should be paid upon arrival to Koper, in case of refusal - is not refundable. For families, where participation in camp takes more than one child - 5% discount from the total amount. **Accommodation is not included in the price.***

Each gymnast must provide the following documents for the camp:

- completed application form;
- passport;
- international sports medical insurance for the all duration of your stay at the training camp.

Every gymnast must have:

- sportswear;
- items for stretching - gymnastic rubber;
- objects for physical and power trainings - knee pads, weighting;
- objects - rope, hoop, ball, clubs, ribbon.

### **Additional Information:**

- The separation into groups will be made by age and level of gymnasts, the number of gymnasts in the group is not more than 12-15 girls.
- The training process is carried out according to the age categories and training level of gymnasts.
- Preliminary registration for programs making is desirable. The cost of it is staging from 100 euro.
- Outside of workouts accompanying trainers or parents are responsible for the life and safety of children.
- Applications are accepted until May 1, 2019. Prepayment for participation in the training camp must be made until May 15, 2019.

***This is an official invitation to  
training camp!***

**To register participants, as well as receive  
additional information, please email:**

**[youngtalentsofvienna@gmail.com](mailto:youngtalentsofvienna@gmail.com)**

