

RHYTHMIC GYMNASTICS INTERNATIONAL CAMP

06.30.2019 - 07.10. 2019 - APULIA, ITALY

1.GOALS AND OBJECTIVES

- ❖ Personal gymnasts' improvement and study of technical skills through their physical preparation.
- ❖ Upper level gymnasts' training;
- ❖ Physical preparation and acrobatic skills development and preparation with the equipment;
- ❖ Promotion of rhythmic gymnastics at international professional level;
- ❖ Sharing of gymnasts' experiences with the aim of improving personal sport skills;
- ❖ Preparation of new exercises (on request for single and groups).

THE TRAINING PROGRAMME INCLUDES THE FOLLOWING ACTIVITIES:

- ❖ Ballet, Modern and contemporary dance, Folk dance;
- ❖ Technical training with equipment: rope, ball, hoop, clubs, ribbon;
- ❖ General physical preparation and physical preparation specific for rhythmic gymnastics;
- ❖ Technical training and study of body difficulties (balances, rotations and jumps);
- ❖ Technical training and study of pre-acrobatic elements;
- ❖ Body language and choreography;
- ❖ Juggling training.

ADDITIONAL SERVICES OFFERED AT THE INTERNATIONAL CAMP

- ❖ It will be possible to arrange private classes with our professionals.
- ❖ The preparation of exercises is not included in the participation fee and it is agreed upon with the organizational team in advance.

2. TRAINING TIMETABLE AND AGENDA

06.30.2019-07.10.2019- APULIA, ITALY

- ❖ City of Nardò, Apulia, Italy -Palazzetto dello Sport (Sport indoor arena) "A:Pasca"





3. TRAINING PROGRAMME

06.30.2019-07.10.2019- APULIA, ITALY

- ❖ 06.30.2019 – Arrival of athletes, registration and accommodation.
- ❖ 07. 01- 02-03-04-05.2019- Two training sessions per day (morning 09:00- 12:30 – lunch break, afternoon: 14:00-16:00)
- ❖ 07.06. 2019- Training session in the morning only (09:00:12:30)
- ❖ 07.07.2019- Rest day
- ❖ 07. 08-09-10-2019- Two training sessions per day (morning 09:00- 12:30 – lunch break, afternoon: 14:00-16:00)
- ❖ 07.10.2019- Camp closing concert

4. OUR PROFESSIONALS:

	<p>LILY ZHELNINA:</p> <ul style="list-style-type: none">- Choreographer. Instructor of rhythmic gymnastics.- Trainer of rhythmic gymnastics. Member of the Russian National team.- Official teacher of the CID UNESCO International Dance Academy.- Director of the cultural programmes of the CID UNESCO International dance Council.- Bestowed with a medal for her contribution in the safeguard of the cultural heritage.- Her work has been officially recognized by the Committee for physical culture and sport.- 1st place winner of choreography in international and Russian competitions.
	<p>Polunina Anna Sergeyevna.</p> <ul style="list-style-type: none">- Trainer of rhythmic gymnastics- Trainer at the Department of HG FSO "Spartak" in Saint Petersburg- Trainer and Director at the secondary school of the central district.- Trainer of competitors in International competitions.- Responsible for the "Central" KHG- Sport teacher- Choreographer at "Young Leningrad" 2013 - 2016- Her work has been officially recognized by the committee of physical culture and sport in 2016.



Pyatetsky Grigory Borisovich.

- Choreographer
- Teacher.
- Performer at Mariinsky Theatre.
- 1st place winner in several choreography and performance International competitions

PARTICIPATION RULES:

- ❖ At the International camp all gymnasts born in 2014 are admitted as well as athletes for whom the practise of the sporting discipline does not imply contraindications, prior doctor's note attesting the capability to practise.
- ❖ Gymnasts will be divided in groups, on the basis of age and level.
- ❖ Gymnasts can be moved to other groups at trainers' discretion.
- ❖ The camp can be attended also by trainers who accompany their gymnasts.
- ❖ All delegations must present the **INSURANCE POLICY**, valid for the stay in Italy.

PARTICIPATION FEES:

All costs shall be borne by the participants and prices are to be intended per person.

	10-day training	5-day training
Gymnast participation	€ 230,00	€ 150,00
Trainer participation	€ 100,00	€ 50,00
Trainers accompanying gymnasts	Free	Free
Meals for Gymnasts	€ 100,00	€ 50,00
Meals for Trainers	€ 100,00	€ 50,00

PRICES ARE INCLUSIVE OF PARTICIPATION FEES.

PRICES ARE NOT INCLUSIVE OF ACCOMODATION.

MEALS ARE PROVIDED ONLY ON THE TRAINING DAYS.

7. ACCOMODATION:

- ❖ Participants must book their own accommodation. The Association may indicate hotels and accommodations in partnership with the association where gymnasts can enjoy low fares. For more info, please contact the contact person.

8. TRANSFER:

- ❖ The costs for the transfer to the sport arena are borne by the participants. The association is ready to answer all your questions and provide more detailed information.
The indoor arena is located at the following address: Nardò (LE)-73048-Via Giannone,29/A.

9. TERMS AND CONDITIONS

Applications must be submitted to the Association by 04.10.2019.

The payment of 50% of the participation fee to the International camp must be made by wire-transfer to the camp organizer's bank account **by 04.10.2019**. The remaining amount must be **paid before the arrival of the participants**.

Bank Account details of Sport Association **A.S.D. "Rondine"**
IBAN-IBAN CODE

IT	13	H	02008 79731	000105012791
BIC/SWIFT			UNCRITM1SQ	
Bank			UNICREDIT Spa	
Agency			Martano (LE)	
Address			Largo Pozzelle,1	
ZIP code			73025	
Bank Account Name			ASD Rondine	
Address			Via Leonardo Da Vinci 33,73021 Calimera (LE)	

10. POSSIBLE EXCURSIONS IN THE SURROUNDINGS

During the camp, it will be possible to visit the following points of interests and tourist sites. Here you are some ideas:

-ZOO SAFARI- The second most important wildlife park in Europe www.zoosafari.it	
- town of ALBEROBELLO – typical for its houses www.comune.alberobello.ba.it	

- **OTRANTO** – seaside town and popular tourist destination -
www.comune.otranto.le.it



NOTE:

For the participants coming from abroad.

For the issue of Visa, please contact the responsible for the camp.

CONTACTS:

For more info, you can contact

Ulyana Karpova by phone,

Whatssup or Viber (Russian, English, Italian) at +393290284392

By e-mail at uliana-007@mail.ru asdrondine@libero.it

A.S.D. BONDINE
GINNASTICA RITMICA