

Regulations

On conduction of a rhythmic gymnastics training camp, 03-15.08.2019, Krasnodar Territory, Anapa, Vityazevo settlement

1. Goals and objectives:

- Promotion, popularization and development of rhythmic gymnastics among children and young people;
- Experience exchange, improving the gymnasts' level of sportsmanship and competence;
- Increasing the gymnasts' level of general and specialized physical condition;
- Training, formation and improvement of skills of performance with objects in rhythmic gymnastics.
- Revealing the gymnasts' creative potential, musicality, plastics and artistry by means of classical and modern choreography.
- Training in various dance art styles, acrobatic training.
- Improving the gymnasts' stability of performances at sports events.

2. Location, dates and schedule:

2.1. Location: Russian Federation, Krasnodar region, Anapa, Vityazevo settlement, Vityaz Medical and Health Center

2.2. Camp time terms: from August 03 to August 15, 2019.

2.3. Camp schedule:

August 3, 2019 - day of arrival, registration, accommodation, at 15.00 - organizational meeting (for tutors, representatives, parents); at 16.00 – an evening training;

04.08.2019 – 14.08.2019 - training days;

08.08.2019 – a day-off, an excursion

15.08.2019 – a training, summing up the results, departure.

The training process is carried out in compliance with gymnasts' age categories and qualification.

Daily schedule:

7.00	<u>Wake-up time</u>
7.15-8.15	<u>Morning exercises</u>
8.45	<u>Breakfast</u>
9.30-12.30	<u>Morning training (hall)</u>
13.00	<u>Lunch</u>
13.30-15.30	<u>Rest</u>
16.00-18.30	<u>Day-time training (on the beach, subject to favorable weather conditions)</u>
19.00	<u>Dinner</u>
19.30-21.00	<u>Leisure time</u>
21.30	<u>Bed time</u>

3. Management and composition of specialists:

3.1. The Head, sports camps Coach - **Olga Sergeevna Stromenko**, Master of Sports of the Ukraine, member of the Ukrainian team, Champion of the Ukraine in group exercises, coach of the team of Mongolia, Egypt, Singapore, Coach-director.

3.2. **Bondarenko Ekaterina Vladislavovna** - Master of Sports of the Ukraine, choreographer, Coach-director

3.3. Workshops:

1. From August 04 to August 07, 2019. – **Victoria Mazur**

Victoria Mazur – a Ukrainian gymnast, Master of sports of international class, Finalist of the London 2012 Olympic Games in group exercises, multiple bronze medalist of the World Championships (Stuttgart 2015, Izir 2014, Kiev 2013, Montpellier 2011), bronze medalist of the European Championship in Minsk 2015 and silver medalist of the European Championship 2013 in Vienna, silver and bronze medalist of the World Universiade in Kazan.

2. From August 11 to August 15, 2019 – **Alvina Konstantinovna Yakimets**

Alvina Konstantinovna Yakimets – an Honored coach of the Ukraine, Coach of the highest category, Judge of the international category, Coach of the national team of the Ukraine, trained the champions of the World Universiade in Taipei, works with the team of multiple winners and champions of the Ukraine.

4. Training camp participants:

Gymnasts of 2014–2001 years of birth, without medical contraindications to rhythmic gymnastics are invited to the training camp.

The list of required documents:

- a medical certificate;
- a policy of compulsory medical insurance;
- the original and a photocopy of birth certificate (passport);
- an insurance of athletes for trainings and competitions.

Participants not having submitted the above documents are not allowed to take part in the training camp. In this case, the money paid to the organizer for participation in the training camp will not be returned.

Beyond the training hours, the accompanying coaches and parents are responsible for the children's life and safety.

5. Sports equipment:

Each participant of the sports camp must have:

- weightings;
- 2 tennis balls (for big tennis);
- a rubber for fitness classes;
- sneakers;
- knee pads;
- a rope;
- a hoop;
- a ball;
- clubs;
- a ribbon;
- a swimsuit for swimming;
- a headwear (a bandana, a baseball cap or any other).

6. Accommodation, transfer, cost of the training camp and terms of payment:

6.1. Accommodation in 2, 3, 4-bed rooms with all conveniences (for participants)

Meals: breakfast, lunch, dinner.

6.2. Cost of accommodation and meals:

- 39 500 rubles for participants. This amount also includes: entertainment, an excursion (Tizdar mud volcano), a transfer from the Anapa airport or the railway station of Anapa, swimming pool, sauna, gym, children's room.

- 30 500 rubles for parents and coaches. This amount also includes: entertainment, an excursion (Tizdar mud volcano), a transfer from the Anapa airport or the railway station of Anapa, swimming pool, sauna, gym, children's room.

6.3. The costs of transfer to the camp are negotiated with the organizers and paid additionally.

6.4. Payment period:

- Advance payment in the amount of 50% of the total cost - until April 30, 2019
- Balance payment - until July 31, 2019

The payment procedure is subject to further negotiations with the organizers.

7. Contact information, applications:

Application for participating are accepted by e-mail: Rg.olgahorokh@gmail.com

Additional information is available by phone:

- +7 903 224 66 64 (Whatsapp, Telegram) - Denis
- +3 806 3996 07 17(Whatsapp, Telegram) – Olga
- +7 926 567 60 68 (Whatsapp, Telegram) – Aleksandr

Application for the training camp

Full name (a participant's, an accompanying person's)	Date of Birth	City

Application for additional lessons, program working out

Participant's full name	Date of Birth	Program working out	Additional lessons

Application for a transfer

City	Date	Approximate time	Railway station/airport/bus

8. Photos:















