



International Training Camp Limassol, Cyprus 31.05-10.06.2016





International training camp in Rhythmic Gymnastics

31.05 - 10.06.2016, Limassol, Cyprus

Invitation

for an international training camp in Rhythmic Gymnastics

1. Goals and objectives:

- Exchange of experience, improving sports skills and training of the gymnasts;
- Development of general and special physical training;
- Education, formation and improvement of skills in working with objects gymnastics;
- Disclosure of the creative potential of personality, musicality, artistry and sculpture by means of classical and modern dance;
- The development of children's sport and skill through the training process.

2. Date and venue:

Training camp is held: Limassol, Cyprus.

All training will be held in the gym Luceum Linopetra, str. Louki Akrita, Limassol, Cyprus. on the gymnastic carpet.

Dates:

with 31.05.2016g. on 04.06.2016 and

with 06.06.2016g. on 10.06.2016

Check athletes 30.06.2016, at the departure of 05/06/2016 or 06/11/2016

If you wish, you can stay at the International Competition "Stars of Afrodite", which will take place from 12 to 13 June Limassol.

Collection of coaches, update the schedule of fees and the formation of groups will be held on 30.05.2016 year.

3. Training Schedule

30.05 - Check-in Day

31.05 - The first day of training

05.06 - Output in or out

10.06 - The last day of training, Gala Concert

11-12.06 - The international "Stars of Aphrodite" tournament for everyone

4. To conduct trainings and workshops for all participants are invited to camp:



➤ **Mishenina Alla** – Honored coach of Russia. The coach of Olympic champion in group exercises Anna Gavrilenko. Excellence in Physical Culture of the Russian Federation, was awarded a medal "For merits in the sport," the 1st degree. Master of Sports of the USSR. She worked in the Olympic Training Center under the direction of Honored coach of Russia, President of the Russian Federation of Rhythmic Gymnastics Irina Viner. Experience in teaching activities for more than 30 years. She worked at the training camp in China, Italy, Taiwan, Russia.



➤ **Lukonina Yana** - master of sports of international class in gymnastics, two-time European champion among juniors, world champion in 2010. in the team standings. The winner of the World Cup and Grand Prix series Prix. Currently he works in tandem with the Honored Master of Sports and Merited Coach of Russia - Amina Zaripov personal trainer seven times world champion and four times European champion - Margarita Mamun. Currently brings Championships bronze medalist Russia - Maria Sergeeva, pretender to participate in the Junior European Championships. The coach of the highest category of the Olympic Training Center under the direction of Honored coach of Russia, President of the Russian Federation of Rhythmic Gymnastics Irina Viner.



➤ **Mishenina Anastasia** – Master of Sports in Rhythmic Gymnastics. Italian champion in individual events and the club competition, European champion in UISP program. She graduated from the Italian University Sports Sciences SUISM with honors. Brought champions Italy in the group exercises, as well as the champions of Italy in the individual program among Juniors and Seniors. Experience 11 years with Italian club Ritmica Piemonte. She worked in the United States, prepared the finalists and winners of the Championship of America Colorado. She worked at the training camp in Norway, China, France, Italy, Bulgaria, Taiwan, Cyprus, Russia. Coach The director of programs for the Egyptian national team gymnasts for the World Championship in Izmir in 2014 and for the national team gymnasts Taiwan for the Asian Games in 2014.



➤ **Yazykova-Ellina Natalia**– Dance teacher, graduated from the State Academy of Slavic Culture and VTMI led by Shulgina (pop artist) with honors. Employed: a team of Vladimir Shubarin, Recital, soloist of the State Academic Theatre Gzhel them. V.M.Zaharova. Chief choreographer of the club "Athanasia", international referee.



➤ **Zaichenko Elena** – Master of Sports in Rhythmic Gymnastics, finished Kuban State Academy FC to distinguish. The coach of the highest category. Brought member team Youth Russia, winners of Russian youth in individual and group exercises, as well as the winners of the Russian Championship in group exercises. 7 years Head Coach of the club "Athanasia" Cyprus has prepared the winners of the Championship of Cyprus in the exercise group for 5 years. Coach absolute winner of the Championship and the Cup of Cyprus in the all-around and individual events. Judge all-Russian and Cypriot categories. Experience 20 years.

5. Program for camp:

- Specialization training;
 - Work on the elements (balance, turns, jumps);
 - Classical / folk choreography;
 - Dance training;
 - PCE; CFP;
 - Acrobatics;
 - Formulation of individual and group exercises, selection of music (charged separately);
 - Individual work with a coach (extra charge);
 - Using the hall for private purposes (to inform the organizers of your days and hours, at an additional cost).
- Record on the statement of the compositions and individual training on arrival.

Additional activities:

- Organized trip to the water park (optional)
- Excursions around the island (optional)

6. Participants :

On the camp invited gymnasts born in 2011 and older who do not have health problems and medical contraindications to rhythmic gymnastics.

Gymnasts are allowed to camp:

- According to the preliminary registration and after payment;
- If you have a birth certificate or passport;
- If you have a sports insurance (accident insurance);
- If you have a medical certificate assures that the child is allowed to physical activity, if there is a deviation, an extract from the doctor how many loads permissible for this type of deviation;
- If you have a full set of documents and 100% payment for the provision of services.

Number of participants is limited.

7. Sports Equipment:

Each participant must have for camp:

- Sneakers;
- Rubber;
- Knee;
- Items for rhythmic gymnastics (rope, hoop, ball, clubs, ribbon)
- gymnastic form
- Music Personal exercise (CD or USB);
- Swimsuit for the gala concert
- Suit for the gala concert.

8. Visa

If you have a Schengen visa, then issue a special visa for entry to Cyprus, you do not need.

If you do not have Schengen, it is possible to arrange provisions for visiting Cyprus are absolutely FREE. For assistance, please contact the organizers.

9. Costs and expenses for the camp:

The costs associated with the participation of teams in the training camp (trips, excursions, accommodation, meals, transfers), carried out at the expense of the sending organization.

Cost of training camp:

200 € (From 31 May to 10 June 2016) 10 days (hotel accommodation from the organizers)

250 € (From 31 May to 10 June 2016) 10 days (independent living)

130 € (From 31 May to 4 June 2016 inclusive) 5 days (hotel accommodation from the organizers)

130 € (From 6 June to 10 June 2016 inclusive) 5 days (hotel accommodation from the organizers)

150 € (From 31 May to 4 June 2016 inclusive) 5 days (independent living)

150 € (From 6 June to 10 June 2016 inclusive) 5 days (independent living)

10. Accommodation:

Apartments:

2 person – 95 € for room

4 person – 135 € for room

Extra bed 20 €

There is a kitchen. Obligatory stay one adult in the room. No swimming pool. For one night.

Hotel 4*

	No breakfast	Breakfast	Breakfast+lunch or dinner	Breakfast + lunch + dinner
Double room	55	70	85	100
Triple	45	60	75	90

Price is for person for day. Have swimming pool.

Hotel 3*

	Breakfast	Breakfast + lunch or dinner	Breakfast + lunch + dinner
Single room	50	60	66
Double room	40	50	56
Triple	35	45	51

Price is for person for day. Have swimming pool.

Hotel 2*

	Breakfast	Breakfast + lunch or dinner	Breakfast + lunch + dinner
Single room	45	53	61
Double room	35	43	51
Triple	30	38	46

*Цена указана на человека за сутки. Есть бассейн.

11. Transfer:

How to get to Limassol.

The flight to Larnaca airport.

- From Larnaca Airport:

The bus to the city of Limassol costs 9 € per person.

Price per child under 12 years old: 4 €

Schedule:

9:15, 8:45, 4:00, 7:30, 10:30, 11:30, 13:00, 14:00, 15:00, 16:15, 17:30, 18:30, 19: 30, 21:00, 22:00, 23:15

The journey from start to finish: approximately 50 minutes

+ Bus on a city € 1.50 (daytime) or 2.50 € (night tariff from 21.00 to 04.00)

- Group transfer:

20 to 15 € per person

12. Rewarding:

All participants will be awarded mementos fees, souvenirs and certificates of the participants.

13. Terms of filing and payment:

To participate in the CF applications are filed before 1 May 2016. Payment for accommodation must be made at the rate of 50% up to 15 April 2016.

Until 28/05/2016 you need to make 100% payment for the accommodation and the cost of fees.

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This position is an official call on the collection.

