



Dear Sportfriends, we are very pleased to invite your club/federation to our International rhythmic gymnastics training camp, that will take place in VIROVITICA, CROATIA , on 18-28th June 2018.

ORGANIZER: Klub ritmičke gimnastike Pirueta, Virovitica, Croatia

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GOALS:

- Development of sport and the technical skills of the gymnasts;
- Master class by word stars of rhythmic gymnastics;
- Preparation and strengthening of acrobatic skills and work with apparatus;
- Popularization of rhythmic gymnastics;
- Exchange of experience among gymnasts and coaches;
- Raising the level of training of the gymnasts through general and special physical preparation for rhythmic gymnastics

VENUE:

OŠ Ivane Brlić Mažuranić, address: Tina Ujevića 18, 33000 Virovitica, Croatia
(10min. walk from accomodation)



ACCOMODATION:

Accommodation „Učenički dom Virovitica" (4-Bed/6-Bed rooms); 20EUR/person/night including full board (cost of accommodation with full board is already included in total cost of the Camp)

INSURANCE:

The Host Federation and the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations and Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

COACHES:

Ludmila Nazarenkova (Russia)

- Best coach of Murmansk region during many years,
- President of city Murmansk rhythmic gymnastics federation,
- Judge of the international category,
- Coach of bronze medalist of the World Games, twice champion of Asia, 3-times Champion of Russia and Uzbekistan, medalist of World Cups Elizaveta Nazarenkova,
- Many champions and medalists of FIG International tournaments, different Russian competitions and championships

Elizaveta Nazarenkova (Russia-Uzbekistan)

Twice Champion of Asia
Bronze medalist of the World Games
3-time Champion of Russia
3-time Champion of Uzbekistan
5-time medalist of the World Cup
Master of Sports of International class of Russia
Master of Sports of International class of Uzbekistan



www.instagram.com/liza.nazarenkova
www.instagram.com/51rg
www.51rg.ru/masterclass.htm

PROGRAM:

- trainings will be held twice a day (6 hours per day), 18th of June day off (excursion to NP Papuk)
- Technical training with apparatus;
- Classical choreography;
- Stretching and flexibility exercises;
- General physical training;
- Special physical training;
- Working on elements (balance, turns, jumps, acrobatic elements)

PARTICIPANTS OF CAMP:

We are welcoming gymnasts born in 2010 and older who participated in our International friendship tournament, without health issues or medical contraindications; All the participants must provide a insurance as well as a medical certificate granting a permission to participate in gymnastic activities

Number of gymnasts in the Camp is limited!

COSTS:-450EUR per gymnast for 10 days of Camp (including trainings for 6 hours per day, accommodation; full board and excursion to Nature Park Papuk).

Coaches need to pay only for accommodation 200 EUR for 10 days (including full board and excursion to Nature Park Papuk)

REGISTRATION DEADLINE:

28th of March 2018 / Number of gymnasts in the Camp is limited, our advice is to reserve the place as soon as possible.