



REGULATION

On Holding International Rhythmic Gymnastics Training Camp under the Leadership of the Olympic Champion Olga Glatskikh

“YOU CAN DO IT YOURSELF”

1. GOALS AND OBJECTIVES:

- Promotion and popularization of physical education, sports and rhythmic gymnastics among children and youth;
- sharing experience, improvement of sports skills and preparedness of gymnasts;
- finding talented and promising gymnasts;
- development of overall physical condition and conditioning for gymnastics;
- training, formation and improvement of skills of work with items of rhythmic gymnastics;
- revealing the creative potential of personality, musicality, sense of rhythm and artistic impression;
- formation of team spirit and patriotic education.

2. TIMING AND LOCATION OF THE EVENT:

July 15-27, 2019

- July 15 - day of arrival and registration of participants;
- July 16 - the first day of training;
- July 19 and 25 - days off;
- July 26 - the final day of training and the reporting gala concert;
- July 27 - day of departure of participants before 12.00.

Venue: Spain, Lloret de Mar, Pompeu Fabra sports complex with stadium.

3. ORGANIZATION OF SPORTS TRAINING CAMPS:

Sports Development Fund “You Can Do It Yourself” organizes the international training camp.

Coaching staff:

- **Olga Vyacheslavovna Glatskikh**, Merited Master of Sports of Russia, Olympic Champion in group exercises of the XXVIII Olympic Games in 2004, 2005 World Champion, 2003 European Champion, multiple champion of the World Cups and Grand Prix. Recipient of the Order of Friendship.

- **Olga Sergeevna Kapranova**, Merited Master of Sports of Russia, ten-time World Champion, multiple European Champion. Winner and medalist of the World Cup stages.
- **Yulia Yuryevna Bravikova**, Master of Sports of International Class of Russia, two-time European Champion, four-time Champion of 2017 Summer Universiade. Winner and medalist of the World Cup stages. Champion of Russia in the team event.
- **Kamilla Faritovna Kayumova**, Master of Sports of International Class of Russia, a member of the Russian national team, bronze medalist of the Russian Championship in team classification, winner and medalist of Russian and international tournaments. She was directly involved in preparation of Masters of Sports of International Class and Masters of Sports of Russia. She has experience working with foreign teams from Cuba, Estonia, South Korea.
- **Alsu Ilgizarovna Gatina**, Master of Sports of the USSR, Honorary Worker of Physical Education of Russia. High-class coach. 27 years of coaching experience. Program director. Coach of Masters of Sports of Russia. She has experience working with foreign teams from Brazil, Spain, Cyprus.
- **Dina Rashidovna Koryukova** - 21 years of coaching experience. Direct supervision of training of the masters of sports, members of the national teams of ODSOO “Rus”, Urals Federal District and Sverdlovsk Region.
- **Alexandra Sergeevna Kozhevnikova**, Master of Sports of Russia. Bronze medalist of the Russian Championship in the team event. Professional coach and dance director.

Coaching staff is subject to change!!!

4. INTERNATIONAL TRAINING CAMP PROGRAM

- ✓ Training process with a highly qualified teaching staff
- ✓ Live communication with the stars of rhythmic gymnastics
- ✓ Gala concert of all participants and coaches
- ✓ Organization of training sessions in the hall, at the stadium and on the beach
- ✓ Extensive sightseeing and cultural program
- ✓ Assigning “tutors” (counselors) to each group of gymnasts

- ✓ Organization of a leisure program by “tutors” and many other things.

Training program:

- Choreographic training
- Subject-specific training
- Working on elements (balance, turns, jumps)
- Studying the elements with the items - skills
- Overall physical condition
- Conditioning for gymnastics
- Stretching, flexibility development
- Acrobatic training
- Dance training
- Working with an item on the dance floor
- July 26 - Reporting gala concert

OPTIONALLY:

- Program setting
- Individual trainings
- Excursion program for additional fee

Groups of 17-20 people, no athlete will be left behind.
That's why there are a limited number of participants.

5. PARTICIPANTS OF INTERNATIONAL TRAINING CAMP

Gymnasts from Children's and Youth Sports Schools, Specialized Children's and Youth Sports Schools of the Olympic Reserve, Olympic Reserve colleges, sports clubs, as well as students from additional education groups, children's centers and sections are invited to participate in international training camp. Gymnasts without health problems and medical contraindications are allowed to participate in rhythmic gymnastics classes.

Age of participants: from 5 to 16 years.

Gymnasts are allowed to participate in the training camp:

- ✓ upon pre-registration and with full payment
- ✓ upon presentation of a birth certificate and health insurance
- ✓ upon presentation of sports insurance (accident insurance)

- ✓ upon presentation of a medical certificate confirming that the child has been admitted to physical activity
- ✓ upon execution of the contract

Every participant of the training camp must have:

- ✓ rhythmic gymnastics sports uniforms, knee protection, rubber
- ✓ Gymnastics items (rope, hoop, ball, clubs, ribbon)
- ✓ discs with the gymnast's musical compositions
- ✓ if a gymnast has an exhibition gala, music and a costume to participate in the gala concert

Expenses for travel, meals, accommodation, transportation of participants and sports training camps will be borne by the sending organizations.

6. ATHLETE AWARDING

All participants of international camp will be awarded with memorable gifts, souvenirs and certificates of participants.

7. COST OF INTERNATIONAL TRAINING CAMP

Training camp fee: EUR 500 per person.

The cost includes: the entire training process, tuition, souvenirs.

Accommodation at Hotel Guitart Gold Central Park Aqua Resort. The hotel is a 5-minute walk to the sea and a 5-minute walk to the gym.

Contacts on accommodation, air tickets, visas:

phone (343)-216-11-60

e-mail: info@turizm-ekb.ru

www.turizm-ekb.ru

8. REQUESTS FOR PARTICIPATION

1. The request form must be sent by e-mail to: tssgo2019@gmail.com (specifying contact details).
2. After the registrar checks the request, you will receive a letter with a link for payment of training camp expenses.

Further information is available on WhatsApp: +7922-137-65-93

This regulation is an official invitation to the training camp.



REQUEST FOR PARTICIPATION

Customer (full name/organization):

Contact person (full name):

Country_____ **City** _____

Contact phone number: _____ **E-mail:** _____

No.	Full Name	Date of birth*	Status (participant/tutor/parent)
1			participant

* Date of birth is indicated only for children - participants of the event.

Note: If there are several groups of participants in the event, specify a responsible person for each group.