



Rhythmic gymnastics camp, z.s.
(RGC z.s.)



МЕЖДУНАРОДНАЯ АКАДЕМИЯ
СПОРТА ИРИНЫ ВИНЕР
Академия Ирины Винер

Irina Viner's International sports
academy

REGULATION

on carrying out the summer Training camps in rhythmic
Czech Republic, Hradec Kralove

1. General provisions

Rhythmic gymnastics camp z.s. is organizing summer sports camp (hereinafter referred to as only "TC"), in cooperation with autonomous non-profit organization Irina Viner's International sports academy, which will be carrying out trainings for following purposes:

1. Improving sport and physical performance of attendants;
2. Finding artistic potential of attendants;
3. Revelation of talented and perspective gymnasts;
4. Reinforcement of sports relationships between sports organizations Russian federation and European Union.

Venue:

Víta Nejedlého 1216, Hradec Králové 50003
Czech Republic, Hradec Králové

Dates of events:

1. shift:

from 9th of July to 15th of July 2018

2. shift:

from 16th of July to 22nd of July 2018

3. shift:

from 23rd of July to 29th of July 2018

Attendant's arrival in the second half of the day is happening after 02:00 p.m., departure is always before 12:00 noon.

2. Management and coaching staff

TC is ran under the leadership of Rhythmic gymnastics camp z.s.

The trainings are ran under the autonomous non-profit organization Irina Viner's International sports academy.

Coaching stuff:

1. shift

Deserving champions of sports, multiple World and Europe champions of modern gymnastics, winners of international race, referees of international class:

- **Anna Svirina** (1. shift)
- **Marina Shpekht** (1.,2.,3. shifts)
- **Vera Sessina** (2.,3. shifts)
- **Olga Kapranova** (2.,3.shifts)

Masters of Sports on rhythmic gymnastics, coach-instructors, choreograph of International Sport Academy of Irina Viner are involved in carrying out the training exercises

3. TC participants

To our camp we invite female gymnasts born in the years of 2001 to 2012 without any health conditions that could cause problems and medical contradictions to modern gymnastics.

4. Conditions for admission to TC

Attendants are required to have on them:

- identity card/document (original and copy);
- medical admission from the doctor that the child is allowed to be involved in rhythmic gymnastics;
- insurance policy against accident/injury/death
- document certifying the identity of the person in charge (original and copy) for the participant or group of participants.

5. TC program

10:00 a.m. - 01:00 p.m. – I. training,

01:00 p.m. - 03:00 p.m. – lunch, rest

03.00 p.m. – 06:00 p.m.– II. training

TC program includes:

Content	Initial training group (ITG)		Training group (TG)	
		hours		hours
Warm-up	+		+	
Flexibility	+		+	
Choreography	+		+	
Overall physical condition	+		+	
Special physical condition	+		+	
Body difficulties	+		+	
Combinations of dance steps	+		+	
Dynamic elements with rotations			+	
Difficulties with equipment	+		+	
Jumps, balances and rotations	+		+	
Acrobatics			+	
Restorative activities, self-training	+		+	
Theoretical training	+		+	
Psychological training			+	

On the last day of each shift an open training of the TC Participant's is held, to which representatives of the Participants are invited.

5. Sports equipment:

Each participant is obtained to have:

- weights
- fitness rubber
- knee-pads
- equipment for modern gymnastics
- gymnastics uniform
- music for (optional) personal exercises

6. TC execution charges:

Expenses for traveling, diet, accommodation, travel for attendants and participation in TC are borne by sending organizations.

TC cost – 310 Euro (7 600 CZK)

This cost covers lunches.

The payment is made by transferring funds to the settlement account of Rhythmic gymnastics camp z.s. The whole payment is based on issued invoice.

7. Conditions for applications submission:

Submission of applications is possible until the 30th of June 2018, including submissions via web pages:

www.gymnastic-camp.com

The application from the organization involving team of at least 10 gymnasts, assure accommodation and meals of the accompanying coach at the expense of the organizers.

By submitting your application you officially agree with the provisions of this Regulation.