



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 Kralové 50003  
Czech Republic, Hradec Kralove

#### Dates of events:

##### 1. shift:

*from 9<sup>th</sup> of July to 15<sup>th</sup> of July 2018*

##### 2. shift:

*from 16<sup>th</sup> of July to 22<sup>nd</sup> of July 2018*

##### 3. shift:

*from 23<sup>rd</sup> of July to 29<sup>th</sup> 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 – 350 Euro (9 400 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 30<sup>th</sup> of June 2018, including submissions via web pages:

[www.gymnastic-camp.com](http://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.**