



RESOLUTION ON PROCEEDINGS

Summer Camp of Rhythmic Gymnastics

Gymnastic camp 2019

Prague

22 July – 31 July 2019

1. Objectives:

- Promoting the popularization and development of rhythmic gymnastics in the Czech Republic, the European Union and Russia
- Exchange of experience, raising the level of sporting techniques and preparation of gymnasts;
- Development of general and special training;
- Training, shaping and improving skills in working with rhythmic gymnastics equipment;
- Unleashing the creative potential of personality, non-standard way of thinking, musicality, plasticity and arts through classical and modern choreography;
- Teaching different styles of dance art.

2. Terms and venue:

The educational-sporting training camp will be held from 22 July to 31 July 2019 on the address: Výstaviště Praha, a.s. Areál Výstaviště 67, 170 00 Prague 7

3. Management and trainers of the gymnastic camp:

1. Experienced coach of the Russian Federation, senior coach of the junior representation of rhythmic gymnastics of the Russian Federation, head coach of rhythmic gymnastics of the Sports Unity "Spartak", candidate of pedagogical sciences, choreographer-director: **Ekaterina Sirotina**
2. Multiple World and European Champion, Olympic Champion from London: **Anastasia Nazarenko**
3. Master of Sports of the USSR, member of the USSR representation, double winner of the USSR, bronze medallist from the USSR Championship in individual tools, coach of the silver medallist from the European Championship 2005, master of sport of the international level of Darja Okladnikovova, the first coach of World Champion 2005 in teams of Světlana Putin's international class: **Natalia Simashkevich**
4. Ballet dancer of Igore Mojsejevov, soloist of the Russian songs ensemble, choreographer and a higher category teacher, artistic director of choreographic studio of folk dance "Cvěty Rossiji" (classical choreography, dance of world nations): **Nadezda Yurkova**
5. Soloist of the State ensemble of songs and dances "Volzhski skazki", graduate of the Samar Regional Vocational School of Culture, school of modern art "River" and a dance group "Vdovnovnije" (dancing preparation: jazz, modern, hip hop, dance of world nations): **Natalia Skopintseva**
6. Master of Sports of the Soviet Union, higher category teacher – **Valentina Baranova**
7. Russian Federation Sports Champion: **Tatyana Vavrenchuk**
8. Champion of the Russian Federation, multiple winner of all Russian and international competitions: **Kseniya Zhevakina**

All trainers are required to attend all the exercises and participate in the training process.

4. Gymnastic camp program:

Date	Schedule
21 July 2019	Arrival / Registration
22–25 July 2019	Training days
26 July 2019	Rest day
27–30 July 2019	Training days
31 July 2019	Closing day until 5 pm

Program of the camp:

1. Warm-up
2. Stretching exercises
3. General fitness training and special fitness training
4. Classical and parter choreography
5. Exercise with tools (including basics of exercises with tools)
6. Acrobatics
7. Dance

5. Participants in the Gymnastics Camp:

Gymnastics camp can be attended by all gymnasts born between 2001 and 2014, who have no health problems and contraindications to rhythmic gymnastics.

The number of places is limited!!!

6. Special requirements for Gymnastics camp participants:

- Gymnasts should have a copy of the birth certificate, a copy of the health insurance (not valid for Czech citizens), a health certificate that the child can participate in the Gymnastics Camp;
- The appearance of the gymnasts at the training should fully meet the requirements: black uniform, white socks, gymnastic shoes, gymnastic haircut;
- Training equipment needed: complete equipment, loads, tennis balls (4-5 pieces !!!) wide and narrow rubber, knee pads, competition leotards and music recordings.

7. Cost of the Gymnastics cam:

The cost of the stay, meals, the attendance of the participants and the camp, shall be paid by the sending organization or by the participant herself.

Gymnastics camp price without accommodation: CZK 10,000 - the camp includes lunch of participants

8. Registration terms:

Registration at the Gymnastics camp 2019 is available only at www.rgc.camp (registration form). The applications can be submitted until 5 July 2019 (including).

Because of the limited number of places, registration is required to be paid within 10 calendar days of registration. Otherwise your registration will be automatically removed from the system.

9. Accommodation:

The organizers offer several options for accommodation. A description of each variant can be found on the camp website www.rgc.camp (accommodation), in the registration form or in the profile of the registered participant.

10. Organizers contacts:

Please send inquiries about the camp and organizational issues to the following e-mail address: info@rgc.camp or popova@gymshow.ru

This resolution is an official invitation to the Gymnastic camp 2019.