

Head coach of the RFSO "Spartak" in rhythmic gymnastics



E.S. Sirotnina

August 25, 2020

REGULATIONS

on conducting online

MASTER CLASS

IN SUBJECT TRAINING

on September 13, 2020.

1. Goals and objectives

- Campaigning and promotion of the development of rhythmic gymnastics in the conditions of high alert;
- Increasing the level of sportsmanship.

2. Date and venue

Master Class on subject training is conducted online in the ZOOM app on September, 13 2020.

3. Program

Date	Schedule
September, 13 2020	online trainings from 12.00 to 14.10

4. Coaches

- Member of the Slovak national team, multiple champion of Slovakia, participant of the World and European championships (*subject training*): **Ksenia Kilianova**
- Subject training teacher, winner of the All-Russian competitions in male rhythmic gymnastics (*subject training*): **Alexandr Fraske**

5. Participants

Female gymnasts born in 2003 - 2012 who have no health problems and no medical contraindications to rhythmic gymnastics are invited to the Master Class.

6. Special requirements for participants

- For classes, participants must have: maximum free and safe area (remove furniture if possible and ensure there are no sharp corners), prepare a soft floor covering (carpet / mat for fitness activities);
 - For training, participants must have all items, knee pads, tennis balls;
 - In accordance with the rules, gymnasts during training should have: black uniform, white socks, gymnastic shoes, and gymnastic hairstyle.

7. Technical requirements

■ To participate, it is necessary to download the ZOOM app and sign up with it: the application is downloaded on any device with the Internet.

Important! When signing up, please specify the name and surname of the gymnast.

■ Two-way communication online (the picture you see) depends on the speed of the Internet on YOUR side; therefore, when using a laptop or computer connected via wired Internet or Wi-Fi, the quality will be better than when viewing on a mobile phone and via mobile Internet.

Important! The device you use must be equipped with a camera and microphone!

■ The link with ID to enter a group WhatsApp chat will be sent to the participants of the Master-class beforehand.

Important! When entering the chat, please specify the name and surname of the gymnast so that the instructor can accurately address the participant in order to coordinate her activity.

8. Expenses for conducting

The costs of participation in the Master class are borne by the representatives of the participants.

9. Conditions for submitting applications

To participate in the Master Class, applications must be submitted ONLY on the gymshow.ru website ([in the Events section](#)) **no later than September 5, 2020!**

10. Agreement and the cost of participation

Participation in the Master class is formalized by an Agreement through the electronic exchange of documents. The cost of the online Master class is **3000 rubles**. Payment must be made using the details specified in the Agreement to the current account before September 5, 2020.

11. Contacts of the organizers

General and technical issues:

8 (968) 033 29 91 or info@gymshow.ru - Olga Alekseevna Boldyreva (coordinator).

These Regulations are an official invitation to participate in the Master class.

Director of the event
Anastasia Sergeevna Popova, phone: 8 (967) 138-19-82,
e-mail: popova@gymshow.ru