

Head coach of RFSO "Spartak"
in rhythmic gymnastics



Sirotina E.S.

September, 25, 2020

REGULATIONS
on conducting
AN ONLINE MASTER-CLASS
IN SUBJECT TRAINING
on October 18, 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 October 18, 2020.

3. Program

Date	Timetable
October 18, 2020	Online trainings from 12.00 to 15.00

4. Coaches

- Finalist of the Beijing 2008 Olympics, coach of the Israeli national team in group exercises since 2017 (medalist team of international competitions and the World Championship), chief choreographer of the Israeli national team (*subject training - ball, rope*): **Rachel Vigdorczyk Faiga**
- Subject training teacher, winner of the All-Russian competitions in male rhythmic gymnastics (*subject training: hoop, clubs*): **Alexander Fraske**

5. Participants

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

6. Special requirements for the participants

- For classes, the participants should have: a free and safe area (if possible, free from furniture, do remove sharp corners) with a soft floor covering (carpet / mat for fitness);
- For training, participants must have at hand: all items, knee pads, tennis balls;
- **For training with Rachel Vigdorczyk Faiga, you will need two tennis balls, a rope and, if possible, two gymnastic balls;**
- The appearance of gymnasts in training must comply with the common rules: black uniform, white socks, gymnastic slippers, 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 via the Internet.

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

- Two-way online communication (the picture you see) depends on the speed of the Internet on YOUR side, therefore, using a laptop or computer connected via cable or Wi-Fi, you will have a better quality of the connection than if 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! On 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 their activity.

8. Expenses

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

9. Conditions of applying for participation

To participate in the Master Class, applications must be submitted ONLY on the gymshow.ru website (in [the Events section](#)) **no later than October 17, 2020!**

10. Agreement and the cost of participation

Participation in the Master class is upon an Agreement through the electronic exchange of documents. The cost of the online Master-class is **3000 rubles**. Payment will need to be made to the current account before October 17, 2020 using the details specified in the Agreement.

11. Contacts of the organizers

For general and technical questions:

+7(968)033-29-91 or info@gymshow.ru – Olga Alekseevna Boldyreva (coordinator).

This provision is an official invitation to participate in the Master class.

Event Director: Anastasia Sergeevna Popova +7(967)138-19-82 or popova@gymshow.ru