

Head coach of RFSO "Spartak"  
in rhythmic gymnastics



Sirotina E.S.

January, 5, 2021

**REGULATIONS**  
**on conducting**  
**AN ONLINE MASTER-CLASS**  
**IN SUBJECT TRAINING**  
**on January 23, 2021**

## 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 January, 23, 2021.

## 3. Program

Date	Timetable
January, 23, 2021	Online trainings from 16.00 to 19.00

## 4. Coaches

- Honoured Master of Sports in rhythmic gymnastics, medallist of the World and European Championships, participant of the 2016 Olympic Games, member of the national team of the Republic of Belarus (subject training): **Galkina Ekaterina Aleksandrovna**
- Silver medalist of the Olympic Games in group exercises, world champion in group exercises, Honored Master of Sports of the Republic of Belarus (subject training): **Marina Sergeevna Goncharova**

## 5. Participants

Female gymnasts born in 2003 - 2013 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;
- 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 January, 22, 2021!**

## **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 **3500 rubles**. Payment will need to be made to the current account before January, 22, 2021 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](mailto:info@gymshow.ru)  
– Olga Alekseevna Boldyreva (coordinator).

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

**Event Director:** Anastasia Sergeevna Popova [popova@gymshow.ru](mailto:popova@gymshow.ru)