

Head coach of RFSO "Spartak"
in rhythmic gymnastics



Sirotina E.S.

February, 5, 2021

REGULATIONS
on conducting
AN ONLINE MASTER-CLASS
IN SUBJECT TRAINING
AND FOOT TRAINING
on February, 27, 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 **February, 27, 2021**.

3. Program

Date	Timetable
February, 27, 2021	Online trainings from 16.00 to 19.00 (time in Moscow)

4. Coaches

- The participant of the Olympic Games, multiple medal winner of the World Championships and the winner of the European Championship, the double champion of Azerbaijan, bronze medal winner of the Grand Prix (*subject-related training*): **Aliya Nurgayanovna Garaeva**.
- A graduate from A. Ya. Vaganova Academy of Russian Ballet. A graduate from N. A. Rimsky-Korsakov Conservatory (the choreographic department). A ballet dancer at the Mariinsky Theater since 2010. The laureate of the international classical contest. A teacher of classical choreography, stretching and body work (*a set of exercises for legs and foot training*): **Grigory Borisovich Pyatetsky**.

5. Participants

Female gymnasts born in 2004 - 2015 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;

- 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, the applications are to be submitted STRICTLY on gymshow.ru website (in the [section Events](#)) up to and including **February 25, 2021!** When submitting an application, please select the Event Format - ONLINE Event!

10. Agreement and the cost of participation

Participation in the Master class will be confirmed by an Agreement, which is posted on the website when submitting an application. The cost of the online workshop is **3000 rubles**. You are kindly asked to pay to the settlement account before **February 25, 2021** using the details specified in the Agreement and to send confirmation of your payment to the email address: info@gymshow.ru.

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 popova@gymshow.ru