

УЧЕБНО-ТРЕНИРОВОЧНЫЕ СБОРЫ



3-10  
января  
2020

КАЗАНЬ



## **POSITION**

### **to hold training camps in rhythmic gymnastics in Kazan**

#### **1. Goal and tasks:**

- Promoting the popularization and development of rhythmic gymnastics in Russia for high - professional level;
- Exchange of experience, improvement of sports skills and training of the gymnasts;
- The development of general and special training;
- Training, development and improvement of skills in the subjects of gymnastics;
- Creative potential of the individual, non-standard way of thinking, music, sculpture and artistry by means of classical and modern dance;
- Learning different styles of dance.

#### **2. Date and venue:**

TCB is conducted: Kazan, ul. Novo Davlikeevskaya 2A, Block 1, the sports base "Dynamo".

Dates: January 3-10, 2020.

January 3 - the day of arrival, at 19.00 meeting for coaches, representatives (training hall).

4-10 January - training camp.

January 9 - Gala Concert at 19.00 (after 2 trainings).

January 10 - Departure of teams after 19.00 (after training).

#### **3. Composition professionals TCB:**

- **Inna Zhukova (Belarus)** - silver medalist of the Olympic Games, is rhythmic gymnastics individual exercises. Honored Master of Sports of the Republic of Belarus.
- **Anna Ustsova** - Master of sports of international class, European champion in the group exercises, Russian champion in group exercises.
- **Elena Tikhomirov** - choreographer fees, graduated from the Saratov Choreographic School with a degree in ballet dancer, has repeatedly participated in international tours troupe in France, Germany, Switzerland, Holland. She graduated from the Kazan State Conservatoire, specialty im.Zhiganovoy teacher-choreographer.
- **Catherine Kulik** - Teacher of dance disciplines. She graduated from the Vladimir Regional College of Culture and Arts with honors. Student of the Kazan State Institute of Culture of Choreographic Art Faculty in the direction of Teacher Education. Winner of regional, provincial and All-Russia competitions and festivals. Former member of the Folk Dance

Ensemble "Rosinka". He participated in the organization of the international festival of folk art "Golden Ring". The ensemble consists of a multiple winner of prestigious competitions and festivals in Moscow, Sochi, Lipetsk, Perm, Tver, Vladimir, Moore et al. Winner of the Grand Prix of XI All-Russian Dance Festival for the prize choreographers dynasty N.Kartashovoy and T.Reus "Ural pereplyas "Chelyabinsk,

- **Radik Aynulov** - dance teacher, a member of FINA World Championships opening ceremony, "the FINA 2015", a member of the opening ceremony of "Universiade 2013", the soloist of the water show of Maria Kiseleva.
- **Zaur Osmanov** -juggling teacher, winner of the first degree Circus Festival in Riga (Latvia), the Grand Prix g.Krasnoturilsk, the Grand Prix "Golden Circle arena," first place of Circus Arts, St. Petersburg, laureate of the international festival of circus art "Golden Elephant" Yuri Nikullina, a member of the circus program Yuri Nikullina (Israel), graduated from the circus school.

\*The organizer reserves the right to replace the coach in case of unforeseen circumstances.

#### **4. Program training camps:**

- Specialization training;
- Work on elements (equilibrium, turns, jumps) on the "pillows" (issued by each participant at the beginning of charges);
- Classical choreography;
- Dance training of national trends, hip hop, latin, salsa;
- PFD; CFP;
- Acrobatics;
- program of work to the music;
- Lessons juggling tennis balls, clubs;
- Statement of the program (by appointment);
- Individual work with a trainer (prior registration);
- Workshops for applying makeup, art therapy for the gymnasts.

#### **5. Participants of training camps:**

- To participate in a training camp allowed gymnasts, students of youth sports schools and Olympic reserve schools, high school sports, sports clubs.
- Age of participants: from 5 to 16 years (2013 born and older).
- **NUMBER OF CHILDREN IN THE GROUP OF 10 PEOPLE!**

#### **6. Gymnasts are allowed to sports events:**

- Pre-registration and payment for accommodation and meals (up to 13 December 2019);
- In the presence of a birth certificate and medical insurance;

- On a medical certificate, zaveryayuschey that the child is admitted to physical activities;

#### **7. Each participant must have training camps:**

- birth certificate;
- a copy of the medical policy and medical certificate;
- all things;
- rubber;
- 4 tennis balls (for employment with Tutor juggling);
- knee pads;
- black form at a gala concert;
- CD discs, USB-flash drives to operate the program.

#### **8. The cost of training camps:**

##### **Accommodation:**

Accommodation in 3, 4, 5 double rooms with all facilities (for athletes)

Accommodation in 2-bed rooms with all facilities (for the trainer) .Pitanie: breakfast, lunch, uzhin.Kruglosutochnaya Guard base specialized services;

- The cost of accommodation and food 14 000 rubles.  
The cost of training of 12 000 rubles.
- The costs of secondment, food, accommodation, travel of participants and conducting TCB are sending organizations.

#### **9. Terms of payment:**

- Accommodation and meals must be paid before 13 December 2019.
- The cost of training is paid on the spot.

#### **10. Applications:**

- Applications are submitted through the site <https://victorycup.ru>
- Additional reporting and information on the training camp will be posted on the website <https://victorycup.ru>
- With the upcoming events can be found on our website <https://victorycup.ru/upcoming-events/>

#### **Additional information non the phone (WhatsApp, Viber, Telegram):**

+7 903 340-28-13 - Alina Labutina.

Email: [gymkzn@mail.ru](mailto:gymkzn@mail.ru)

## **We are in social networks:**

### **Sporting events «VICTORY CUP»**

-  [www.victorycup.ru/](http://www.victorycup.ru/)
-  [vk.com/victorycupru](https://vk.com/victorycupru)
-  [www.instagram.com/victorycup.ru/](https://www.instagram.com/victorycup.ru/)
-  [www.facebook.com/victorycup.ru/](https://www.facebook.com/victorycup.ru/)
-  [#victorycup](#)

### **ANO "ACADEMY OF GYMNASTICS AND SPORT"**

-  [www.akgym.ru/](http://www.akgym.ru/)
-  [vk.com/gymnastics\\_kazan](https://vk.com/gymnastics_kazan)
-  [www.instagram.com/akgym\\_2014/](https://www.instagram.com/akgym_2014/)
-  [www.facebook.com/gymnasticskazan/](https://www.facebook.com/gymnasticskazan/)
-  [#akademiya\\_dinamo](#)

### **Sports company «VICTORY»**

-  [www.victory.style/](http://www.victory.style/)
-  [vk.com/victory.company](https://vk.com/victory.company)
-  [www.instagram.com/victory.style.kzn/](https://www.instagram.com/victory.style.kzn/)
-  [www.facebook.com/Victory-Group/](https://www.facebook.com/Victory-Group/)
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**We will be glad to see you!**

**Waiting for everybody!**

