



# Учебно-тренировочные сборы по художественной гимнастике



WELCOME TO  
**Казань**

Спортивная база «Динамо»

1 смена: 21-28 июля  
2 смена: 1-8 августа  
3 смена: 10-20 августа

2019 г.

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

**Targets and goals:**

- Promoting the development and popularization of rhythmic gymnastics on a high - the 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.

**Date and venue:**

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

**1 change** - 21-28 July 2019.

**2nd shift** - August 1-8 2019.

**3 change** - 10-20 August 2019.

Change	day of arrival	training days	Gala Concert	day of departure
1 change	21 July	22 - July 28	July 27 (2 after training)	July 28 (2 after training)
2nd shift	August 1	2-8 August	August 7 (2 after training)	August 8 (2 after training)
3 change	August 10	11-20 August	Aug. 19 (2 after training)	August 20 (2 after training)

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**Composition professionals TCB:**

- **Varvara Philo (Greece) (1 change)** - Greek champion from 2004-2016 gg., Participant of the Olympic Games in Brazil.

- **Anastasia Nazarenko (2nd shift)** - Honored Master of Sports, Olympic champion in the group exercises, World and European champion in the group exercises.
- **Daria Shkurikhina Daria (2 shift)** - Honored Master of Sports, Olympic champion in the group exercises, World and European champion in the group exercises.
- **Marina Goncharova (change 3)** - Honored Master of Sports of the Republic of Belarus, the silver medalist of the Olympic Games in London in the exercise group, winner of world and European championships.
- **Alina Ermolova (change 3)** - International Master of Sports, two-time European champion.
- **Anna Ustsova (1, 2, 3 shift)** - Master of sports of international class, European champion in the group exercises, Russian champion in group exercises.
- **Elena Tihomirova (1, 2, 3 shift)** -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 (1, 2, 3 shift)** - 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,
- **Radick Aynulov (1, 2, 3 shift)** - 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 Osman (1, 2, 3 shift)** -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 Nikulin (Israel), graduated from the circus school.

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

### **For coaches and parents lecture from a sports nutritionist and a specialist in regenerative medicine for athletes:**

- **Natalia Rylova**- a sports dietitian, MD, Associate Professor, Professor of the Department of Hospital Pediatrics Medical University, Kazan State Medical University of Ministry of Health of Russia.
- **Vera Kudryavtseva**-teacher of art therapy.
- **Aidar Usmanov**-teacher of acting.
- **Olga Ivanova** - massage therapist (teacher lectures on restorative massage athletes).

**Albina Sirazetdinova** -the person responsible for carrying out duties.

### **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 on applying makeup, art therapy for the gymnasts;
- lectures for parents and coaches from a psychologist, nutritionist, massage therapist.

### **Participants of training camps:**

- To participate in a training camp allowed gymnasts, students children's and youth sports schools and Olympic reserve schools, high school sports, sports clubs.
- Age of participants: from 5 to 16 years (2013 born and older).

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

- Pre-registration and payment of accommodation and food;
- In the presence of a birth certificate and medical insurance;
- A medical certificate assures that the child is allowed to physical activities;

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

- birth certificate;
- a copy of the medical policy and a doctor's certificate;
- all things;
- rubber for fitness;
- 4 tennis balls (for employment with Tutor juggling);
- knee pads;
- **training uniform offered at the beginning of each Member State levies charges.**

### **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) Meals:

Breakfast, lunch, uzhin. Kruglosutochnaya security camp specialized services;

- The cost of accommodation and meals 1 and 2 change - 13 000 rubles.  
cost of training 1 and 2 change of 13 000 rubles.
- The cost of accommodation and meals 3 shift change - 18 000 rubles.  
cost of training 3 shifts of 16 000 rubles.
- The costs of secondment, food, accommodation, travel of participants and conducting TCB are sending organizations.

### **Terms of payment:**






- Accommodation and meals must be paid:
- 1 changing to 20 June 2019.
- 2 change to the July 1, 2019.
- 3 changed to July 10, 2019.
- The cost of training is paid on the spot.
- 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 nAbout phone (WhatsApp):**






- +7 903 340-28-13 - Alina Labutina
- +7 917 282-43-01 - Albina Sirazetdinova.

## 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 SPORT»

-  [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/)
-  #victory

Спортивная база «Динамо»  
23-30 марта 2019 г.

We will be glad to see you!

Waiting for everybody!

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