



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



Учебно-тренировочные сборы  
по художественной гимнастике



## **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: 23-30 March 2019.

March 23 - the day of arrival, at 19.00 meeting for coaches, representatives (training hall).

March 24-30 - training camp.

March 29 - Gala Concert at 19.00 (after 2 trainings).

March 30 - Departure of teams after 19.00 (after training).

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

- **Varvara Philo (Greece)** - Greek champion from 2004-2016 gg., Participant of the Olympic Games in Brazil.
- **Anna Ustsova** - Master of sports of international class, European champion in the group exercises, Russian champion in group exercises.
- **Alina Yermolov** - International Master of Sports, two-time European champion.
- **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. The program of 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 of accommodation and food (up to 2 March 2019);
- In the presence of a birth certificate and medical insurance;

- A medical certificate assures that the child is allowed to physical activities;

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

- birth certificate;
- a copy of the medical policy and a doctor's 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) Meals:

Breakfast, lunch, uzhin. Kruglosutochnaya Guard base specialized services;

- The cost of accommodation and food 13 000 rubles.  
The cost of training of 12 000 rubles.
- The costs of secondment, food, accommodation, travel of participants and conducting TCB are sending organizations.

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#### 10. **Payment terms:**

- Accommodation and meals must be paid before March 2, 2019.
- The cost of training is paid on the spot.

#### 11. **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 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

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**We will be glad to see you!**

**Waiting for everybody!**

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