

Approved by E. O. Smirnova,

Director,

Irina Viner-Usmanova's Rhythmic Gymnastics Centre

## **OFFICIAL INVITATION & DIRECTIVES**

# *Training Camp at Irina Viner-Usmanova's Rhythmic Gymnastics Centre*

### **1. Goals & Objectives**

- Promotion of international sport exchange on amateur and professional levels
- Rhythmic gymnasts' mastery upgrades and progress
- General and special physical training
- Healthy lifestyle
- Mastering and upgrades of R. G. apparatus skills
- Creativity, unconventional way of thinking, musicality, plasticity and artistry by means of classic and modern choreography
- Choreography, various dance styles and plasticity to be learned by young gymnasts
- Selection of talented and promising gymnasts
- Friendly sport exchange

### **2. Dates & Venue**

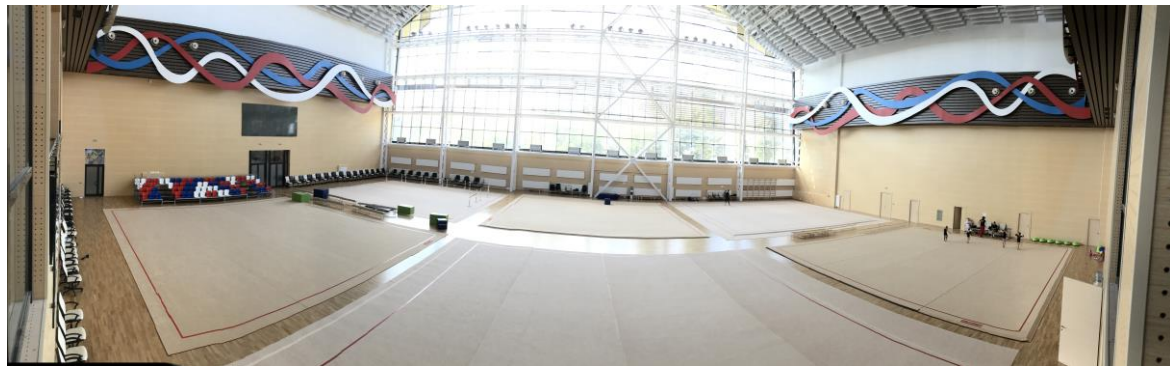
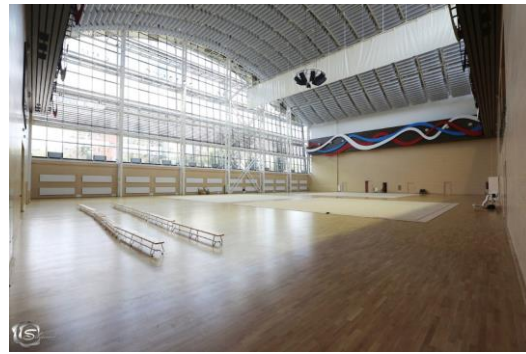
**26 October – 03 November 2019**

*25 OCT 2019 (arrival & check-in)*

*26 OCT 2019 – 1<sup>st</sup> day of the training camp*

*03 NOV 2019 – the final day of the training camp & departure*

**Address:** 15 Olympiyskaya Str., Novogorsk District, Khimki, Moscow Region, Russia



### 3. Coaches (subject to change)

**Elena Nefedova** – Hon. Coach of Russia, personal coach of the sisters Olga and Ekaterina Kapranova, International Category Judge of the Russian National Team, UEG RG TC Member

**Yana Arintseva** – Hon. Coach of Russia, National Group Coach, Olympic Coach

**Olga Nazarova** – Hon. Coach of Russia, the first coach of A. Soldatova & E. Selezneva

**Ksenia Dudkina** – Hon. Master of Sport, Olympic Champion, Youth Olympic Champion, two-time World and European Champion, three-time Winner of the World Universiade (groups)

**Evgenia Gertzikova** – Intl. Master of Sport, two-time European Champion, Medalist of the World Championships, National Category Judge

**Daria Dubova** – Intl. Master of Sport, two-time European Champion, Youth Olympic Champion '2014, Winner of the World Cup and Grand Prix Events (groups)

**Daria Avtonomova** – Intl. Master of Sport, member of Russian National Team, World and European Champion, Winner of the World Universiade

**Daria Anenkova** – Intl. Master of Sport, two-time Youth Olympic Champion

**Daria Kleshcheva** – Hon. Master of Sport, Winner of the European Games, World Champion in Groups All-around, member of Russian National Team

**Olesya Petrova** – Intl. Master of Sport, European Champion in team and apparatus events, Champion of Russia, member of Russian National Team

**Maria Titova**, Intl. Master of Sports, mult. times medalist, WC & Grand Prix Series & other major intl. events

**Karina Katiukhina** – Master of Sport, Winner and Medalist of mult. International and National Events, member of Russian National Team

**Oleg Antonov** – Intl. Master of Sport, five-time Champion of Russia in individual and team events, mult. Winner and Medalist of South Moscow Championships

**Dmitry Stepanchikov** – graduate of GITIS and L. A. Arts School, Medalist of L. A. World Dance, participant in N. Y. C. Broadway Shows

**Victoria Ilyina** – Intl. Master of Sport, Youth Olympic Champion, two times European Champion, Winner of mult. World Cup & Grand Prix Events (groups)

**Dina Yuldasheva**, Choreographer of Irina Viner-Usmanova's Rhythmic Gymnastics Centre, Top Level Ballet Artist, Russian Ballet Stars Soloist

**Ekaterina Ermakova**, Choreographer of Irina Viner-Usmanova's Rhythmic Gymnastics Centre, Top Level Ballet Artist

**Ekaterina Uksusnikova**, Choreographer of Irina Viner-Usmanova's Rhythmic Gymnastics Centre, Top Level Ballet Teacher

**Ekaterina Ivanova**, Master of Sport, Winner of Mult. National and International Events, National RG Judge

**Alina Tikhonova**, Master of Sport, Winner of Mult. National Events

**Nina Kolesnikova**, Master of Sport, Winner of Mult. National Events in Groups

**Valeria Shkred**, Master of Sport, Winner of Mult. National Events

#### **4. Program**

Two 3-hrs training sessions daily:

- Choreography
- Apparatus Handling, incl. Groups
- Professional Warm-up, General Physical Training
- Stretching & Flexibility
- Dancing Classes
- Acrobatics
- Optional: Making Up Routines, Individual Trainings, Swimming Pool

#### **5. Invited Participants**

Gymnasts born in 2014 and older, students of youth sport schools, members of sport clubs, amateur teams, etc., with no medical restrictions that may prevent them from rhythmic gymnastics trainings.

**All participants will be divided into age groups and subgroups according to their level (approx. 15 – 17 gymnasts per group). Each gymnast will be paid much attention, so the total number of participants is limited. Our task is to meet highest standards of training camps!**

## 6. Participation Terms

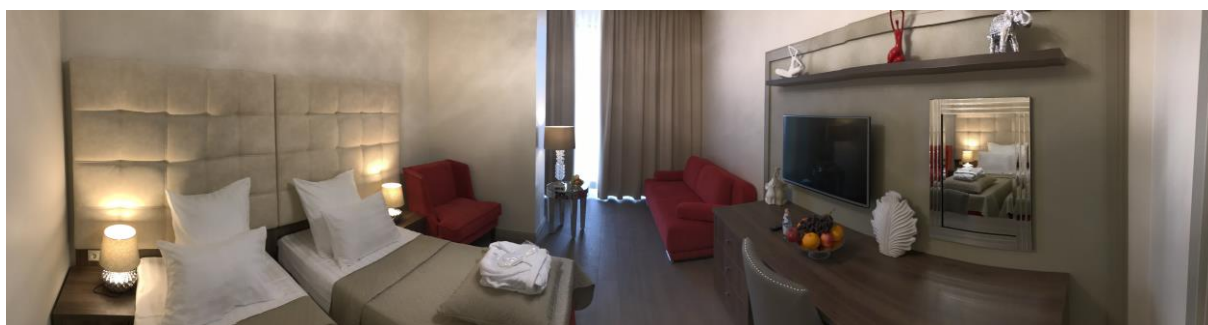
All gymnasts must have the following:

- Birth Certificate
- Medical / Health / Incident Insurance Policy (copy)
- Doctor's Approval for Rhythmic Gymnastics Practice
- Gymnastic Leotards, Bandages, etc., incl. GALA costumes (show numbers are welcome!)
- Rubber, Weights, Rubber Mats, etc.
- All Resp. Apparatus, i.e. ropes, hoops, balls, clubs, ribbons
- Music / CD for each routine
- Contract / Payment of resp. training fees and accommodations
- Parents' Passport Copies

### Accommodations:

- The Hotel of Irina Viner-Usmanova's Rhythmic Gymnastics Centre w/swimming pool, 2<sup>nd</sup> Level of the Building **(for accompanied children only).**

**The number of the hotel rooms is limited ('first come first served')!  
Only paid entries and accommodations will be accepted!**



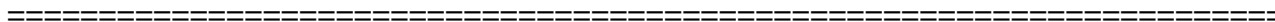


## 7. Costs

All accommodations, meals, training fees, airfares, local transfers, etc., are to be completely paid by participants:

<b>Room Category (25 OCT – 03 NOV 2019)</b>	<b>Rubles, Per Room (incl. FB – 9 days)</b>
Triple Standard, Full Board	117 000
Double Standard, Full Board	90 000

**Training fee per gymnast + lunch = 35 000 Rubles**



**TO REGISTER FOR THE ABOVE TRAINING CAMP PLEASE CONTACT:**

[www.sportvokrug.ru](http://www.sportvokrug.ru)