



**Regulations on the training camp in rhythmic gymnastics in Spain  
under the leadership of the Master of sports of International class,  
Champion of Asia  
Nazarenkova Elizaveta**

**Goals and tasks:**

- 1.1. Exchange of experience, increasing the level of masterpiece and preparedness of gymnasts;**
- 1.2. Development of general and special physical training;**
- 1.3. Training, formation and improvement of skills in working with apparatuses of rhythmic gymnastics;**
- 1.4. Disclosure of the creative potential of the individual, musicality, plasticity and artistry through classical and modern choreography.**





### **Dates and venue:**

Training camp will be held: Palau d'Esports i Congressos, Platja d'Aro, Girona, España

Recommended hotel: Hotel Monterrey\*\*\*

All workouts will take place in a spacious gym within walking distance.

### **Dates:**

**from 01.07.2024 - until 06.07.2024 - first shift with **Eizaveta Nazarenkova** second shift 8.07.2024 - until 13.07.2024**

**week - shift:**

**from 15.07.2024 - until 19.07.2024**

**from 22.07.2024 - until 26.07.2024**

**from 29.07.2024 - until 02.08.2024г.**

**By prior arrangement, check-in is possible on any day!**



## **Training schedule. Spain, 2024**

The training camp is held from July 1 to July 6 2024.  
second shift 8.07.2024 - until 13.07



July 1,2,3,4,5 – training days (6 hours with a break of 30 minutes.)

July 6 – 1 training session (3 hours), Gala concert

10:00-13:00 training, preparation for gala

13:15 Gala

\*clarification of the schedule will be sent to the group Wats app

## **Program:**

Gymnasts born in 2019 and older are invited to participate in the summer camp, who do not have restrictions on physical activity.

- Parterre choreography
- General physical preparation
- Special physical training - with an object, with rubber, weights
- Work on elements (techniques for performing body elements - jumps, balances, turns)
- Subject training (base, skills, risks)
- Dance training
- Special sets of exercises to strengthen the feet, knees and back
- Gymnastics for the back

**\*Individual training, adjustments**




**and increasing the complexity of the program, staging exercises**

**- by appointment**

All gymnasts will receive a certificate of participation in training camps and memorable prizes.



## COACHING COMPOSITION:

	<p><b><u>Eizaveta Nazarenkova</u></b></p> <p>MSMK, senior coach of the International Academy of Sports Irina Viner, 2-time Asian Champion, winner of the World Games and World Cups, champion of Russia and Uzbekistan, choreographer. She worked with gymnasts from the national teams of Canada, Mexico, Taiwan, Estonia, Latvia, Lithuania, England</p>
	<p><b><u>Krinitskaya Tatyana Valentinovna</u></b></p> <p><b>Choreographer</b> - teaching experience - 20 years. Graduate of the Moscow State Academy of Arts (Moscow Academy of Choreography), Faculty: Ballet Pedagogy. Laureate of the International Festival of Contemporary Choreography IFMC 2001 (nomination Spanish art), multiple laureate and diploma winner of international competitions of modern and classical choreography. She worked as a choreographer with the national teams of Slovenia and Yugoslavia.</p>
	<p><b><u>Snitko Alexander</u></b></p> <p><b>Dancer</b> Minsk State College of Arts Belarusian State Academic Musical Theatre (classical Ballet) Institute of the Arts Barcelona (contemporary dance)</p>



### **Matulyak Oksana Dmitrievna**

**Choreographer** - Spanish Television Ballet.  
 Ballerina of the theater "Apolo" Barcelona Choreographer of the Catalan national team in rhythmic gymnastics.  
 Club choreographer of the school Nina Vitrichenko  
 Gymnastics courses at the Spanish Federation of Aesthetic Gymnastics.  
 Ballet courses Royal academy of dance



### **Byalyatskpya Elena**

**Coach** - Master of sports in gymnastics. Honored Coach of Ukraine. Pupils: Anastasia Motak - European champion, medalist of the Youth Olympic Games, multiple champion and medalist of international meetings and tournaments as well as the championships of Ukraine. Lyska Daria is a prize-winner of the European Championship, multiple champion of international tournaments, as well as the championships of Ukraine



### **Alina Vinogradova**

**Coach** - Master of Sports of Russia. Champion of Pskov and Pskov region, member of the Pskov region national team. Bronze medalist of the Volga Federal District Championship in the team competition. Winner and prize-winner of international competitions in Belarus and Estonia. Highly qualified specialist in the field of physical education and sports



### **Alina Kutalia**

**Coach** - Master of Sports of Russia. Winner of the championship of Kalmykia. Winner of the CSK Lokomotiv tournament in group exercises.  
 Member of the championship OGFSO "Youth of Russia".  
 Trainer since 2016. She worked in South Korea, coached a member of the junior national team. Worked in Italy. She worked at the training camp with Olympic champion Anastasia Maximova.

## **Terms and conditions:**

Gymnasts must have a birth certificate (original and copy), medical policy (original and copy), insurance and a medical certificate stating that the child is allowed to practice rhythmic gymnastics.



### **Sport equipment:** **Each participant must have:**

- Weights
- Leotards
- Replacement shoes, sneakers
- knee pads
- Rubber
- 2 tennis balls
- All apparatuses for rhythmic gymnastics
- gymnastic form
- personal music of all routines



## **Visa**

The organizing committee will be happy to assist each participant with an official invitation, provided that the request is made in advance

## **Expenses and prices**

All leisure-related expenses (travel, excursions, accommodation, meals, transfers) are at your expense.

### **Price of summer camp in Spain:**

- **450 € - (for camp change under the guidance of Nazarenkova Elizaveta and her team from 01.07-06.07)**
- **800 € - two weeks of training 01/07-13/07 of Nazarenkova Elizaveta**
- **350 € - (per week shift of summer camp from 15.07-2.08)**
- **600 € - for 2 weeks fees**



### **Accommodation: Hotel Monterrey\*\*\***

Renovated beach hotel with quality and varied food. Comfortable rooms, outdoor pool and pleasant atmosphere.

Refurbished: 2016

Location: in a quiet area of Playa de Aro, 35 km from Girona-Costa Brava airport.

Consists of one 5-storey building.

There are 112 rooms in total.

Beach: public sandy beach 100 m from the hotel (first coastline).

The hotel is located in 10 minutes from the gym.



**Price/day per person: (price until mid-July, on request for other dates)**

**- 53€ - breakfast**

**- 57€ - breakfast + dinner**

**- 63€ - breakfast + lunch + dinner**

**Children 0 - 1.99 - free**

**2 - 12 - 50% discount**

**Over 16s are subject to a tourist tax of 0.50 cents/night**

**(Book before May 1, 30% deposit)**

**\*prices on request**



### **Additional services provided on vacation:**

Creating individual and group routines, music selection, individual work (paid separately). Registration for staging compositions on the spot on the day of arrival.

### **Transfer:**

Travel to and from Spain is covered by each delegation independently. Playa de Aro is located 70 km from Barcelona and 30 km from Girona in the picturesque resort area of the Costa Brava. If necessary, the organizing committee can arrange transfer meetings at the airports of Barcelona or Girona.

### **Terms of application and payment:**

**For recreation and participation, applications must be submitted before May 1, 2023**

**\*MANDATORY PREPAYMENT OF 300€**

**Bank Account Details :**

**CODIGO BIG :**

**BBVAESMMXX**

**TITULAR: ASS.**

**ALIANÇA ES54 0182**

**5117 01 0201575868**

\* An application for participation can be filled out using the link with a check attached:

[https://docs.google.com/forms/d/1WFg6hdZnVSE9YAVdyzvc\\_FNo6BbBpKopQBN2NFGPrxw/](https://docs.google.com/forms/d/1WFg6hdZnVSE9YAVdyzvc_FNo6BbBpKopQBN2NFGPrxw/)