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« \_\_\_\_ » \_\_\_\_\_ 2016

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Director of ANO  
«Sports club of  
YuliaBarsukova»  
\_\_\_\_\_/ U.V. Barsukova  
« \_\_\_\_ » \_\_\_\_\_ 2016

## **STATUTE ON CARRIENG OUT THE RHYTHMIC GYMNASTICS CAMP UNDER THE DIRECTION OF YULIA BARSUROVA**

### **I. OBJECT**

Rhythmic gymnastics camp is carried out for the purpose of propaganda and popularization of physical culture, sport, rhythmic gymnastics among children and youth.

### **II. MISSION**

- Assistance of popularization and development of rhythmic gymnastics in Russia at the high professional level;
- Exchange of experience, increase of sports skill level and gymnasts efficiency;
- Selection the strongest gymnasts for the enter to the college of Olympic reserve № 1 in Moscow city;
- Development of the general and special physical preparation;
- Training, forming and perfection of work skills with subjects of rhythmic gymnastics;
- Olympism popularization.

### **III. PLACE AND TIME OF CARRIENG OUT THE RHYTHMIC GYMNASTICS CAMP:**

Dates: from October 3d to 13 January, 2016

The 3<sup>th</sup> of January – day of participants arrival to hotel

Check in at 14:00. Registration of gymnasts at 17:00

The 4<sup>th</sup> of January – the first day of trainings.

The 12<sup>th</sup> of January – awarding ceremony at 15:00 and the final day of trainings and Gala concert at 19:00.

The 13<sup>h</sup> of January – day of participants departure.

Place: Moscow, 66 km. MKAD, Crocus city, Aquarium Universal Arena.

### **IV. SPORTS CAMP ORGANIZATION**

Sports camp is founded by Limited company «Olympico–Travel» and ANO «Sports club of YuliaBarsukova»;

Experts of sports camp:

- **Ivanitskaya Valentina Alexeevna** – honored trainer of Russia. Senior coach of the Russian team on group exercises. Under her supervision the team gained gold medals in group exercises of the Olympic games XXVIII 2004 y. in Athens and Olympic games XXVII 2000 y. in Sidney.
- **Mishenina Alla Viktorovna** – honored trainer of Russia. A student of physical training of the Russian Federation. She was awarded by the medal "For Merits in Sport" of the first degree. Master of Sports of the USSR. Experience in coaching activity more than 30 years.
- **Rybkina Albina Ivanovna** – Key choreographer of the Russian Federation junior team,
- **Trofimova Ulyana Olegovna** – the International class Master of sports, the leader of the Uzbekistan national team in rhythmic gymnastics, silver medal at the Asian Games in Guangzhou in individual and team competition, bronze medalist of Asian Championship 2009 and 2011, bronze medalist of the world Cup in 2011 (ball, ribbon), finalist of the World Championships in individual species. For the first time in the history of Uzbek gymnastics, she managed to obtain the license to participate in the XXX Olympic Games in London
- **Mishenina Anastasia Vyacheslavovna** – master of sports. Italy champion in separate subjects, Europe champion in USIP. She was the producer of programs for gymnasts of the Egypt national team for World Cup in Izmir (2014) and for gymnasts of the Taiwan national team for Asian Games (2014).
- **Malygina Ekaterina Olegovna** – honored master of sports. Triple Europe and World champion, Triple bronze medalist of the world championships, winner of the world cup in in-group exercises.
- **Lukonina Yana Olegovna** – Master of sports of the International class on rhythmic, world champion of 2010. Member of Russian Rhythmic gymnastics of the Russian team.
- **Sokolova Anna Gennadevna** – coach in producing. Winner of various Russian and international tournaments. Member of production performances of the international festival "Alina", in collaboration with honored coaches of Russia
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## V. PROGRAM OF SPORTS CAMP:

- Training process with highly skilled pedagogical team;
- Real-life communication with the stars of rhythmic gymnastics;
- Leisure events and many others.

### Program of training process:

- Trainings with gymnastic facilities (ribbon; ball; etc.)
- Work on elements (balance, turns, jumps);
- SPC;
- Classical choreography;
- Dancetraining;
- OPC;
- Programs staging (on preliminary record);
- Individual work with the coach (on preliminary record).

Additional events:

- On the 12<sup>th</sup> of January – the final gala concert of the gymnasts of sports camp with participation of stars of rhythmic gymnastics.
- For your convenience sport shop will be working on the territory where you can buy gymnastic facilities and special clothing for RG gymnastics.
- Professional photographer will be working during the shift.

## **VI. PARTICIPANTS OF SPORTS CAMP:**

Gymnasts from the youth's sports schools, schools of the Olympic reserve, schools of the highest sports skills, sports clubs are allowed to participate in sports camp. Gymnasts have to correspond to the standard requirements of their age.

Age of participant: from 6 to 16 years old (2008 and older). All participants of sports camp are divided into 4 age groups.

During the first training day according to the coach's recommendation all age groups are transformed on 4 subgroups of preparation level.

- 1 group – 2009-2008
- 2 group – 2007-2006
- 3 group – 2005-2004
- 4 group – 2003 and older

Gymnasts are allowed for training session only if meeting all the below requirements:

- On preliminary registration and after payment;
- Birth certificate and the health insurance;
- Sports insurance (an insurance from accidents);
- Medical certificate assuring that the child is allowed to physical activities;
- Accompanied by the head of group, who is more than 18 years old (1 adult on group).
- Downloaded form the website (contract, act and application form properly filled and signed).

**Each participant sports fees must have;**

- Sports clothing (clothing for gymnastics, running shoes, tracksuit, items (gymnastic rope , hoop, ball, clubs, ribbon), weighting, rubber, rubber Mat);
  - CD with music exercises;
  - performance suit;
- Traveling expenses, food, accommodation, travel expenses and athletic fees is paid by the sending organization.

**VII. COST OF SPORT CAMP:**

**Training session( with accomodation) - 16 000 рублей**

**Training session ( without accomodation) - 21 000 рублей**

**Accomodation fee is stated below!**

Quantity of places is limited **maximum 90 gymnasts!**

**VIII. COST AND CONDITIONS OF ACCOMMODATION:**

Compulsory condition for participants of “Olympico” sports camp is accommodation in the “Aquarium” hotel.

In cost is included:

- Three meals a day;
- Free Wi-Fi, using the pool, gym and a conference room for carrying out briefings;
- Discount of 10% for using all procedures in the health spa "Wellness SQ" (massage, cosmetology, etc.).

The cost of accommodation:

- Double room / 1 night / 2600 rub / 1 person
- Triple room / 1 night / 2400 rub / 1 person

**100 % of the fee should be paid by 15 December**

**In case of late payment –the amount of fee will be increased by 10% .**

**IX. TRANSFER:**

From Sheremet’evo airport you can take aero express to Belarusskiy railway station

From Domodedovo airport you can take aero express to Paveletskiy railway station

From Vnukovo airport you can take aero express to Belarusskiy railway station

From these stations you can take a taxi or go by metro to Myakinino station and then take a walk to Aquarium hotel.

**X. REWARDING:**

All participants of camp are awarded by memorable gifts, souvenirs and certificates of participants.

For the best participants of the camp will be given the opportunity to enter to the School of Olympic reserve No. 1 in Moscow, the branch of rhythmic gymnastics under the leadership of Yulia Barsukova).

## **XI. APPLICATION FOR PARTICIPATION:**

Applications are accepted on the site “Sport Around”.

Application steps:

- 1) 1) Fill the applications on the sports camp on the site “Sport Around” according to the <http://www.sportvokrug.ru/competitions/1225/>

(Registration will begin on 15 November)

- 2) After the verification of your application and approval you will receive via email the link to payment page of sports camp. You can pay online on the web site or generate a receipt and pay in bank.

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**This document is official invitation for the Sport Camp activities.**