



МЕЖДУНАРОДНАЯ АКАДЕМИЯ
СПОРТА ИРИНЫ ВИНЕР

Академия Ирины Винер

REGULATION

on carrying out the summer Training camps in rhythmic gymnastics
Czech Republic, Hradec Kralove

1. General provisions

The summer training camps are organized by the DO Group s.r.o, address: Czech Republic, Hradec Kralove, VitaNejedleho 1216 HradecKralove 500 03, IČO: 04851986, (resident of the Czech Republic), acting on the basis of joint venture agreement between the company and Sports club "TJ Slavia Hradec Kralove z.s." (registration №0484326) (notarized Confirmation of cooperation signed by the Chairman of the sports club "TJ Slavia Hradec králové z.s." involving international Sport Academy of Irina Viner in carrying out the training exercises to:

1. Increase the level of sports mastery and physical training of participants;
2. Disclose the creative potential of participants;
3. Identify the talented and promising women-gymnasts;
4. Strengthening the sports relations between sports organizations of the Russian Federation and the European Union.

Location:

Czech Republic, Hradec Králové,
Víta Nejedlého 1216 Hradec Králové 500 03

Time frame:

1 shift:

*from July 24 to July 30 of 2017
(move-in day 23/07/2017, departure day 30/07/2017);*

2 shift:

*from July 31 to August 06 of 2017
(move-in day 30/07/2017, departure day 06/08/2017);*

3 shift:

*from August 07 to August 13 of 2017
(move-in day 06/08/2017, departure day 13/08/2017);*

Participants move-in for camps is in the afternoon after 02:00 p.m., and departure is before 12:00 noon.

2. TC management and coaching staff:

The organization and carrying out of training camp by the Company DO Group s.r.o. under the joint venture agreement between the company and Sports club "TJ Slavia Hradec Králové z.s.".

Carrying out the training process is entrusted to ANO International Sport Academy of Irina Viner

Coaching staff:

1 shift

Honoured Masters of Sports of Russia, repeated World Champions and European Champions on rhythmic gymnastics

- **Olga Kapranova**
- **Vera Sesina**

2 and 3 shifts

Masters of Sports of International level, participants of Olympic Games in Athens and/or repeated participants of World Championships and European Championships and/or champions of International Tournaments

- **Anna Svirina**
- **Svetlana Ershova**

Judge of the Republican category

- **Ekaterina Svirina**

Masters of Sports on rhythmic gymnastics, coach-instructors, choreograph of International Sport Academy of Irina Viner are involved in carrying out the training exercises

3. TC participants:

Women-gymnasts of 2000 - 2011 year of birth, who have no problems with health and medical contraindications to rhythmic gymnastics, are invited to TC.

4. Conditions for admission to TC:

Participants **must necessarily have on them:**

- identity document (original and copy);
- medical admission from the doctor that the child is allowed to be involved in rhythmic gymnastics;
- insurance policy against accident/injury/death;
- document certifying the identity of the person in charge (original and copy) for the participant or group of participants.

5. Training camp program

Training camp schedule:

10:00 a.m. - 01:00 p.m. – I training,
01:00 p.m. - 03:00 p.m. – lunch, rest,
15:00 a.m. - 06:00 p.m. – II training,

Training camp program includes:

Contents	Initial training group (ITG)		Training group (TG)	
Loosening-up	+		+	
Flexibility	+		+	
Choreography	+		+	
Overall physical condition	+		+	

Special physical condition	+		+	
Body difficulties	+		+	
Combinations of dance steps	+		+	
Dynamic elements with rotations			+	
Difficulties of the subject	+		+	
Jumps, balances and rotations	+		+	
Acrobatics			+	
Restorative activities, self-training	+		+	
Theoretical training	+		+	
Psychological training			+	

On the last day of each shift an open training of the TC Participant's is held, to which representatives of the Participants are invited.

5. Sports equipment:

TC Participant's should have:

- Weights.
- Rubber for fitness classes.
- Knee-pads.
- Subjects for rhythmic gymnastics.
- Gymnastic form.
- Music for personal optional exercises.

6. TC execution charges:

Expenses on traveling, meals, accommodation, travel of participants and participation in TC are borne by sending organizations.

TC cost — 350 Euro (min. of 9 400 CZK)

TC cost includes the participant's lunch

7. Conditions for applications submission.

The deadline for submitting applications is until July 20 of 2017 included on

www.gymnastic-camp.com

The application from the organization involving team of at least 10 gymnasts, assure accommodation and meals of the accompanying coach at the expense of the organizers.

Filled application is an official agreement with the provisions of this Regulation.