



МЕЖДУНАРОДНАЯ АКАДЕМИЯ  
СПОРТА ИРИНЫ ВИНЕР

Академия Ирины Винер

Автономная некоммерческая организация дополнительного образования  
«Международная Академия спорта Ирины Винер»  
International sport Academy of Irina Viner. ANO.

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Исх.№ \_\_\_\_\_ от « » \_\_\_\_\_ 20\_\_ г.

## **Regulations on holding**

### **International online thematic intensive course International sport Academy of Irina Viner with the Elizaveta Nazarenkova, champion of Asia, MSMK (further, "Intensive course with Elizaveta Nazarenkova")**

#### **1. Objectives of the Intensive Course with Elizaveta Nazarenkova**

- increasing the level of sportsmanship of gymnasts;
- promotion of healthy lifestyles;
- popularization and development of rhythmic gymnastics;
- formation in children of a stable interest and motivation for systematic sports;
- maintenance of international relations.

#### **2. Procedure and program of the Intensive course with Elizaveta Nazarenkova**

An intensive course with Elizaveta Nazarenkova is held for several months from January to April 2021 inclusive and is a series of complexes of training sessions with gymnasts on a specific topic.

Each complex of training sessions of the Intensive course with Elizaveta Nazarenkova consists of three training sessions on one topic, which are held in accordance with the approved Program. Training sessions are held from 11 am to 1 pm (Moscow time).

The topic of each complex of training sessions of the Intensive course with Elizaveta Nazarenkova is determined no later than 10 days before its start and is published on the website [www.academyviner.com](http://www.academyviner.com) and in the Appendix to this Regulation.

#### **3. Organizer of the Intensive course with Elizaveta Nazarenkova -**

"International sport Academy of Irina Viner", ANO is the organizer responsible for the preparation and conduct of the Intensive course with Elizaveta Nazarenkova.

#### **4. Conditions of the Intensive course with Elizaveta Nazarenkova**

The intensive course with Elizaveta Nazarenkova is conducted on the ZOOM application platform via video conferencing with messaging and content transmission of each training session in real time.

Login and password for participation in each complex of training sessions are sent to participants to the email address specified in the application, subject to payment of the entry fee.

Each training session is conducted continuously for 2 hours.

A break of up to 10 minutes is allowed.

#### **5. Conditions for the participation of gymnasts in the Intensive Course with Elizaveta Nazarenkova**

Gymnasts born in 2013 and older who have no medical contraindications for sports, who have sports training in the sport of "rhythmic gymnastics", who have applied for <http://academyviner.com/> and paid the entry fee.

The size of the entry fee for participation in one complex of educational and training sessions, consisting of three educational and training sessions Intensive course with Elizaveta Nazarenkova is 6000.00 (Six thousand) rubles.

Payment is made through international payment systems (for foreign participants). The organizer reserves the right to suspend a gymnast with a refund of the entry fee from training sessions for the following reasons:

- lack of proper qualifications in the sport of "rhythmic gymnastics";
- medical indicators.

Other reasons, including the lack of Internet connection, personal reasons, are not valid, and the entry fee will not be refunded.

## **6. Special and technical requirements for the gymnasts participating in the complex of the Intensive course with Elizaveta Nazarenkova**

### **Specifications:**

- availability of a gadget and Internet connection, software of the ZOOM application;
- indication of the name and surname of the gymnast at the entrance to the ZOOM video conference for the personal appeal of the coach and coordination of actions;
- the participant's video camera must be turned on during the entire training session. If the participant turns off the video camera, the organizer reserves the right to remove the participant from the training.

### **Special conditions:**

- the gymnast must be in gymnastic training uniform. You should have with you: gymnastic items specified in the program; knee pads, weighting materials, rubber;
- for classes, the participants must have: the most free, safe area, soft flooring. The gymnasts' place of practice must provide an opportunity to demonstrate to the participant within the framework of the availability of the image on the camera. The official representatives of the gymnasts (parents, coaches) specified in the application will ensure safety while participating in the Intensive Course with Elizaveta Nazarenkova.
- submission of an application for participation is a fact of agreement with the terms of this Regulation and permission to process personal data of participants.

### **Contacts:**

Academy website: <http://academyviner.com/>

Email: [sportacademy@list.ru](mailto:sportacademy@list.ru)

Contact number: +7(985)211-28-39

to the Regulations on conducting an Intensive course with Elizaveta Nazarenkova

Program

January 2021

Dates: January 27, 30, 31, 2021

Topic: Development, strengthening of feet and knees + subject training with a hoop

February 2021

Dates: February 24, 26, 28 ,2021

Topic: Development of flexibility and strengthening of the back muscles + subject training with a ball