

INTERNATIONAL SUMMER TRAINING CAMP (MONACO)

Terms:

1 shift – 24-29 of July 2019

2 shift – 30 of July-04 of August 2019

TEAM OF EXPERTS:



Kanaeva Evgenia Olegovna (Russia) is an honored Master of Sports. She is the first in history two-time Olympic champion. The winner of Games of the XXX Olympic Games of 2012 in London. The winner of Games of the XXIX Olympic Games of 2008 in Beijing. Three-time all-around World Champion of 2009, 2010, 2011. Three-time all-around Champion of Europe of 2008, 2010, 2011, 2012. Two-time all-around Champion of Russia of 2008, 2009. Two-time winner of the World Universiade of 2009, 2011. The winner of the World Games of 2009. Multiple winner of the World Cup and Grand Prix tournaments. The gentleman of the Order of Friendship, was awarded the Merit for the Fatherland IV Degree.



Shtelbaums Vera Efremovna (Russia) is an honored Coach of Russia. The tutor of the first in the history of the two-time Olympic champion Evgenia Kanayeva, and Also a multiple world and European champion, the silver medalist of the Athens Olympics, two-time all-around champion of Russia Irina Chashchina. Coach of the champion of Europe in the group exercises of Tatyana Reshetnikova and the world of Natalia Puusep. Honored Master of Sports of the USSR in Rhythmic gymnastics. Honored worker of physical culture of the Russian Federation, gentleman of the Orders of Friendship and honor. In 2010 she was named the coach of the year of Russia. She is a member of the Presidium of the All-Russian Federation of Rhythmic Gymnastics, the director of the Omsk regional center for Rhythmic Gymnastics.



Arays Elena Nikolaevna (Russia) is an honored coach of Russia in rhythmic gymnastics. (Center for the preparation of the Olympic reserve in rhythmic gymnastics, Omsk) The first coach of Irina Chashchina and Evgenia Kanaeva. In 2009 she became "the best child's coach of Russia", in 2013 she received a commemorative medal "XXVII World Summer Universiade 2013 in Kazan"



Maria Vorobieva (Russia-France) – ballerina of classical dance. Graduate of the Bolshoi Ballet Academy (1993). Worked at leading theatres of Moscow (Stanislavsky and Nemirovich-Danchenko Moscow Music Theatre, the Kremlin Ballet Theatre). Since 2004 – professor of classical dance. Graduate of Higher Academy of dance (Rosella Hitewor, France).

THE PROGRAM OF THE TRAINING CAMP:

- Subject preparation;
- Classical choreography with the accompaniment;
- Dance lesson: modern, folklore;
- Stretching and flexibility exercises;
- Common physical training;
- Special physical training;
- Working-out of elements (balance, turns, jumps);
- Directing a demonstrative performances at the end of training camp.

THE PARTICIPANTS OF TRAINING CAMP MUST HAVE:

- Medical insurance;
- Training uniform;
- All gymnastic apparatus;
- Rubber;
- Ankle weights.

AGE:

Gymnasts are 2013 and older.

All training will be conducted in a magnificent sports complex Stade Louis II to the address: 7 av des Castelans, MC 98000 Principaute de Monaco



At the disposal of the gymnasts will be provided 3 sports halls. The halls are equipped with gymnastic carpets, showers, ballet bars, changing rooms and toilet rooms. Each hall has air conditioning.

PRICE:

- **800 Eur. (for a week)**
- ***The training 1 or 2 weeks is possible (by appointment).**

EXTRA PAYMENTS:

- Accommodation (individual selection of hotels is possible in any of the hotels in Monaco);
- Send your questions about accommodation at masceka@hotmail.it (speak Russian, French, Italian).

CONTACTS:

Send your request at e-mail: rg-camp@yandex.ru

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+7 903 638 27 16 (viber, whatsapp)

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YOU CAN FIND DETAILED INFORMATION AT

www.yargimnast.ru/rg-camp