

# & TRAINING CAMP & MASTER CLASS

twice European  
champion 2020

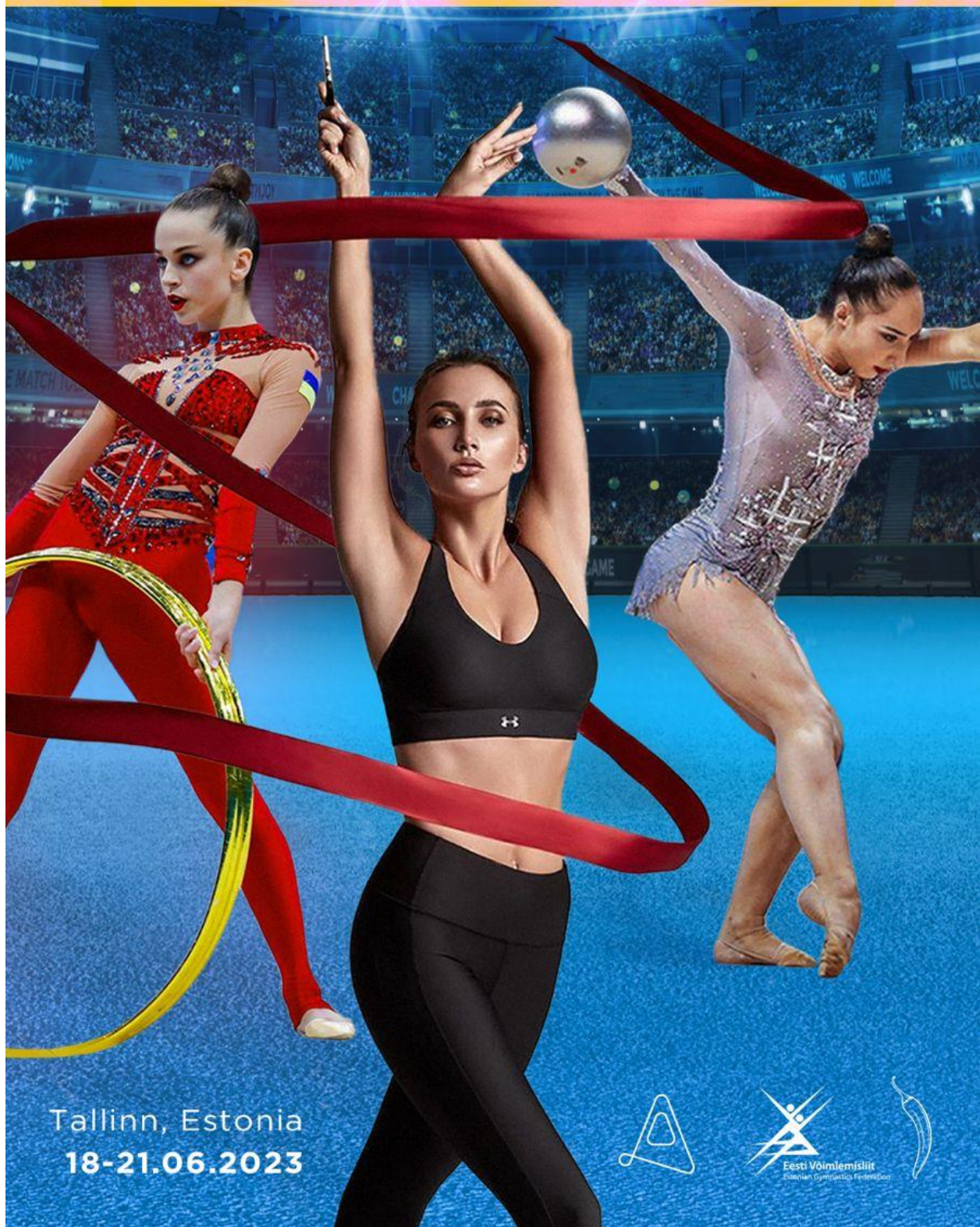
bronze medalist of the  
2016 Olympic Games

participant of 2  
Olympic Games

**Valeriya  
Yuzviak**

**Anna  
Rizatdinova**

**Salome  
Pazhava**



Tallinn, Estonia  
**18-21.06.2023**



# Training camp and master class

## «One more step»

Anna Rizatdinova (UKR)

Salome Pazhava (GEO)

Valery Yuzvyak (UKR)

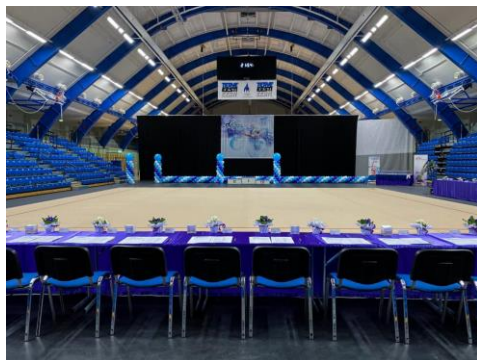
18.06- 21.06.2023

Tallinn, Estonia

### DIRECTIVES

|                             |   |
|-----------------------------|---|
| <b>DISCIPLINE</b>           | <b>RHYTHMIC GYMNASTICS</b>  |
| <b>DATE</b>                 | <b>18.06 - 21.06.2023</b>   |
| <b>ORGANIZING COMMITTEE</b> | Estonian Gymnastics Federation <a href="https://www.eevl.ee">https://www.eevl.ee</a><br>Marina Pertseva +380 68 737 20 83 ( <a href="mailto:rizatdinovaacademyfin@gmail.com">rizatdinovaacademyfin@gmail.com</a> )  |
| <b>EXPERTS</b>              | <p><b>Anna Rizatdinova UKR</b></p> <p>Bronze medalist of the 2016 Olympic Games in individual all-around, world champion in hoop exercises (2013), multiple medalist of the World and European Championships, other international competitions</p> <p><b>Salome Pazhava GEO</b></p> <p>Participant of the 2nd Olympic Games (Rio-2016, Tokyo-2020), Multiple champion of the Georgian Championships, medalist of the European Championship, bronze medalist of the European Games with a ribbon, multiple winner and medalist of the World Cups and Grand Prix series.</p> <p><b>Valery Yuzvyak UKR</b></p> <p>Master of sports of the international class in rhythmic gymnastics, Two-time European champion in 2020, Bronze medalist of the 2018 World Championship, Silver medalist of the II European Games in 2019</p> |
| <b>LOCATION</b>             | <a href="#">Kalev Sports Hall</a><br>Juhkentali 12, 10132 Tallinn, Estonia  |





|                                      |   |             |  |
|--------------------------------------|---|-------------|--|
| <b>COMPOSITION OF THE DELEGATION</b> | <p>Gymnasts born in 2016 and older</p> <p>Coaches</p> <p>Accompanying persons</p>   |             |  |
| <b>DESCRIPTION</b>                   | <p>Training camp (TC) and master class will take place in the sports hall on 4 professional gymnastics carpets (14x14m).</p> <p>2 training sessions per day. Professional trainers.</p> <p>Master class (MC) by Hanna Rizatdinova and Solome Pazhava</p> <p>Individual training under the leadership of Hanna Rizatdinova</p> <p><i>The training camp and master class will be held in English language only.</i></p> |             |  |
| <b>PROVISIONAL SCHEDULE</b>          | <p>17.06.2023 – Day of arrival</p> <p>18.06.2023 – Accreditation at Kalev Sport Hall</p> <p style="padding-left: 40px;">Trainings, day 1</p> <p>19.06.2023 - Trainings, day 2</p> <p>20.06.2023 - Trainings, day 3</p> <p>21.06.2023 – Master Class Anna Rizatdinova and Salome Pazhava</p> <p>22.06.2023 – Departure</p>   |             |  |
| <b>REGISTRATION DEADLINES</b>        | <p><a href="https://rgform.eu/event.php?id_prop=4724">https://rgform.eu/event.php?id_prop=4724</a></p>  |             |  |
|                                      | Pre-registration:   | 15.05. 2023 |  |
|                                      | Final registration:   | 31.05. 2023 |  |

|  |                              |            |  |
|--|------------------------------|------------|--|
|  | Confirmation of registration | 05.06.2023 |  |
|--|------------------------------|------------|--|

|                          |  |               |              |                              |
|--------------------------|--|---------------|--------------|------------------------------|
| <b>PARTICIPATION FEE</b> |  | Training Camp | Master Class | Training Camp + Master Class |
|                          | Gymnast (3 days)   | 300 €         | 45 €         | 330 €                        |
|                          | Coach (1 day)  | 50 €          | 25 €         | -                            |
|                          | Coach (3 days)   | 150 €         | -            | -                            |
|                          | Coach with 10 participating gymnasts (1 day)   | for free      | -            | -                            |
|                          | UKR gymnast from local EST club (1 gymnast per club)   | for free      | for free     | -                            |
|                          | Spectator (1 day)*   | 25 €          | 15 €         | -                            |
|                          | <i>* observation from tribune</i>  |               |              |                              |
| <b>ACCREDITATION</b>     | 18.06.2023 08.00 – 11.00<br><u>Kalev Sports Hall (Juhkentali 12, 10132, Tallinn)</u>   |               |              |                              |
| <b>INSURANCE</b>         | All participating delegations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their delegation.  |               |              |                              |
| <b>ACCOMMODATION</b>     | Delegations are responsible for finding and booking accommodation for your participants. The nearest accommodations are: <ul style="list-style-type: none"> <li>• <a href="#">ibis Tallinn Center</a>- from the hall 300m</li> <li>• <a href="#">Radisson Blu Hotel Olümpia</a>- from the hall 400m</li> <li>• <a href="#">Hotel L'Embitu</a> from the hall 450m</li> <li>• <a href="#">Radisson Collection Hotel</a>, Tallinn from the hall 900m</li> <li>• <a href="#">Hostel J. Kunderi 24</a>, 10121 Tallinn from the hall 1 200m</li> </ul> |               |              |                              |
| <b>PAYMENTS</b>          | Bank details for payment will be sent to delegations by the LOC after receiving registrations from the participating delegations.<br>The participating delegations are responsible for covering all bank fees in connection with the bank transfers.<br>All payments should be done before or during the accreditation (18.06.2023)  |               |              |                              |