

Rising Stars Skills Camp!

ATTENTION

- All competitive gymnasts aged up to 8 years old, and
- All competitive gymnasts born in 2002 and older

July 5 – July 23, 2010

Rhythmic Gymnastics Manitoba in collaboration with Alegria and PGA Sokol clubs is pleased to invite YOU to take advantage of learning from the best!



An expert coach has been invited to run the camp!

Liudmila Kovalik is world renowned rhythmic gymnastics coach who has been developing this sport for 42 years - from its modest early beginnings in Eastern Europe through its spread around the world and its recognition as an Olympic discipline. She has coached National Team athletes in Soviet Union, Ukraine, Poland, China, Brazil, France and Italy. For many years she has been closely cooperating with Albina Deriugina, Head Coach of former Soviet National Team and now Ukrainian National Team, in making selection and coaching Elite Level gymnasts.

She has produced:

- Victoria Serykh, World Champion in Group in 1979
- Oksana Skaldina, AA Gold Medalist at Goodwill Games, 1990; AA Gold Medalist at World Championships, 1991 and AA Bronze Medalist at the Olympic Games in Barcelona, Spain, 1992;
- A.Gainova, World Cup Bronze Medalist;
- Fateeva, World Cup Silver Medalist and National Ukrainian Team Member.

Titles and Awards: Merited Coach of Ukraine; Two Ukrainian Ministry of Education and Sports Awards; Two Ukrainian State Awards; Mayor of the City of Zaporozhye Grant in 2003.

The camp will be held from 5 to 9pm, July 5th to July 23rd, on weekdays, in Max Bell Centre at the U of M. Participants will be exposed to the newest methods and techniques applied in the best RG schools in the world. Practice will be focused on developing physical skills such as flexibility, strength, coordination and endurance and also on gymnasts' choreographic skills and apparatus techniques.

Please, see below participation fees schedule:

Competitive National and Provincial Stream athletes born in 2002 and older (max 15 participants)

# of weeks	# of hours	Fee	Fee after 10% discount for a sibling	Fee if registered before June 1 st 2010	Fee after 10% discount for a sibling if registered before June 1 st , 2010
1 week	20	\$250	\$225	\$200	\$180
2 weeks	40	\$350	\$315	\$300	\$270
3 weeks	60	\$450	\$405	\$400	\$360

For more information contact:

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Competitive athletes aged up to 8 years old

# of weeks	# of hours	Fee	Fee if registered before June 1 st 2010
Practice 3days a week	2 hours daily		
1 week	6	\$90	\$85
2 weeks	12	\$160	\$155
3 weeks	18	\$230	\$225