



RYTHMIK QUEBEC INTERNATIONAL CAMP 2024

Dear Athletes, Judges, Coaches and PTOs,

Please see below a training camp opportunity hosted by Gymnastique Quebec and Rythmik Quebec club from October 11 – 15, 2024, welcoming world experts in dance, music and Rhythmic Gymnastics.

Our specialists:

Spela Mohar Dragas, Olympic coach 2024, Olympic judge 2024 in Paris

Nataliia Ieromina, Ukraine Olympic judge 2020 and 2024

Nigar Abdusalimova, Azerbadjan national team coach

Marco Di Biasio, Dance specialist from Italy

Laura Miotti, ballet teacher (Olympic preparation 2020)

Tara Dragas gymnastics, demonstrator, Italian national team athlete.

Dates:

11th-14th of October 2024, we are hosting the camp.

15th of October 2024, we are hosting private club sessions with our specialists ; which must be reserved ahead of time (reservations are considered post payment).

Standard Camp Fees:

For Gymnasts:

500 \$ for 4 days

3 days or less 175\$ per day

For Coaches and judges:

150\$ for 4 days

Registration process:

1. Register athletes and coaches on KSIS
2. Fill out the athlete registration forms (one for each athlete) and send it to info@rythmikquebec.qc.ca
3. MAKE ONE E_TRANSFER FOR ALL YOUR CLUB'S PAYMENT (ALL ATHLETES) to amysombie@yahoo.fr with the password Montreal2024 (Don't forget to indicate the club's name in the comments box)

Private Sessions Fees:

Coaches must reserve 3 picks of our specialists based on preference per session. Depending on availability, if the first chosen specialist is unavailable, the second choice will lead the private



session. If none of the chosen specialists is currently available, you will be contacted for further discussion.

Each session lasts 2 hours and you are not limited to reserve one session. Price per session is 200\$.

Schedule:

Gym will open at 8h00 for your individual warm-up
11th of October at 8h45: welcome and divisions of groups
Training starts at 9h00

9:00-12:00 Morning training session
12:00-13:00 Lunch break
13:00-16:00 Afternoon training session

Lunch option:

You can pre-order homemade hot meals for 25\$ per meal or soup of the day for 10\$, which will be served to you at your designated team table from 12:00 to 13:00)
Meals ordre form: <https://form.jotform.com/242128003601238>

Gym location:

The gym is located at 3430 Rue de Bellechasse, Montréal, QC H1X 2Y6
<https://g.co/kgs/8AggsxT>

Accommodation:

All registered members are responsible for their own hotel reservations, the closest hotel to the gym is Hotel Universel de Montreal: <https://www.hoteluniverselmontreal.com/en>

To register for this exciting camp and opportunity to learn from world experts, please contact Victoria Ataol (ataolvictoria@gmail.com).

For any questions or further information, please contact Victoria Ataol (ataolvictoria@gmail.com)

Ballet and Dance session video recordings will only be sent to registered clubs.