



FIRST TRAINING CAMP OF **RG VIENNA GOLDEN CLUBS**

28.10 - 2.11.2024

RG VIENNA GOLDEN CLUBS
ZVR 1357845794

Sports Center Strebersdorf,
Johannes-de-la-Salle-Gasse 10,
1210 Vienna



First Training Camp of RG Vienna Golden Clubs



We invite gymnasts and teams to the first training camp of RG Vienna Golden Clubs

**under the guidance of the
Tokyo 2020 Olympic finalist,
Mariola Bodnarchuk**





FIRST TRAINING CAMP OF RG VIENNA GOLDEN CLUBS

28.10 - 2.11.2024 VIENNA

TRAINING PROGRAM INCLUDES:

- APPARATUS STABILITY TRAINING
- PERFECTING ELEMENTS: DETAILS, TECHNIQUE, CORRECTIONS
- STRETCHING, CHOREOGRAPHY

SPECIAL ATTENTION WILL BE GIVEN TO
WORKING ON ELEMENTS ACCORDING TO
THE **NEW RULES**

As part of the camp, a **MASTERCLASS**
will be conducted by the

**2024 AUSTRIAN CHAMPION
SERAFYMA SYTNIKOVA**

OUR CAMP OFFERS:

- Comfortable training conditions: a large hall, high ceilings, professional carpet flooring
- A top-tier coaching team
- A carefully planned program that follows the latest gymnastics trends and new competition rules



**ALL CAMP PARTICIPANTS WILL
RECEIVE A CERTIFICATE**



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Date: 28 October 2024 - 2 November 2024

Place: Strebersdorf Sports Center, Johannes-de-la-Salle Gasse 10, 1210, Vienna.

Training hours:

9:00 AM to 4:30 PM (lunch break from 1:00 PM to 2:00 PM).

Camp fee: €280. The fee includes:

- Training sessions
- Lunch
- Gifts from the organizers
- All participants will receive a certificate at the end of the camp

Pre-registration is required to attend the training camp. Registration is open until October 20, 2024.

A prepayment of €140 (50% of the total camp fee) is required upon registration, payable to the organizers' account. The remaining amount of €140 must be paid by October 20, 2024.

Please note: The 50% prepayment is non-refundable in case of withdrawal from the camp.

Bank Details:

Konto: RG Vienna Golden CLUBS

IBAN: AT09 2011 1852 3107 0900

SWIFT: GIBAATWW

Note: "Payment for training camp 28.10–02.11.2024"/ the child's name, surname, and year of birth.



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CONTACT US :



office.goldenclubs@gmail.com

SOCIAL MEDIA



[https://www.instagram.com/vienna_golden_clubs?
igsh=MWJvZnFpc2VtZGRpaQ%3D%3D&utm_source=qr](https://www.instagram.com/vienna_golden_clubs?igsh=MWJvZnFpc2VtZGRpaQ%3D%3D&utm_source=qr)



<https://www.facebook.com/profile.php?id=61564267306884>

Please be aware that registration may close early if all spots are filled before the deadline.