

NATALIA GARCIA MASTER CLASS

NOVEMBER 15 – 17, 2024

Dear Rhythmic Gymnastics Community,

Join us for an exclusive Master Class from November 15-17, 2024, in Kuala Lumpur, Malaysia. You will have the incredible opportunity to learn from Natalia Garcia, a world-renowned gymnast.

ABOUT NATALIA GARCIA

Natalia Garcia, a former Spanish national champion, brings a wealth of expertise as a Master Class mentor. Drawing from her illustrious international career and notable competitive achievements, she will showcase the seamless integration of athleticism with artistry.

As the sport evolves, with the expected upcoming changes to the FIG Code of Points next year, the Natalia Garcia Master Class is of particular significance at this juncture. For more information about her profile, please refer to the link below.

https://en.wikipedia.org/wiki/Natalia_Garc%C3%ADa#:~:text=She%20has%20been%205%20times,and%20won%20bronze%20in%202019



EVENT OVERVIEW

Dates: November 15-17, 2024 (Friday-Sunday).
Duration: 3 days (morning, afternoon, evening sessions).
Venue: Bukit Kiara Sports Complex, Stadium Juara.

Eligibility: Rhythmic gymnasts of all levels, ages 5 and above.

Fee: Excluding meals.

- SRGC Member: MYR750 per person.
- SRGC Non-Member/International: MYR950 per person.

TENTATIVE SCHEDULE *The program may be subject to changes at the discretion of the organiser.

DATE	PROGRAM
Friday, November 15	08:30 – 09:00 Registration 09:00 – 10:00 Warm-Up 10:00 – 10:30 Body Waves 10:30 – 12:00 Session 1: Lyrical Dance 12:00 – 13:00 Lunch Break 13:00 – 14:30 Difficulty of Body (DB) + Difficulty of Apparatus (DA): Ball 14:30 – 15:00 Break 15:00 – 16:30 Difficulty of Body (DB) + Difficulty of Apparatus (DA): Clubs 16:30 – 17:00 Break 17:00 – 20:00 Session 1: Routine Analysis
Saturday, November 16	08:30 – 09:00 Registration 09:00 – 10:00 Foundational Ballet 10:00 – 10:30 Body Waves 10:30 – 12:00 Session 2: Character Dance 12:00 – 13:00 Lunch Break 13:00 – 14:30 Difficulty of Body (DB) + Difficulty of Apparatus (DA): Hoop 14:30 – 15:00 Break 15:00 – 16:30 Difficulty of Body (DB) + Difficulty of Apparatus (DA): Ribbon 16:30 – 17:00 Break 17:00 – 20:00 Session 2: Routine Analysis
Sunday, November 17	08:30 – 09:00 Registration 09:00 – 10:00 Warm-Up 10:00 – 11:00 Session 1: Lyrical Dance Review 11:00 – 12:00 Session 2: Character Dance Review 12:00 – 13:00 Lunch Break 13:00 – 14:30 Difficulty of Body (DB) + Difficulty of Apparatus (DA): Rope 14:30 – 15:00 Break 15:00 – 16:00 Dance Showcase 16:00 – 17:00 Power Talk 17:00 – 18:00 Autograph Session 19:00 – 21:00 Team Dinner

KEY FEATURES

1. **Exclusive Training Sessions:** Natalia Garcia will lead personalised training sessions focusing on
 - Technique and form in apparatus handling - ball, clubs, hoop, ribbon, rope
 - Enhancing flexibility, strength, and coordination
 - Developing choreography and musicality in routines
2. **Interactive Q&A:** Participants can interact with Natalia Garcia and ask about her career and experiences in international competitions
3. **Performance Showcase:** Participants will have the opportunity to apply their newly acquired skills by showcasing their routines on the final day
4. **Certificates of Participation:** All participants will receive a certificate signed by Natalia Garcia commemorating their involvement in the Master Class

LOGISTICS

1. **Attire:** Rhythmic Gymnastics training attire.
2. **Equipment**
 - Participants are to bring their apparatus.
 - As gymnasts have varying skill levels, it is essential to recognise that specific segments of the Natalia Garcia Master Class, which focuses on advanced apparatus, may not apply to younger participants. In such cases, they can observe and learn from those segments without participating directly.
3. **Meals and Refreshments**
 - Healthy meal options will be available for an additional cost. More details will be provided as the event date approaches.

REGISTRATION

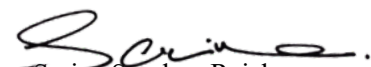
The Natalia Garcia Master Class is open to all rhythmic gymnasts from Malaysia and abroad. Whether you are a beginner looking to grasp the basics or a seasoned athlete aiming to perfect your routines, this Master Class will be an invaluable opportunity for learning and growth.

Given the exclusive nature of this event and the personalised attention each gymnast will receive, **spaces are limited** and will be allocated on a **first-come, first-served basis**. To secure your spot, please click the link below to complete the registration process.

The registration deadline is **September 30, 2024**. By registering, you confirm your acceptance of the terms and conditions below.

Link: https://docs.google.com/forms/d/1FpC3HrEQImOZgJMolcx6Qr1w_-59Y6yq2mTyQOMCj24/prefill

Warm regards,


Sarina Sundara Rajah
SRGC Founding Principal

TERMS AND CONDITIONS

1. Registration and Fees

- Please note that the Natalia Garcia Master Class requires a minimum and maximum number of participants to proceed. The organiser also reserves the right to cancel or reschedule the event at their discretion if circumstances require it.
- All fees for the Natalia Garcia Master Class are non-refundable. Once payment is made, it secures your child's spot and cannot be refunded or transferred under any circumstances, including withdrawal or no-show by the participant.

2. Health and Fitness Requirement

- All participants must be healthy and physically fit to participate in the Natalia Garcia Master Class. By enrolling, the parent or guardian certifies that the participant is free from any illness, injury, or medical condition that could be aggravated by physical activity.
- Participants with pre-existing medical conditions must inform the organiser prior to the Natalia Garcia Master Class. The organiser reserves the right to disallow participation if it is deemed unsafe or inappropriate.

3. Injury and Liability Waiver

- Participation in the Natalia Garcia Master Class involves physical activity with an inherent injury risk. By registering, the participant and their parent/guardian acknowledge and accept that these risks exist.
- The organiser, coaches, and staff are not liable for any injuries, illnesses, or accidents sustained during the Natalia Garcia Master Class or related activities.
- The parent/guardian is responsible for ensuring the participant is covered by their own personal accident or medical insurance.

4. Supervision and Responsibility

- The organiser and staff shall take all reasonable care to ensure the safety and well-being of participants. However, parents/guardians agree that the organiser is not responsible for any lost or stolen items or any incidents outside the structured activities of the Natalia Garcia Master Class.

5. Code of Conduct

- All participants are expected to conduct themselves respectfully and follow the instructions of the coaches and organiser at all times.
- Disruptive behaviour or failure to follow safety instructions may lead to dismissal from the Natalia Garcia Master Class without a refund.

6. Media and Photography Release

- By participating in the Natalia Garcia Master Class, parents/guardians grant the organiser permission to use any photographs or video footage taken during the event for promotional or educational purposes.

7. Consent and Agreement

- By enrolling a participant in the Natalia Garcia Master Class, parents/guardians acknowledge that they have read and agree to these terms and conditions in full. They agree to release the organiser, coaches, staff, and affiliated entities from any liability for any injury, loss, or damages.

8. Force Majeure

- No refunds will be provided if the Natalia Garcia Master Class is cancelled or postponed due to unforeseen circumstances beyond the organiser's control (such as natural disasters or government restrictions). However, the organiser will make reasonable efforts to reschedule the event.