

DIRECTIVES

Rhythmic Gymnastics Training Camp

Location & Dates

 **Dates:** July 11 – July 19, 2026

- July 11 — Arrival day
- July 19 — Gala performance (before lunch) and departure

 **Location:** Budva, Montenegro

 **Sports Center**

Filipa Kovačevića St

 Address: 5 Trg Slobode, 85310

Facebook: Gimnastički klub Budva

Instagram: @gkbudva

Website: www.gkbudva.me

Registration

Registration deadline: **July 1, 2026** via KSIS
or via contacts:

 vesnagim@gmail.com

 kolesnikovanina2710@gmail.com

 +382 69 084 966 (Vesna)

 +7 985 212 40 00 (Nina)

Accommodation & transfer inquiries:

 +382 69 789 618 – Lazar R.

Organizers & Coaching Staff

The camp is held at the base of the Montenegro National Team with the support of the Rhythmic Gymnastics Federation of Montenegro.

VESNA RADONIC

Head Coach of Montenegro National Team
President of the Gymnastics Federation of Montenegro
Member of the Technical Committee for Rhythmic Gymnastics, European Gymnastics
International Brevet Judge

- 30+ years of coaching experience
- Judge at European & World Championships
- Organizer of FIG International Tournaments

 vesnagim@gmail.com

Coaching Staff

1. Nina Kolesnikova

Master of Sport. Over 20 years of experience.

International coaching experience. Worked with national teams of Montenegro, Moldova, and Luxembourg.

Prepared athletes for World and European Championships, including junior events and FIG tournaments.

Her students are national champions and prize winners of international tournaments and Balkan Games.

Specialization: elite athlete preparation

2. Sona Rakhmanova

Master of Sport

Former member of the Azerbaijan National Team (group exercises)

1 year with national team, over 6 years coaching experience

Worked with national-level athletes

International choreography experience (Belarus, Turkey, Italy, Russia, Azerbaijan, Luxembourg, Germany)

Professional experience in Turkey and Italy

Specialization: technique, artistry, competition performance, warm-up

3. Margarita Atanasova

Rhythmic gymnastics coach with extensive international experience

Currently coach of the Montenegro National Team

Former head coach of Azerbaijan junior group team

Prepared athletes for European and World Championships

20+ years of experience in top clubs in Greece

Specialization: elite training and routine choreography

4. Yulia Kutysheva

Rhythmic gymnastics coach with over 20 years of experience

Specializes in preparing athletes for national and international competitions
Uses an individual approach and sports psychology methods

5. Sonia Korol

Dance coach

6. Yerbolat Asylgazynov

Honored Artist of the Republic of Kazakhstan

Former principal soloist of the Abai Kazakh National Opera and Ballet Theatre

Performed leading roles in classical repertoire

Engaged in teaching and choreography, passing on high-level stage culture and artistry



Languages

English / Montenegrin / Russian



Accommodation

Participants can stay in the following hotels:

- Hotel Slovenska Plaža
- Hotel Bracera
- Hotel Moskva
- Hotel Batua
- Alpesa Apartments
- Hotel Tre Canne
- Milara Apartments
- Montesun Fontana Apartments
- Lucic Rooms & Suites

Accommodation is arranged individually.



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Transfer

Organized upon prior request.

Individual and group transfers available.



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Participants

Gymnasts born in **2021 and older** are welcome
(accompanied by a coach or parent upon agreement).

Training Program

- Apparatus training
- Body difficulty work
- Stretching and flexibility development
- General & special physical preparation
- Morning outdoor training (including sea swimming*)
- Classical choreography
- Dance sequences (with and without apparatus)

If there are any medical противопоказания (contraindications), please inform in advance.

Additional options:

- Individual training sessions
- Routine creation and analysis according to FIG Code 2025–2028
- Opportunity to work with personal coach

 Requests: kolesnikovanina2710@gmail.com

Participation Fee

♦ **1 training day** — €80

♦ **7 days:**

- €550 (if registered before July 1)
30% deposit required. Refund available if canceled before July 1.

Payment details:

Beneficiary Customer

IBAN: ME25565005120000099838

SWIFT: LOVBMEPG

Name & Address: GIMNASTICKI KLUB BUDVA
ROZINO 7

85310 BUDVA, MONTENEGRO

- €600 (after July 1)

- ◆ **Individual training** — €70
- ◆ **Routine choreography** — €200

⚠ Limited spots available. Pre-registration is mandatory.

Gala Performance

- All participants are invited to the final gala
 - Opportunity to perform an individual routine (with costume)
 - Free entry for gymnasts, coaches, and parents
 - Memorabilia and special prizes from coaches
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Insurance & Medical Documents

Each participant must have:

- Insurance covering rhythmic gymnastics activities
- Medical certificate confirming fitness

Without these documents, the athlete will not be allowed to train.

What to Bring

- Leotards
- Shorts / leggings (2–3)
- T-shirts / tops (3–5)
- Socks
- Half shoes / toe shoes
- Sneakers
- Swimsuit (for the sea)
- Cap / hat
- Water
- Sunscreen
- Insect repellent
- Gymnastics apparatus
- Costume for the gala performance