

Trainings Camp






rhythmic gymnastics

07.08.2026 to 21.08.2026

Lignano, Italy

Direktives

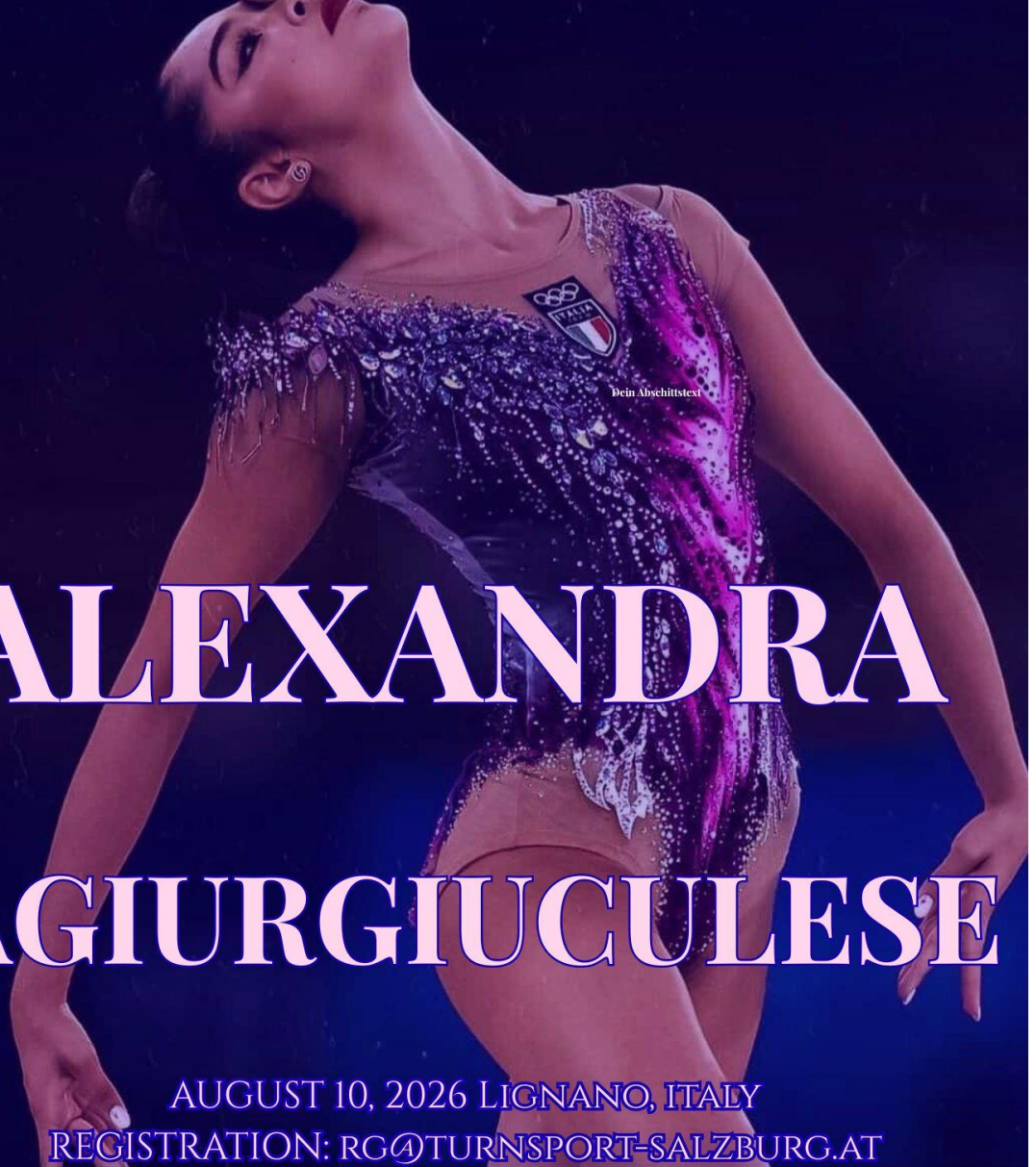
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| Regional gymnastics Federation of Salzburg | Turnsport Salzburg Oberst Lepperdinger Str. 21/3 5071 Wals Austria |  |
| Host Federation | Turnsport Salzburg Oberst Lepperdinger Str. 21/3 5071 Wals Austria Tel: +43 681 10503924 Email: rg@turnsport-salzburg.at | |
| Location | Lignano Sabbiadoro, Italy | |
| Date | 07 to 21.08.2026 | |
| Venue |    villaggio olimpico Viale Centrale, 29, 33054 Lignano Sabbiadoro UD, Italien Sport hall Brazzà from 17.08. to 21.08.2026 | |

| Coaches | |
|---|--|
| <p>Ksenia Grigorian master of sport in Russia winner of the world Gymnasiade with the national team of Russia Working experience as a coach in the national team of Austria</p> |  |
| <p>Natalia Belkina master of sport in Russia Two times winner of the world Universiade with the national team of Russia Head coach of the national Slovenian junior group</p> |  |
| <p>Darija Mitrovic master of sport Member of the national team of Uzbekistan Working experience as a coach in the national team of Serbia</p> |  |
| <p>Sonja Manukjan ballet choreographer, experience in the Bulgarian national team</p> |  |
| <p>Master Class 10.08.2026</p> | <p>One day Master Class with ALEXANDRA AGIURGIUCULESE</p> <ul style="list-style-type: none"> ✓ Artistic expression & choreography tips ✓ Q&A session + Photos & autographs  |

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|----------------------|--|---|
| Registration | An application will be only confirmed after 20% deposit has been paid. | |
| Costs | <p>The 20% deposit will not be refunded in case of withdrawal from the training camp</p> <ul style="list-style-type: none"> • 450.-€/Gymnast for one week without accomodation • 840.-€/Gymnast for one week with accomodation • 800.-€/Gymnast for two weeks without accomodation • 1580.-€/Gymnast for two weeks with accomodation • 100.-€/Gymnast master class only. <p>The accomodation includes three meals a day, multiple bed room, access to the hotel's aqua park and private beach, sunbed and umbrella Accommodation places are limited, the applications will be processed in the ,first come, first serve 'principal. Further applications will be wait listed.</p> <p>training includes daily ballet choreography, body and apparatus training, dance lessons.</p> | |
| Programm | <p>different groups according the level of participating athletes.</p> <ol style="list-style-type: none"> 1) Apparatus work; 2) General and special physical preparation; 3) Parterre\classical choreography; 4) Work on the elements; 5) Plastique and acrobatics; 6) Stretching; 7) Work on coordination; <p>Additional services (by request and surcharg)</p> <ol style="list-style-type: none"> 1) New program composition- appointment needed 2) individual ballett Choreography; 3) Individual trainings; 4) Correction of the current routine; | |
| Schedule | <p>Two trainings per day Monday and Thursday only till lunch Friday – day off Exact training schedule will be provided later</p> |  |
| Insurance | All participants are responsible for having the necessary coverage against accidents and illness. The Host Federation will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like. | |
| Bank details: | Turnsport Salzburg IBAN:AT582040400000025494, BIC:SBGSAT2SXXX | |

MASTERCLASS

TRAIN WITH A WORLD-CLASS GYMNAST



Dein Abschlusstext

ALEXANDRA

AGIURGIUCULESE

AUGUST 10, 2026 LIGNANO, ITALY

REGISTRATION: RC@TURNSPORT-SALZBURG.AT