



GOLDEN CAMP



MÁLAGA



Irina Vigdorchik



Nataliia Ieromina

INTERNATIONAL TRAINING CAMP

RHYTHMIC GYMNASTICS / JULY 21 – AUGUST 1, 2025/ MÁLAGA, SPAIN



Victoria Ataol



Bar Shapochnikov



ÁREA DE DEPORTE
AYUNTAMIENTO DE BENALMÁDENA



International Training Camp

RHYTHMIC GYMNASTICS / JULY 21 - AUGUST 1, 2025/ MÁLAGA, SPAIN



Join Us for this Unforgettable Training Experience!

Get ready to elevate your skills and train with world-class experts at the International Training Camp in Málaga!

This exclusive camp brings together elite gymnasts and top coaches for 12 days of intensive training, expert guidance, and a chance to refine your routines in a stunning beachfront location. Whether you're looking to perfect your technique, learn from Olympic-level trainers, or simply immerse yourself in a high-energy gymnastics environment, this is the camp for you!

If you were born in 2016 or are older, don't miss this incredible opportunity to push your limits, make lifelong friendships, and take your performance to the next level

We are thrilled that you will be joining this year's International Training Camp in Málaga! Below, you'll find all the essential information you need to prepare for the camp.



Meet Your Experts

Our team of world-class experts is here to guide you through an intensive and rewarding training experience. With decades of experience coaching at the Olympic and World Championship levels, our specialists will help you refine your technique, enhance performance quality, and build confidence in competition settings. From mastering rotations and pivots to improving strength, endurance, and artistry, our coaches will provide personalized feedback and structured training sessions tailored to each gymnast's needs. This is your chance to learn from the best and take your gymnastics skills to new heights!



Irina Vigdorchik

- Head coach of Irony Holon club
- Olympic head coach of Israel (2006-2008)
- Individual trainer of Ira Risinzom (1998-2010)
- Olympic coach of Israeli group (2013-2021)
- Russian national group coach (2021-May 2023)
- Coached both individual gymnasts and groups who represented Israel to European Championships, World Championships, and Olympic Games



Nataliia Ieromina

- Olympic Judge (Beijing 2008, Tokyo 2020, Paris 2024)
- Honored Trainer of Ukraine
- Honored Worker in Physical Education and Sports



Victoria Ataol

- Specialist in refining rotations and pivots
- Olympic Judge (Tokyo 2020)
- Canadian coach



Bar Shapochnikov

- World Championship finalist (2019) with criteria for the Olympics representing Israel
- European Championship finalist (2020) representing Israel

Camp Details

Languages Spoken

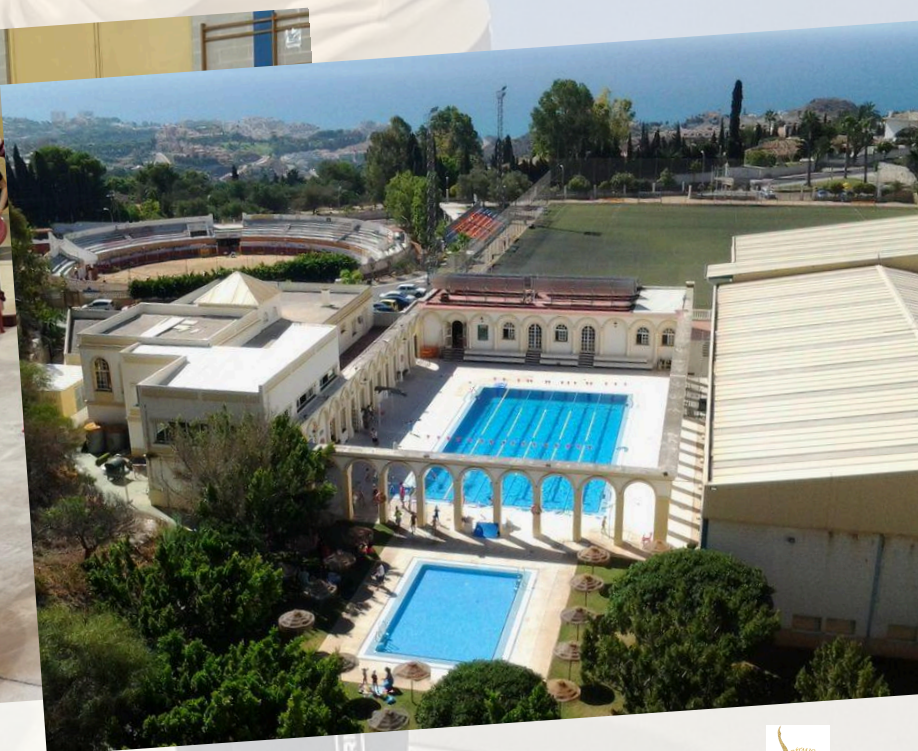
English, French, Spanish, Russian, Ukrainian, and Hebrew

The Training Venue

Polideportivo Municipal Benalmádena Pueblo

Benalmádena, Málaga, Spain

📍 Polideportivo Municipal Ramón Rico Benalmádena Pueblo - Área de De...



Costs & Registration

Participation Fees

Gymnasts	<ul style="list-style-type: none">• €1,200 per gymnast for the entire camp (excluding hotel)• Alternatively, €130 per day
Coach Fees	<ul style="list-style-type: none">• 10 gymnasts or more: Free for the coach• Fewer than 10 gymnasts: €200• Coaches without gymnasts: €350

Payment Schedule

- **First installment:** €300 by March 15th 2025
- **Final installment:** Remaining balance by June 1st 2025

Refund Policy

- 100% refundable if canceled by June 1st 2025
- 50% refundable if canceled by June 20th 2025
 - Non-refundable after July 1st 2025

[Register Here](#)

For questions, contact the event organizer:

Victoria Ataol

WhatsApp: +514-887-0773 | ataolvictoria@gmail.com

Additional Training & Choreography

We are excited to offer additional **routine choreography sessions** with:



Zdravka Tchonkova Dimitrova

(Canada)



Bar Shapochnikov

(Israel)

These sessions come at an additional cost and are available on a first-come, first-served basis. Gymnasts may bring their own music or use one provided by the choreographer.

[Register Here](#)

Accommodation

Gymnasts and coaches must arrange their own accommodation. Morning training will take place **in front of the official hotel's beachfront**.

Hotel Details

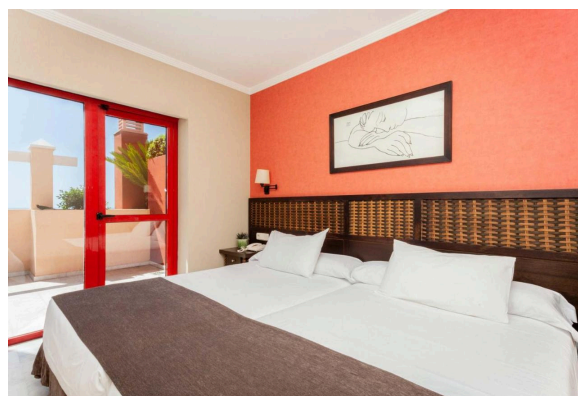
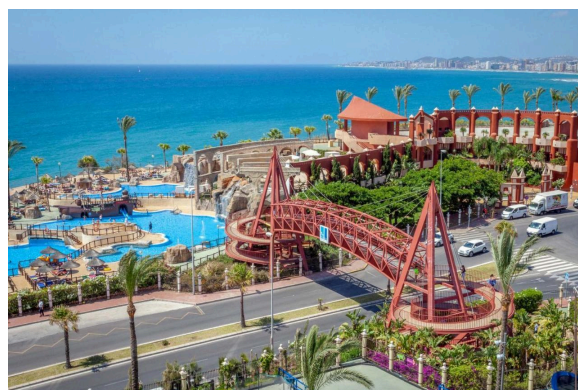
HOLIDAY WORLD
Resort - Costa del Sol

[Hotel Website](#)

Room Rates (per person, per night)

- **Individual Occupancy:** €240 (maximum 5 rooms available in total)
- **Double Occupancy:** €128
- **Triple Occupancy:** €113 (for guests 12+) / €106 (if at least one guest is under 12)
- **Quadruple Occupancy:** €96 (only available if at least one guest is under 12)
 - *Note: Quadruple occupancy is not available for 4 adults*
- **Full board with beverages at meals included**
- Prices are net, excluding 10% VAT
- These special prices are only available **until 15th of March 2025**

When booking in Holiday World Resort, send an email to: **Reservas@holidayworld.es** referring to **GOLDENCAMP** promotion code. Availability is only guaranteed until 15th of March, so book early to secure your spot.



Alternative Accommodation Options Available

If you prefer to stay elsewhere, we offer a list of recommended alternative accommodations to suit different preferences and budgets.

What to Bring?

Insurance

Gymnasts and coaches must have a valid insurance from the day of arrival (20th July) until the day of departure (2nd of August).

Training Requirements

- **Equipment:** Ankle weights, elastic bands, all apparatus (must have 2 hoops), Foam Roller, 2 Yoga bricks
- **Footwear:** Toe shoes and white socks
- **Clothing:** T-shirts, tops, shorts (preferably black), comfortable running shoes, knee pads
- **Personal Care:** Small towel, water bottle, hair products for a high ponytail/bun

For the Beach

- Swimsuit, flip-flops, sunscreen, towel, sunglasses and hat

International Training Camp

RHYTHMIC GYMNASTICS / JULY 21 - AUGUST 1, 2025/ MÁLAGA, SPAIN



Reserve your spot now and join us for an unforgettable training experience!

[Register Here](#)

For questions, contact the event organizer:

Victoria Ataol

WhatsApp: **+514-887-0773** | ataolvictoria@gmail.com

