

SPORTOWY KLUB TANECZNY MEGA DANCE

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Prezes Zarządu mgr Bartłomiej Kobylański, tel. +48 508 197 804, e-mail: bkobylanski@wp.pl
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KRS 000012749; NIP 973-07-43-557; REGON 977999240

INTERROCKI

International Acrobatic Rock-n-Roll Camp 2018

Dear All,

As you know in 23-24 June 2018 my club and I are organizing the biggest tournament in Acrobatic Rock-n-roll and **INTERROCK1** for dancers and coaches.

I'd like to invite ALL of you to participate in the **INTERROCK1** for athletes and coaches.

Below you will find some information needed:

Term: 25.06.2018-01.07.2018

Place: Zielona Góra/ Drzonków, Poland

Workshops: from Monday till Friday for 2h twice a day

Accommodation:

Bungalows - 285€

Hotel - 320€

Hotel *** - 425€

The Price Includes:

- Overnight stay
- Three meals
- Workshops with coaches
- Gym
- Swimming pool
- Free enter to sport hall
- T-shirt

I'm sure it will be a great experience and a lot of fun.

Registration: Send the registration form to: rockcamp2018@wp.pl

Deadline: 10.05.2018

If you have any question, do not hesitate and contact me.

Phone +48 508 197 804,

mail: bkobylanski@wp.pl / megadance.biuro@wp.pl / rockcamp2018@wp.pl

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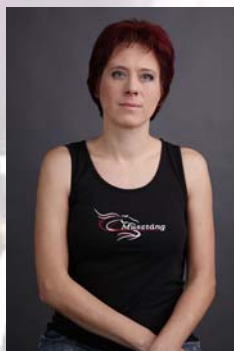
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International Aerobic Rock-n-Roll Camp 2018

COACHES:

Roman Kolb	Czech Republic
Katerina Kolbova	Czech Republic
Jacek Tarczyło	Poland
Anna Miadzielec	Poland
Bartek Kobylanski	Poland
Andrzej Luczak	Poland
Gabór Pető	Hungary
Nataliya Proskurina	Ukraine
Mykhailo Petrenko	Ukraine
Formation CZ	Czech Republic
Anikó Tormásiné Neuwirth	Hungary
Katalin Kis	Hungary (WRRC)



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TRAINING SCHEDULE FOR DIFFERENT CATEGORIES:

The trainings will be held twice a day for each category.

After athlete's announcement, we will prepare a detailed plan.

Trainings will take place in sports halls with lunge, trampoline and necessary equipment.

During training, we will use a special sports camera for movement analysis.

Trainings will be held for beginner couples as well as for advanced couples.

Main Class free Style:

1. Analysis of entry to the staff
2. Different techniques and the selection of the best technique for an individual couple.
3. Staff jump analysis (biomechanics - the center of gravity of the body and the correct entrance)
4. Entering to the acrobatic element (gymnastic and acrobatic technique) various methods of preparation for the forward somersault and the somersault
5. Motor skills (specification of motor training for partner and partner)
6. Exit the element (grip, bounce, acrobatic element for music)
7. Elements of a training unit depending on the stage of couple's preparation.
8. Personal trainings with trainers

Main Class Contact Style:

1. Analysis of entry to the staff
2. Different techniques and the selection of the best technique for an individual couple
3. Staff jump analysis (biomechanics - the center of gravity of the body and the correct entrance)
4. Combinations and elements of the Main Class Contact Style
5. Motor skills (specification of motor training for partner and partner)
6. Exit the element (grip, bounce, acrobatic element for music)
7. Elements of a training unit depending on the stage of couple's preparation.
8. Personal trainings with trainers

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TRAINING SCHEDULE FOR DIFFERENT CATEGORIES:

Juveniles and Junior

1. Analysis of the basic step
2. Body posture during the basic step
3. Dance lines in the Rock n Roll acrobatic
4. Building choreography
5. Motor skills (specification of motor training for dancers)
6. Transitions (changes of places)
7. Video analysis of the basic step
8. Rotations - various techniques
9. Acrobatic training for young dancers
10. Personal trainings with trainers

Formations

1. Analysis of the basic step
2. Equalizing the technique of legs and hands in a group
3. Dance lines in Formations at the Rock n Roll Acrobatic
4. Building choreography
5. Changing the drawing in formation
6. Choreography and music
7. Elements of a training unit depending on the stage of formation preparations.
8. Personal trainings with trainers

Coaching training

1. Regulations and basic RnR step training
2. Dance- what the judge points out - how to train to have good results at competitions
3. Acrobatics what the judge pays attention to - how to train to have good results at competitions
4. Building choreography in terms of the requirements of judges' couples and formations