

Schedule¹ Educational Training camp² – St Petersburg, Russia 2018

Dates: February 23 – March 4th 2018

Athletes arrival – February 22nd, departure – March 5th

Friday, February 23 – studio Trash – 8:30-13:35; My Pole Space 15:00-17:00			
8:30-10:00	Intro	Sveta Lutoshkina	Introduction class based on partners improvisations; designed to help participants to know each other and to emancipate through stage movement.
10:15-11:45	F tricks	Pink Puma	Detailed explanations of flexibility tricks from the tabs of compulsory elements.
12:05-13:35	Technical bonus	Veronika Mikhailova	Detailed explanations of technical bonuses, examples of combinations.
13:35-15:00	Lunch break		
15:00-17:00	Complex – how to avoid deductions	Kristina Dumanskaya	Complex training program designed to help athletes and performers to reduce deductions during their competition and show programs, consist of theoretical and practical parts.

Saturday, February 24 – studio Pole Dance Style			
8:30-10:00	Compulsory bonus	Pink Puma	Detailed explanations of bonuses for compulsory elements, examples of combinations.
10:20-11:50	Stage movement	Sveta Lutoshkina	Stage movement and improvisation.
11:50-15:00	Break		
15:00-16:30	S, ST tricks	Veronika Mikhailova	Detailed explanations of strength elements and spinning tricks for static pole from the tabs of compulsory elements.
16:45-18:15	Stretching	Pink Puma	Flexibility class consists of preparatory warm up, legs stretching and strengthening complex.

Sunday, February 25 – studio Pole Dance Style			
8:30-10:00	Dynamic combinations	Veronika Mikhailova	Detailed explanations and examples of dynamic combinations.
10:15-11:45	Transitions & deductions	Pink Puma	Transitions and deductions, attention to the details during performances.
11:45-13:15	Lunch break		
13:15-14:45	Modern dance	Sveta Lutoshkina	Dance class based on jazz modern and contemporary styles, allows participants to acquire better body control.
15:00-16:30	Artistic Pole	Viktoriiia Chapaikina	Pole dance choreography, creation secrets for spectacular routines.

¹ The schedule is subject to change.

² Educational Training camp originally designed to help athletes to improve their skills and replenish knowledge in accordance with Pole Sports and Artistic Pole competitions requirements. The course program is suitable for athletes and performers of all genders, levels and categories.

Monday, February 26 – studio Trash			
8:30-10:00	S, ST tricks	Dimitry Politov	Detailed explanations of strength elements and spinning tricks for static pole from the tabs of compulsory elements.
10:15-11:45	SP tricks	Pink Puma	Detailed explanations of dynamic tricks for spinning pole from the tabs of compulsory elements.
11:45-13:15	Lunch break		
13:15-14:45	Acting	Misha Buturlov	Acting and stage presence.
15:00-16:30	Artistic Pole	Viktoriia Chapaikina	Pole dance choreography, creation secrets for spectacular routines.

Tuesday, February 27 – studio Trash			
8:30-10:00	Original tricks	Viktoriia Chapaikina	Original authors tricks and combinations of elements, bonus advises for originality.
10:15-11:45	Compulsory bonus	Veronika Mikhailova	Detailed explanations of bonuses for compulsory elements, examples of combinations.
12:05-13:35	Bendability	Pink Puma	Warm up and flexibility complex for upper and lower back, floor acrobatic flexibility elements.

Wednesday, February 28 – studio Trash			
8:30-10:00	Climbs & transitions	Dimitry Politov	Different types of climbs and transitions to and from the poles, bonus advises.
10:15-11:45	F, SP tricks	Veronika Mikhailova	Detailed explanations of flexibility elements and dynamic tricks for spinning pole from the tabs of compulsory elements.
12:05-13:35	Acting	Misha Buturlov	Acting and stage presence.

Thursday, March 1 – studio Trash			
8:30-10:00	Acrobatics	Dimitry Politov	Floor acrobatic tricks and their integration to dance sequences.
10:15-11:45	Pole Flips	Dimitry Politov	Detailed explanations of saltos and their variations on and from the pole.
12:05-13:35	Spinning pole	Viktoriia Chapaikina	Dynamic spins and their combinations, bonus advises.
13:35-19:00	Break		
19:00-21:00	Informal seminar. Questions, answers, recommendations.	All available instructors	Seminar with pedagogues and certified judges to discuss main aspects of the course in informal ambience (optional).

Friday, March 2 – studio Trash			
8:30-10:00	Dynamic combinations for static pole	Viktoriia Chapaikina	Dynamic elements and their variations for static pole.
10:15-11:45	F Tricks	Dimitry Politov	Detailed explanations of flexibility tricks from the tabs of compulsory elements, original flexibility tricks.
12:05-13:30	Lunch break		
13:30-15:00	Pole partners improvisation	Sveta Lutoshkina	Partners pole improvisation and pole dance combinations for doubles.
15:15-16:45	Acting	Misha Buturlov	Acting and stage presence.

Saturday, March 3 – studio My Pole Space			
8:30-10:00	Dead lifts	Dimitry Politov	Detailed explanations, examples and variations of dead lifts.
10:15-11:45	Technical bonus	Pink Puma	Detailed explanations of technical bonuses, examples of combinations.
11:45-13:30	Lunch break		
13:30-15:00	Floor partners improvisation	Sveta Lutoshkina	Partners floor improvisation, dance sequences and partners lifts.
15:15-16:45	Pole choreography for doubles	Pink Puma & Dimitry Politov	Pole transitions, choreography and pole dance combinations for doubles.

Sunday, March 4 – studio My Pole Space			
8:30-10:00	Pole Tricks for doubles	Pink Puma & Dimitry Politov	Variety of pole tricks for doubles from the tabs of compulsory elements.
10:15-11:45	Dynamic combinations	Dimitry Politov	Detailed explanation and variety of dynamic combinations.
11:45-13:30	Lunch break		
13:30-15:30	Special course	Olga Trifonova	Special course from the multiple World Champion designed to help athletes and performers to create successful competition and show routines.



Studios:

Trash – Moskovskie Vorota station, Moskovsky prospekt, 109-3, 2nd floor

+7 812 950 4648 ; <http://trashdance.ru/>



My Pole Space – Obvodny kanal station, Kurskaya st., 28, 4th floor

+7 812 982 1275 ; <http://mypolespace.ru/>

MY POLE SPACE

Pole Dance Style – Baltiyskaya station, naberezhnaya Obvodnogo kanala, 199-201-1, 20N



+7 (812) 918 6073 ; <http://pole-dance-style.ru/>