



11th Sat to 15th Wed January, 2025 on the Gold Coast

RG Master Camp 2025

with Hiroko YAMASAKI from JAPAN

Japan's Head of Rhythmic Gymnastics Development and served for 17 years until 2021



We are excited to announce a 5-days intensive Master Camp led by the renowned rhythmic gymnastics expert, Hiroko YAMASAKI from Japan!

As the leader of Japan's national rhythmic gymnastics team, both group and individual, she spearheaded extensive training in Russia as well. She brought Japan its first-ever World Championship gold medal (2019, Group – Ball).

With a wealth of experience and a celebrated career in the international rhythmic gymnastics community, Hiroko will be offering an exclusive opportunity for gymnasts in Australia to develop their skills, techniques, and performance to the next level.

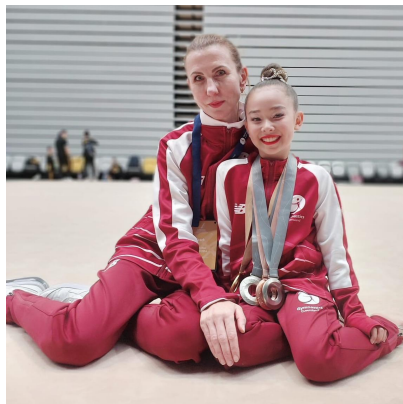
INFORMATION ABOUT Hiroko YAMASAKI (JPN)

In 2004, she was appointed as the Head of Japan's Rhythmic Gymnastics Program. She implemented various intensive training strategies, including camps where athletes lived and trained together for approximately 350 days a year and long-term camps in Russia from 2009. From 2015, Japan earned medals at five consecutive World Championships, and in 2019, she helped secure Japan's first-ever gold medal in rhythmic gymnastics (Group – 5 Balls). After stepping down as Head Coach at the end of 2021, she has been using the "Four Stance Theory" to coach not only rhythmic gymnastics but also athletes and professionals across different sports and industries.

Among the many top gymnasts under leadership by Hiroko Yamasaki, the most famous individual gymnast is Kaho Minagawa and in the group, Rie Matsubara, who participated in three consecutive Olympics until the Tokyo 2021, is also notable (she is one of the coaches at Allure!).



OTHER COACHES FOR THE MASTER CAMP



Galrina Yegorova/Head of Coach at Allure

Qualifications

High Performance Executive Coach (AU)

Experience & Achievements

2012 Gymnastics Queensland Levels Coach of the Year

2013 Australian RG Coach of the Year in 2013

2013 Gymnastics Queensland Levels Coach of the Year

2024 Pacific Rim Australian National team coach

Rie Matsubara

Qualifications

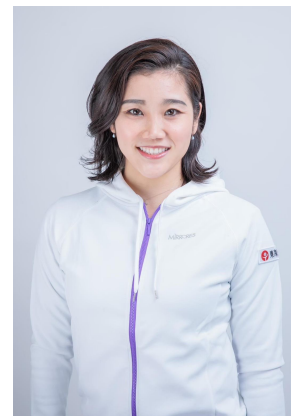
Advanced Coach (AU)

Level 2 Coaching Certification (JP)

Experience & Achievements

Japan Rhythmic Gymnastics National Team (Group): 2007-2021

Competed in three consecutive Olympic Games: London, Rio, and Tokyo
(The only rhythmic gymnast in Japan to participate in three Olympics)



Fusako Skelton/[**Ballet**](#) **for Rhythmic Gymnastics at Allure**

At the age of 16 she was accepted to The Bolshoi Ballet Academy (MTAX) in Moscow Russia. Graduating with a diploma of dance and achieving the highest possible rating of 5 star excellence.

Professional Career: Fusako started her professional career with K-Ballet company in Tokyo, Japan. Fusako quickly gained the opportunity to perform soloist roles in ballets such as Swan Lake, The Nutcracker, Coppelia and Don Quixote to name just a few. During her time dancing in Europe Fusako was invited to perform as the Prima Ballerina in London with the Vienna Festival Ballet company in their production of Swan Lake and The Sleeping Beauty. Currently, she teaches ballet for rhythmic gymnastics at Allure twice a week for high performance gymnasts.



IMPORTANT CAMP INFORMATION

LOCATION

Allure Rhythmic Gymnastics Gold Coast
PCYC Nerang (Cayuga Street, Nerang, Queensland, 4211)

SCHEDULE

11th to 15th January 2025

PARTICIPANTS

Mini Camp: Beginner to Level 4

Master Camp: level 5 to Senior International or Overseas gymnast

Mini Camp: Beginner to Level 4

11th Saturday 3:00pm - 5:00pm

12th Sunday 3:00pm - 5:00pm

13th Monday 9:00am - 11:00am

14th Tuesday 9:00am - 11:00am

15th Wednesday 9:00am - 11:00am

Master Camp: level 5 to Senior International or Overseas gymnast

11th Saturday 3:00pm - 8:00pm

12th Sunday 3:00pm - 8:00pm

13th Monday 9:00am - 2:00pm

14th Tuesday 9:00am - 2:00pm

15th Wednesday 9:00am - 2:00pm

*Please note that this schedule is subject to change

DAILY SCHEDULE

We will provide the detailed daily schedule by the end of December!

*The details will be created based on the applicants number

MAIN CONTENTS

Sessions with Hiroko Yamasaki

Ballet for Rhythmic Gymnastics sessions with Fusako Skelton

Core Training and Mental Training

Control Competition (Scheduled for January 15th)

Interaction among gymnasts

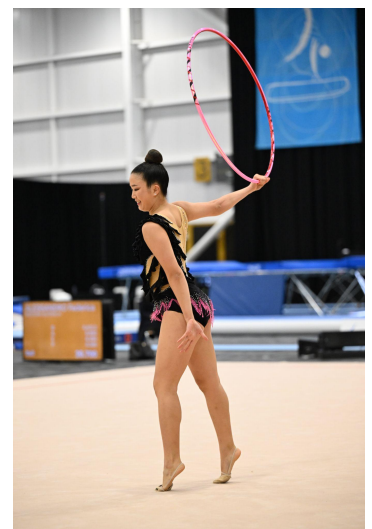
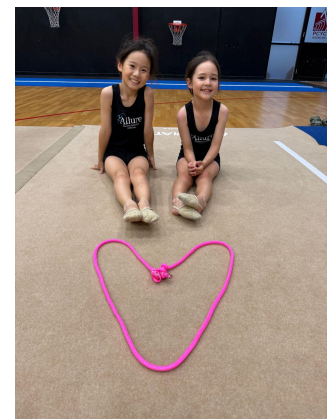
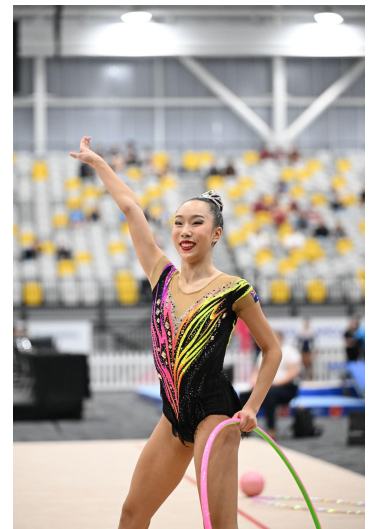
FOCUS AREAS

Advanced apparatus handling techniques

Flexibility and strength training

Choreography and performance skills

Mental focus and competition preparation



MASTERCAMP FEE

-Mini Camp: Beginner to Level 4

1 day: \$45 / 2 hours per day

5 days: \$200 (includes camp shirt)

-Master Camp: level 5 to Senior International or Overseas gymnast

1 day: \$120 / 5 hours per day

5 days: \$550 (includes camp shirt)

APPLICATION DEADLINE

December 15th 2024

FULL PAYMENT DUE

December 22th 2024

CANCELLATION POLICY

Cancellations are accepted up to **28th December 2024**

*In other cases before the Camp starts, if a medical certificate is provided, a refund will be issued excluding the \$50 admission fee.

BANKING DETAILS

Name: Allure Rhythmic Gymnastics Gold Coast

BSB: 013017 ACN: 657543624

PRIVATE LESSONS

We can be arranged with Hiroko Yamasaki, Galrina Yegorova or Rie Matsubara for routine analysis/choreography/feedback and incur a charge of \$100 per hour.

Please contact us via email to us your preferred date and time.

11th and 12th: 8pm

13th, 14th and 15th: 2pm, 3pm or 4pm

HOW TO REGISTER

Spaces are limited, so be sure to secure your spot early!

Please fill out this application form

[Master Camp 2025 application form](#)

For more information to register, please contact us!

contact@allurerggc.com

We look forward to seeing you at the camp.

