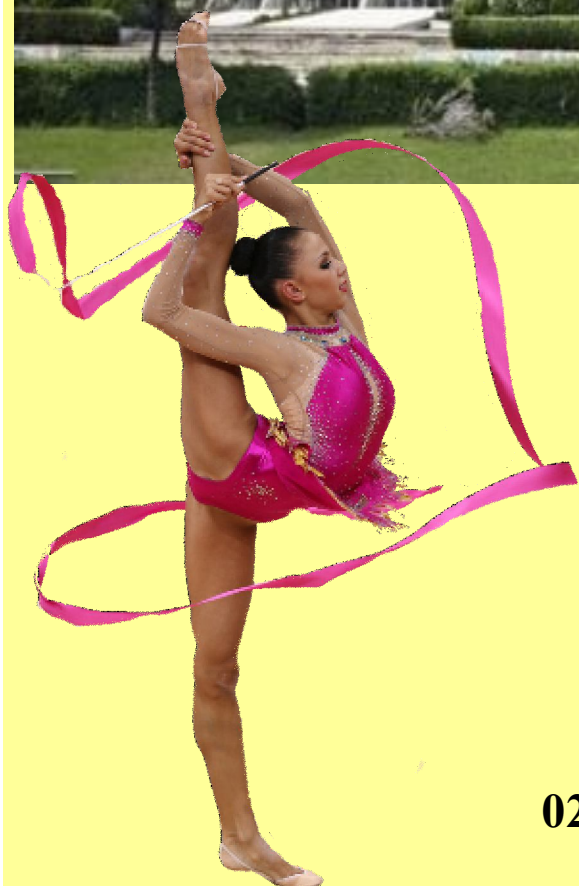


# **THE TRAINING IN RHYTHMIC GYMNASTICS IN BULGARIA VARNA**



**02 – 13 Jul 2018 year**

## **POSITION**

### **on holding training camps rhythmic gymnastics**

#### **in Bulgaria, city of Varna**

Training camp in Bulgaria is a wonderful opportunity for your child to not only practice, but also to relax, revitalize, because here beautiful nature, clean fresh air and nice clean water from the mineral springs, which contains fluorine and silicon. This water activates the child's immune system, lowers cholesterol in blood, regulates mineral metabolism in the body, improves metabolism, accelerates the elimination of toxins from the toxins and helps normalize the gastrointestinal tract. Also in Bulgaria there are beaches with easy water access, without threat to the health of your children fish, jellyfish and other inhabitants of the bottom.

Your child will train under the remarkable leadership of our coaching and teaching staff, will rest, develop and improve their skills, have fun and spend time, but most importantly to eat well, eat fruits, which have no harmful substances and other additives.

### **I. AIMS AND OBJECTIVES**

- Exchange of experience, improvement of sports skills and training of gymnasts;
- Development of the existence and special physical training;
- Strengthening the health of children and adolescents, involving them in regular practice of physical culture and sports.

Training, formation and improvement of skills of working with objects of artistic gymnastics.

- Setting exercises.

### **II. PLACE AND TIME OF THE EVENT FEES**

Training sessions are held from 15 to 26 June 2018 address: Bulgaria, Varna "Palace of culture and sports", bul. "Knyaz Boris I" No. 115.

**15.06** – the Day of arrival.

**16 – 25.06** – Training camp.

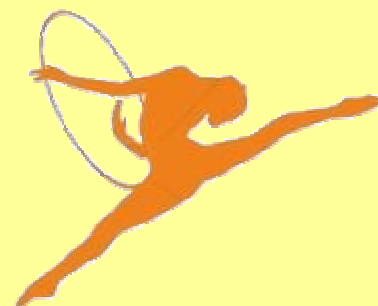
**25.06** – Reporting gala-concert.

**26.06** – the Day of departure.

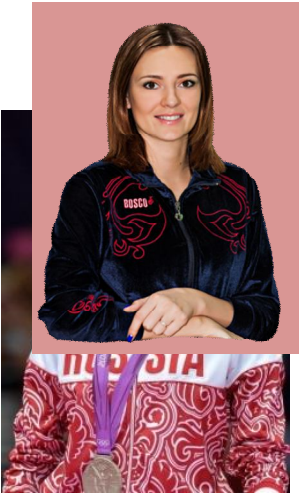
### **III. THE PROGRAM SPORTS CAMPS**

- TFP;
- Subject training;
- Development elements (balance, turns, jumps);
- DIF;
- Classical choreography;
- Dance training;
- Individual work with a trainer (by appointment);
- Setting programs from the choreographer (by appointment).

Participating fees will be divided into groups corresponding to their training level and age.



#### IV. COACHING AND TEACHING STAFF



**Dmitrieva Daria** - Russian gymnast, silver medalist of the Olympic games 2012 in individual all around; 2-time champion and silver medalist of the 2010 world Cup; champion, silver and bronze medalist of the championship of Russia 2009; the champion of Europe among juniors; winner of the international tournament "Children of Asia", "Deriugina Cup", the 2009 world champion in the team.

**Filipa Filipova** – world champion 1989 senior coach of the club "Char" - Varna, judge of the international class, 2009 the coach of the Champions of Bulgaria and gymnasts included in the national team in group exercises, the coach of the gymnasts were the top five gymnasts Championships of Europe and the World for the company.



**Zhukova Svetlana** - head coach of team Canada in rhythmic gymnastics.

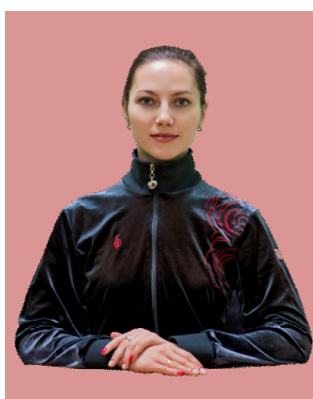
**Andrienko Marina** – President of the Federation of the Altai Republic in rhythmic gymnastics, master of sports in rhythmic gymnastics, the trainer-teacher of the highest qualification category in rhythmic gymnastics, the Director of training.



**Grokhotova Natalia** - the master of sports on rhythmic gymnastics, the trainer-teacher of the highest qualification category in rhythmic gymnastics.

**Vays Yulia** – the master of sports on rhythmic gymnastics, the trainer-teacher of the highest qualification category in rhythmic gymnastics.

**Hristo Hadzhimihaylov** – trainer on dances, champion of Russia and Europe in the dance show, choreographed dance school in Varna - "Creator". The pupils of the school managed to become national and international champions.



**Bukhtueva Anastasia** - choreographer, a graduate of the Academy of culture and arts, teacher of AKKKiL.

In the coaching staff changes.

## **V. THE PARTICIPANTS IN SPORTS CAMPS**

Gymnasts 2013-2000 G. R. admitted to the charges:

- pre-registration and payment;
- a copy of birth certificate and medical insurance;
- if you have a medical certificate certifying that the child is allowed to physical exercise;

Each participant must have a sports uniform (clothing for gymnastics and items, tires, wheel weights)

## **VI. THE COST OF SPORTS FEES**

Fees are: 350 euros (35 euros per day). Registration for individual training (30 euros per hour) and production exercises (200 Euro) is payable locally.

Fees must be paid in advance 50% before 1 June and make full payment on the first day of fees on account of:



**for the Russian gymnasts** – at the rate of the Central Bank (at the time of payment)

Altai regional public organization Sports center «Elnce»  
(ARPO SC «Elnce»)

Legal address: 656043, Barnaul, Prospect Sotsialistichesky, 28

ITN 2225072248

IEC 222501001

Siberian Branch of JSC CB "Forbank" Barnaul

BIC 040173756

Checking account: 40703810700000000208

corr./acc.: 30101810101730000756

**for foreign** –

EUROBANK BULGARIA AD SOFIA, BULGARIA

SWIFT code: BPBIBGSFXXX

iban BG37BPBI79451470560401

BIC: BPBIBGSF

MARALSPORT LTD

Bulgaria, Varna city, 9000, Dimitar Solunski street, N 7b floor3 ap. 16

## **VII. REWARDING**

All participants are awarded with Souvenirs and certificates of participation.

## **VIII. APPLICATION FOR PARTICIPATION**

Preliminary applications for participation are sent in Email: [ehlans@yandex.ru](mailto:ehlans@yandex.ru)

The number of places is limited!

## **IX. CONTACT INFORMATION**

Applications for participation are sent in Email: [ehlans@yandex.ru](mailto:ehlans@yandex.ru)

**Website:** [www.elans-club.ru](http://www.elans-club.ru), [www.maralsport.com](http://www.maralsport.com)

For all questions, we are ready to answer:

**Email:** [ehlans@yandex.ru](mailto:ehlans@yandex.ru)

On the sporting and organizational questions to address by phone: +7 913 210 18 00 – Marina.

For accommodation, meals and transfers: +373 (79) 760335 – Peter Kokyrtsa.

