

REGULATION

on conducting the rhythmic gymnastics training camp in Varna, Bulgaria

The training camp in Bulgaria is a great opportunity for your child not only to train, but also to relax and get healthier, because here is a fantastic nature, clean fresh air and wonderful pure water with fluorine and silicon from mineral springs. Such water activates the immune system of the child, reduces the cholesterol level in the blood, regulates the mineral metabolism in the body, improves the metabolism, accelerates the removal of toxins and wastes, and contributes to the normalization of the gastrointestinal tract. Moreover, in Bulgaria there are beaches with a convenient way to the water, without fish, jellyfish and other inhabitants of the bottom that are dangerous to the health of your children.

Your child will train under the qualified guidance of our coaching staff, will rest, develop and improve his/her skills, have fun and a good time, but the most important thing is that your child will have healthy nutrition and eat fruit free of harmful substances and other additives.

I. GOALS AND OBJECTIVES

- Exchange of experience, improvement of skill level and training of gymnasts;
- Development of general and special physical training;
- Promotion of health of children and teenagers, their involvement in regular physical education and sports;
- Training, formation and improvement of skills in working with rhythmic gymnastics accessories;
- Yoga, stretching;
- Exercise setting.

II. PLACE AND TIME OF THE CAMP

The training camp will be held at address: Bulgaria, Varna, Sport Palace boul. “Knyaz Boris I” No. 115 and the National Sports Base “Sport Palace”, Chayka district, Resort Complex “Golden Sands”.

Plan of events:

- Arrival date.
- Training camp.
- Reporting gala concert.
- Departure date.

Rhythmic gymnastics tournament is held as part of the camp.

III. PROGRAM OF THE TRAINING CAMP

- Conditioning for gymnastics;
- Subject training;
- Practicing the elements (balance, spins, jumps);
- General physical preparedness;
- Classical choreography;

- Dance training;
- Yoga, stretching;
- Individual work with a coach (prior registration is required);
- Program setting with a choreographer (prior registration is required);
- Entertainment and excursions (Annex 1).

The participants will be divided into groups according to the level of their training and age.

IV. TEACHING AND COACHING STAFF

Zhukova Svetlana - Leading Coach of the Canadian Rhythmic Gymnastics Team, FIG Referee.

Marina Andrienko - President of the Federation of Rhythmic Gymnastics of the Altai Republic, Rhythmic Gymnastics Master, Coach-Instructor of the highest qualification grade in Rhythmic Gymnastics, Director of Training Camp.

Vais Yulia - Rhythmic Gymnastics Master, Coach-Instructor of the highest qualification grade in Rhythmic Gymnastics.

Hristo Hadzhimikhailov - Dance Coach, Russian and European Dance Show Champion, Choreographer of Varna Dance School “Creators”. Pupils of the school managed to become national and international champions.

Anastasia Bukhtueva - Choreographer, Graduate from the Academy of Culture and Arts, Teacher of the Altai Regional College of Culture and Arts.

Elena Vitrichenko - Bronze Medalist of the Olympic Games 1996 in the all-around, nine-time World Champion, twelve-time European Champion.

Zakrevskaya Anastasia - Frequent Winner of the World Cup stages and the European Championships, six-time Champion of the Republic of Belarus.

There may be changes in the coaching staff.

V. PARTICIPANTS OF THE TRAINING CAMP

Gymnasts born in 2015 and older are allowed to the camp:

- upon pre-registration and payment;
- in the presence of a copy of the birth certificate and medical insurance;
- in the presence of a medical certificate certifying that the child is admitted to physical exertion;

Application

Full name	Tour	Year of birth	Country	City	Skill level (1-10 years)	Accommodation Yes/No	Contacts

Each participant must have a sports form (clothes for rhythmic gymnastics and accessories, rubber, weights, swimsuit for swimming, a towel).

VI. COST OF THE TRAINING CAMP

The cost of the camp is 400 Euro. The registration for individual training (40 Euro per hour) and exercise setting (200 Euro) shall be made and paid onsite.

You must make 50% advance payment 20 days before the camp and pay in full on the first day of the camp.

VII. ACCOMMODATION AND MEALS

45 Euro shall be the accommodation in the National Sports Base “Sport Palace” per day for one person (three meals a day, two swimming pools, SPA, fitness room, training hall, the entire infrastructure of the hotel). The sea is within walking distance.

VIII. AWARDS

All participants of the camp are awarded with souvenirs and certificates of participants.

X. CONTACT INFORMATION

Applications for participation shall be sent to e-mail. **elans.sport@yandex.ru/ehlans@icloud.com**

Website: **www.elans-club.ru, www.maralsport.com**

We are ready to answer all your questions:

For sports and organizational issues, please call:

+7 913 210 18 00 - **Marina (Viber, WhatsApp)**

You have to stay during the training camp at hotel where everything is included (accommodation, three meals a day, beach, two swimming pools, SPA, fitness room, training hall, the entire infrastructure of the hotel).

For questions on accommodation, meals and transfer:

+7 913 228 33 43 - **Anastasia (Viber, WhatsApp)**

Limited number of places.

In a group of up to 10-15 people.