

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, 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;

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 (attachment 3) and exercise setting (attachment 3) 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.

<p>15.07.-25.07.2020</p>	<p><i>Rhythmic gymnastic training camp in Bulgaria, Varna</i></p> <p><i>National Sports Base "Sport Palace"</i></p> <p><i>15.07.20. – Arrival date</i></p> <p><i>16.07.-23.07.20. – Training camp</i></p> <p><i>24.07.20. – Reporting gala concert</i></p> <p><i>25.07.20. – Departure date</i></p>
<p>18(19).07.2020</p>	<p><i>OpenRhythmicGymnasticsTournament</i></p> <p><i>«SuperStar» Bulgaria, Varna</i></p>
<p>14.08.-24.08.2020</p>	<p><i>Rhythmic gymnastic training camp in Bulgaria, Varna</i></p> <p><i>National Sports Base "Sport Palace"</i></p> <p><i>14.08.20. – Arrival date</i></p> <p><i>15.08.-23.08.20. – Training camp</i></p> <p><i>23.08.20. – Reporting gala concert</i></p> <p><i>24.08.20. – Departure date</i></p>
<p>22.08.2020</p>	<p><i>OpenRhythmicGymnasticsTournament</i></p> <p><i>«VictoryCup» Bulgaria, Varna</i></p>



400 € - Training Camp for 10 days (training process only)

45 € - accommodation in NSB “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.

Transfer:

Airport – NSB “Sport Palace” – Airport

- up to 4 persons – 50 €
- 5-8 persons – 80 €
- 9-17 persons – 150 €
- 18-40 persons – 200 €

Excursions (all prices are set per one person)

City of Varna 25 € (adult)
15 € (child)

“Aladzha” – Monastery 30 € (adult)
Stone Forest 20 € (child)

A day on pirate ship 25€ (adult)
15 € (child)

Banquet upon completion 30 € (adult)
of the camp 20 € (child)

Individual sessions

1. Program setting:

- with your music: 200 €

- with our music: 250 €

2. Exercise adjustment: 50 €

3. Hone exercises: 40 €

4. Conditioning for gymnastics: 50 €

5. Choreography: 40 €

6. Stretching: 40 €