



International Summer Sports Academy **with** **Silviya Miteva and Silviya Divcheva-Miteva**

30 July – 11 August 2017

13 – 25 August 2017

Sozopol, Bulgaria

1. Aims and purposes:

- Development of children and youth sport and high level sport mastery
- Learning, consolidation and improvement of the body and apparatus technic
- Development of the total-physical qualities, using the characteristics of the sea water, the sand and the sun
- Special physical preparation
- Dancing preparation
- Exchange of experience
- Establishing of new exercises (by request)

2. Date and Place:

- 30 July – 11 August 2017y. – First Part
- 13 – 25 August 2017y. – Second Part
- Sozopol, Bulgaria – National Sports Center “Spartak”
<http://nsb.bg/Sozopol%20NSB-#316+449>

3. Schedule for the trainings:

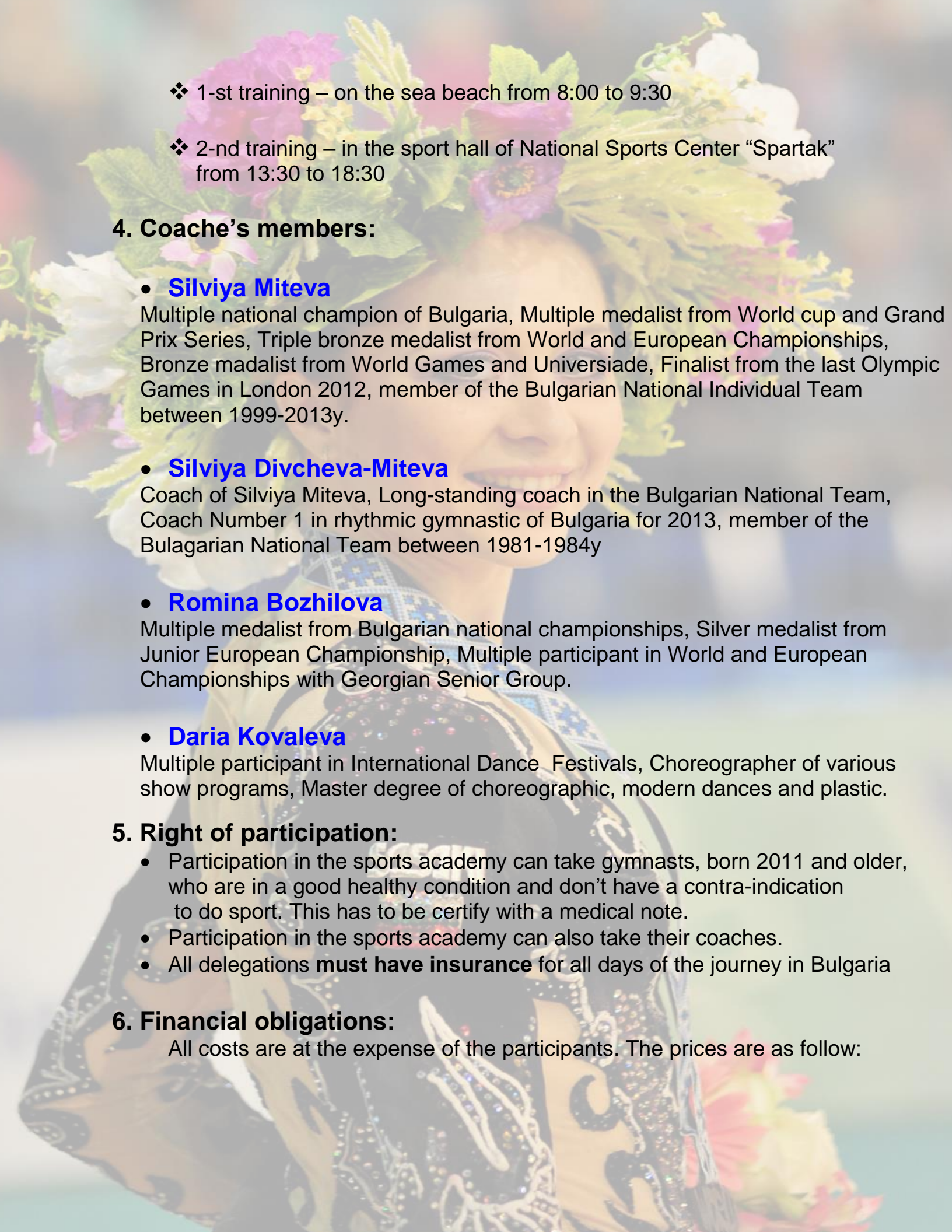
➤ **First Part:**

- 30.07.2017y. – Arrival and accommodation
- 31.07, 01, 02, 03, 04, 06, 07, 08, 09, 10.08.2017y. – two trainings per day.
- 05.08.2017y. – Day off (free time).
- 11.08.2017y. – Departure of the delegations

➤ **12.08.2017y. – Day off (free time).**

➤ **Second Part:**

- 13.08.2017y. – Arrival and accommodation
- 14, 15, 16, 17, 18, 20, 21, 22, 23, 24.08.2017y. – two trainings per day.
- 19.08.2017y. – Day off (free time).
- 25.08.2017y. – Departure of the delegations.

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- A young girl is the central figure, wearing a traditional Bulgarian folk costume. She has a large, elaborate floral crown on her head, featuring pink, white, and yellow flowers with green leaves. She is smiling and looking towards the camera. Her costume includes a dark, patterned top with intricate embroidery and a blue and white patterned shawl or scarf. The background is a soft, out-of-focus outdoor setting.
- ❖ 1-st training – on the sea beach from 8:00 to 9:30
 - ❖ 2-nd training – in the sport hall of National Sports Center “Spartak” from 13:30 to 18:30

4. Coache’s members:

- **Silviya Miteva**

Multiple national champion of Bulgaria, Multiple medalist from World cup and Grand Prix Series, Triple bronze medalist from World and European Championships, Bronze madalist from World Games and Universiade, Finalist from the last Olympic Games in London 2012, member of the Bulgarian National Individual Team between 1999-2013y.

- **Silviya Divcheva-Miteva**

Coach of Silviya Miteva, Long-standing coach in the Bulgarian National Team, Coach Number 1 in rhythmic gymnastic of Bulgaria for 2013, member of the Bulagarian National Team between 1981-1984y

- **Romina Bozhilova**

Multiple medalist from Bulgarian national championships, Silver medalist from Junior European Championship, Multiple participant in World and European Championships with Georgian Senior Group.

- **Daria Kovaleva**

Multiple participant in International Dance Festivals, Choreographer of various show programs, Master degree of choreographic, modern dances and plastic.

5. Right of participation:

- Participation in the sports academy can take gymnasts, born 2011 and older, who are in a good healthy condition and don’t have a contra-indication to do sport. This has to be certify with a medical note.
- Participation in the sports academy can also take their coaches.
- All delegations **must have insurance** for all days of the journey in Bulgaria

6. Financial obligations:

All costs are at the expense of the participants. The prices are as follow:

	10 days camp*	20 days camp*
Price for gymnasts and coaches in regular room	530€	1000€
Price for gymnasts and coaches in single room	650€	1200€
Price for additional persons (parents and etc) in regular room	300€	600€
Price for additional persons (parents and etc) in single room	420€	840€
Price for gymnasts and coaches without accomodation**	300€	550€

The price include:

- Accommodation in the hotel of National Sports Center "Spartak" (12 or 26 nights)
- Breakfast, lunch and dinner (on buffet)
- Participation in the sports academy (trainings & rent of the gym)

* All participants can choose in which part of the camp to participate.

** This price include only trainings and gym, without any hotel and meals.

7. Transportation:

- The transportation is at the expense of the participants
- The address of National Sports Center "Spartak" is:
Bulgaria, Sozopol,
2 Odessa ,str.
- Arrival on 30.07 or 13.08.2017y.
- Departure on 11.08 or 25.08.2017y.
- Transfer from Burgas, Varna and Sofia Airport to Sozopol and back is possible on following conditions:

	From and to Burgas Airport	From and to Varna Airport	From and to Sofia Airport
With 4 places vehicle	70€	210€	420€
With 8 places vehicle	80€	280€	520€
With 14 places vehicle	100€	330€	620€
With 20 places vehicle	120€	370€	720€

- ❖ All prices are **per Vehicle**, not per person.
- ❖ All prices are for **two way transfer**.

8. Additional services during the academy:

- Establishing of new exercises – extra charge by preliminary agreement
- Provided music for new exercise – extra charge by preliminary agreement
- Private lessons – extra charge by preliminary agreement

9. Additional nights:

	Price for regular room	Price for single room
Coaches and gymnasts	25€	35€
Additional persons	30€	40€

- All prices for additional night are inclusive of meals.

10. Entries:

- Preliminary entry till: **20.05.2017y.**

- Definitive entry till: **15.06.2017y.**

Payment till: **25.06.2017y**

- **50% of the amount** must be send on a bank transfer

- All **bank account information** necessary for the bank transfer and the transfer document **will be send by mail, after receving of the definitive entry form.**
- The **second part of payment** (50%) must be paid **upon arrival.**
- Additional services must be paid upon arrival.

11. Visas:

If you need visa, please send us by e-mail completed Visa Invitation Form.

- Full name on Latin alphabet (the same way like in the passport)
- Passport number
- Dates of issues and expiry of the passport
- Date of birth
- Nationality

12. Contacts for information and entries:

- E-mail: titi_miti@abv.bg
- Tel: [+359 886 743 759](tel:+359886743759) – Silviya Miteva