

# *International Summer Academy*

**Silviya Miteva and Silviya Divcheva-Miteva**

*22 July – 3 August 2018 - 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:**

- 22 July – 3 August 2018
- Sozopol, Bulgaria – National Sports Center “Spartak”  
<http://nsb.bg/Sozopol%20NSB-#316+449>

## **3. Schedule for the trainings:**

- 22.07.2018y. – Arrival and accommodation
  - 23, 24, 25, 26, 27, 29, 30, 31.07, 01, 02.08.2018y. – two trainings per day
  - 28.07.2018y. – Day off (free time)
  - 03.08.2018y. – Departure of the delegations
- ❖ 1-st training – on the sea beach from 8:00 to 9:00
  - ❖ 2-nd training – in the sport hall of National Sports Center “Spartak” from 13:30 to 18:30

## **4. Coache's members:**

- **Silviya Miteva**

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



- **Silviya Divcheva-Miteva**

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

- **Romina Bozhilova**

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

- **Daria Kovaleva**

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

## 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 per person as follow:

	10 days camp
Price for <b>gymnasts and coaches</b> in <b>regular</b> room	<b>530€</b>
Price for <b>gymnasts and coaches</b> in <b>single</b> room	<b>650€</b>
Price for <b>additional persons</b> (parents and etc) in <b>regular</b> room	<b>300€</b>
Price for <b>additional persons</b> (parents and etc) in <b>single</b> room	<b>420€</b>
Price for <b>gymnasts and coaches without accomodation*</b>	<b>300€</b>



The price include:

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

\* 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 22.07.2018
- Departure on 03.08.2018
- Transfer from Burgas, Varna and Sofia Airport to Sozopol and back is possible on following conditions:

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

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

## 8. Additional services during the academy:

- Establishing of new exercices – extra charge by preliminary request
- Provided music for new exercice – extra charge by preliminary request
- Private lessons – extra charge by preliminary request

## 9. Additionald nights:

	Price for <b>regular</b> room	Price for <b>single</b> room
Coaches and gymnasts	<b>25€</b>	<b>35€</b>
Additional persons	<b>30€</b>	<b>40€</b>

- All prices for additional night are inclusive of meals



## 10. Entries:

- Preliminary entry till: **15.05.2018**
- Definitive entry till: **10.06.2018**  
Payment till: **20.06.2018**
  - **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 after accomplishment

## 11. Visas:

If you need visa, please send us 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: [silviya.miteva.academy@gmail.com](mailto:silviya.miteva.academy@gmail.com)
- Tel: **+359 886 743 759** – Silviya Miteva

