

OFFICIAL INVITATION & DIRECTIVES

Rhythmic Gymnastics

Spring Camp



1. Goals & Objectives

- Promotion of international sport exchange on amateur and professional levels;
- Rhythmic gymnasts' mastery upgrades and progress;
- General and special physical training ;
- Body Technic and apparatus skills;
- Improving a choreography for the Final Gala (18h30)

We offer top level coaching throughout the training camp.

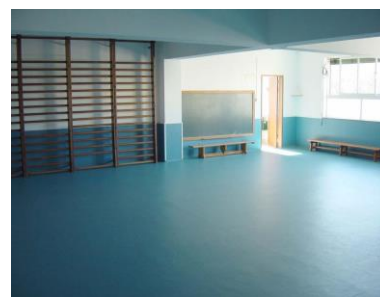
2. Dates & Venue

8 may – 13 may 2018

- 07.05.2017 – Arrival, check-in
- 08.05.2017 – 1st day of the training camp
- 13.05.2017 – Final day of the training camp
- 14.05.2017 – Departure day

Address: Av. Miguel Bombarda, 8500-851 Portimão

Pavilhão Municipal de Portimão



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Accommodations:

Package 1 > 460 euros

Full board accommodations (6 nights) include 12 meals, local transfers for 7 days (8 a 14 may), and pass for the three days for the World Challenge Cup. Only accompanied children are allowed. The number of rooms is strictly limited ('first come first served').

Package 2 > 415 euros

Full board accommodations (5 nights) include 10 meals and local transfers for 6 days (8 a 13 may), and pass for the three days for the World Challenge Cup . Only accompanied children are allowed. The number of rooms is strictly limited ('first come first served').

Bookings without payment will NOT be accepted !

3. Coach

Silviya Petrova Miteva (29th november 1966)

- Coach of the Bulgarian national team – 2001 to 2013
- Coach of gymnast Silviya Miteva – 3 times bronze medallist of European Championship, 3 times bronze medallist of World Championships, bronze medallist from World Games and Universiade. Finalist of The Olympic Games London 2012
- International Judge - 2009 till 2012
- Member of Bulgarian Rhythmic gymnastic National Team – group exercise
- Vice European Champion 1982 – group exercise
- Spare gymnast for World Championship in 1981 and World Cup 1983

4. Program

Days	8th (Tuesday)	9th (Wednesday)	10th (Thursday)	11th (Friday)	12th (Saturday)	13th (Sunday)
Morning Session 1	3 hours	3 hours	3 hours	3 hours	3 hours	-
Afternoon Session 2	3 hours	3 hours	-	3 hours	-	Exhibition in Final Gala
WCCup				x	x	x

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- Apparatus Handling
- Professional Warm-up, General Physical Training
- Stretching & Flexibility
- Choreography for the Final Gala

5. Invited Participants

Max. 30 gymnasts

6. Participation Terms

All gymnasts must have the following:

- Medical / Health / Incident Insurance Policy (copy)
- Gymnastic Leotards, Bandages, etc.
- All resp. apparatus

7. Financial Terms

Each participant is kindly requested to integrate the payment's purpose as follows: Spring Camp Portimão 2018

Bank: Millennium BCP

BENEFICIARY: Gymnastics Federation of Portugal

IBAN: PT50 0033 0000 0188 0157 8909 6

BIC/Swift: BCOMPTPL

The participant is responsible for covering all bank fees in connection with the bank transfers.

Deadline for payment: 9th April 2018

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8 may – 13 may 2018

Nominative Registration

(send to: rgportugal@gympor.com – TB, deadline: 9th april)

Name		Surname	
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Country	
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Date of birth		Age	
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Email	
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Package 1 > 460 €	Package 2 > 415€
Deadline for payment: 9th April 2018	

Date:

Signature: