

# *International Summer Academy*



**Silviya Miteva and Silviya Divcheva-Miteva**

***3 – 16 August 2020 - 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:**

- 3 – 16 August 2020
- Sozopol, Bulgaria – National Sports Center “Spartak”  
<http://nsb.bg/Sozopol%20NSB-#316+449>

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

- 3.08.2020 – Arrival and accommodation
- 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15.08.2020 – two trainings per day
- 9.08.2020 – day off (free time)
- 16.08.2020 – 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 medalist 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

- **Yasena Stoyneva**

**Coach of Lala Yusifova and Jalya Piriyeva** – Multiple medalists from European Junior Championships and Islamic Games, Coach of Azerbaijan Junior National Group - Silver medalist from Junior European Championship

- **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 2013 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:

	11 days camp
Price for <b>gymnasts and coaches</b> in <b>regular</b> room	<b>700€</b>
Price for <b>gymnasts and coaches</b> in <b>single</b> room	<b>840€</b>
Price for <b>additional persons</b> (parents and etc) in <b>regular</b> room	<b>380€</b>
Price for <b>additional persons</b> (parents and etc) in <b>single</b> room	<b>520€</b>
Price for <b>gymnasts and coaches without accomodation*</b>	<b>420€</b>

The price include:

- Accommodation in the hotel of National Sports Center "Spartak" (13 nights)
- Breakfast, lunch and dinner (on buffet)
- Participation in the sports academy (trainings & rent of the gym)
- The price, marked by \* include only trainings and gym, without any hotel and meals
- On additional request it is possible precalculation of the price for less than 11 days

## 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 3.08.2020
- Departure on 16.08.2020
- 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>90€</b>	<b>260€</b>	<b>500€</b>
With <b>8 places</b> vehicle	<b>100€</b>	<b>330€</b>	<b>570€</b>
With <b>14 places</b> vehicle	<b>120€</b>	<b>360€</b>	<b>670€</b>
With <b>20 places</b> vehicle	<b>150€</b>	<b>400€</b>	<b>780€</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 exercises – extra charge by preliminary request
- Provided music for new exercise – extra charge by preliminary request
- Private lessons – extra charge by preliminary request

## 9. Additional nights:

	Price for <b>regular</b> room	Price for <b>single</b> room
Coaches and gymnasts	<b>30€</b>	<b>40€</b>
Additional persons	<b>40€</b>	<b>50€</b>

- All prices for additional night are inclusive of meals

## 10. Entries:

- Definitive entry till: **05.07.2020**  
Payment till: **15.07.2020**
  - **50% of the amount** must be send by 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

