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:
   - 12 – 24 August 2019
   - Sozopol, Bulgaria – National Sports Center “Spartak”
   - [http://nsb.bg/Sozopol%20NSB-%23316+449](http://nsb.bg/Sozopol%20NSB-%23316+449)

3. Schedule for the trainings:
   - 12.08.2019y. – Arrival and accommodation
   - 13, 14, 15, 16, 17, 19, 20, 21, 22, 23.08.2019y. – two trainings per day
   - 18.08.2019y. – Day off (free time)
   - 24.08.2019y. – 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 2012 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:

<table>
<thead>
<tr>
<th></th>
<th>10 days camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price for gymnasts and coaches in regular room</td>
<td>670€</td>
</tr>
<tr>
<td>Price for gymnasts and coaches in single room</td>
<td>800€</td>
</tr>
<tr>
<td>Price for additional persons (parents and etc) in regular room</td>
<td>350€</td>
</tr>
<tr>
<td>Price for additional persons (parents and etc) in single room</td>
<td>480€</td>
</tr>
<tr>
<td>Price for gymnasts and coaches without accomodation*</td>
<td>400€</td>
</tr>
</tbody>
</table>
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)

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 10 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 12.08.2019
- Departure on 24.08.2019
- Transfer from Burgas, Varna and Sofia Airport to Sozopol and back is possible on following conditions:

<table>
<thead>
<tr>
<th></th>
<th>From and to Burgas Airport</th>
<th>From and to Varna Airport</th>
<th>From and to Sofia Airport</th>
</tr>
</thead>
<tbody>
<tr>
<td>With 4 places vehicle</td>
<td>80€</td>
<td>240€</td>
<td>470€</td>
</tr>
<tr>
<td>With 8 places vehicle</td>
<td>90€</td>
<td>310€</td>
<td>540€</td>
</tr>
<tr>
<td>With 14 places vehicle</td>
<td>110€</td>
<td>340€</td>
<td>640€</td>
</tr>
<tr>
<td>With 20 places vehicle</td>
<td>140€</td>
<td>380€</td>
<td>750€</td>
</tr>
</tbody>
</table>

- 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:

<table>
<thead>
<tr>
<th></th>
<th>Price for regular room</th>
<th>Price for single room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches and gymnasts</td>
<td>30€</td>
<td>40€</td>
</tr>
<tr>
<td>Additional persons</td>
<td>40€</td>
<td>50€</td>
</tr>
</tbody>
</table>

- All prices for additional night are inclusive of meals
10. Entries:
• Preliminary entry till: 01.06.2019
• Definitive entry till: 01.07.2019
Payment till: 10.07.2019
  - 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 receiving 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
• Tel: +359 886 743 759 – Silviya Miteva