



XI– th Rhythmic gymnastic camp “Marine Graces ”

01.08.2020 – 08.08.2020

Organizing committee: Bulgarian Gymnastics Federation

Adres: Bulgaria, city Burgas, sport hall Mladost

Organizers sports klub "Olympia 74"

Facebook: RG Olympia 74, Sofia

Email: Olympia_74@abv.bg

Contact person: +359884908787 – Petia Moneva

Bank account : IBAN : BG34STSA93000020488497

BIG: STSABGSF

Horeograf – Ivanka Ivanova and Plamena Boeva

Acrobatic – Gergana Apostolova

Head coach – Petia Moneva

Coach – Aleksandra Nusheva - three time Republic champion of Bulgaria. A member of
10 World championships.

Price for each participant for 8 days:

Cost: 1 day – 30 evro by 1 gymnast

Transfer – hall- beach- hall – 20 evro/8 days/

Food- lunch – 5 evro/1 day/ - 40 evro /8 days/

Total: 300 evro/8 days/ or 600lv.

Program camp

Accommodation- 31.07.2020

Start camp - 1 day 01.08.2020 – 9.30 in sport hall Mladost

- Balet- 9.45-10.45
- Break - 10.45- 11.00
- 11.00 – 12.00 technical elements with body and acrobatics
- 12.00 – 13.00 – 1 app. RG
- 13.00-15.00 – break
- 15.00-17.00 – technical elements with 1 app.RG / NEW ELEMENTS/

2 day 02.08.2020 – 8.00 -9.00 – on the sea physical training

- 9.00-9.30 – break
- 9.45-10.45 – balet
- 11.00 – 12.00 stretch, new acrobatic elements
- 12.00 – 13.00 – new elements and Risk with 1 app.RG
- 13.00-15.00 – break
- 15.00 – 17.00 – speshal elements with 1 app. RG

3 day 03.08.2020 – 8.00 -9.00 – on the sea physical training

- 9.00-9.30 – break
- 9.45-10.45 – balet
- 11.00 – 12.00 stretch, new acrobatic elements
- 12.00 – 13.00 – new elements and Risk with 1 app.RG
- 13.00-15.00 – break
- 15.00 – 17.00 – speshal elements with 1 app. RG

4 day 04.08.2020 – 8.00 -9.00 – on the sea physical training

- 9.00-9.30 – break
- 9.45-10.45 – balet
- 11.00 – 12.00 stretch, new acrobatic elements
- 12.00 – 13.00 – new elements and Risk with 1 app.RG
- 13.00-15.00 – break
- 15.00 – 17.00 – speshal elements with 1 app. RG

5 day 05.08.2020 – 8.00 -9.00 – on the sea physical training

- 9.00-9.30 – break
- 9.45-10.45 – balet
- 11.00 – 12.00 stretch, new acrobatic elements
- 12.00 – 13.00 – new elements and Risk with 1 app.RG
- 13.00-15.00 – break
- 15.00 – 17.00 – speshal elements with 1 app. RG

6 day 06.08.2020 – 8.00 -9.00 – on the sea physical training

- 9.00-9.30 – break
- 9.45-10.45 – balet
- 11.00 – 12.00 stretch, new acrobatic elements
- 12.00 – 13.00 – new elements and Risk with 2 app.RG

- **7 day 07.08.2020 – 8.00 -9.00 – on the sea physical training**
- **9.00-9.30 – break**
- **9.45-10.45 – balet**
- **11.00 – 12.00 stretch, new acrobatic elements**
- **12.00 – 13.00 – new elements and Risk with 1 app.RG**
- **13.00-15.00 – break**
- **15.00 – 17.00 – speshal elements with 1 app. RG**
- **8 day 08.08.2020 – 8.00 -9.00 – on the sea physical training**
- **9.00-9.30 – break**
- **9.45-10.45 – balet**
- **11.00 – 12.00 Creativity and improvisation under music**
- **12.00 – 13.00 – Exam, Giving diplomas and gifts !!!**

Email: Olympia_74@abv.bg



Contact: +359 884 908787 – Moneva

Prezident RG "Olympia 74",

Petia Moneva

Pres



**Prezident RG "Olympia 74",
Petia Moneva**

A blue circular stamp with the text "СЪЗДЪТ ОЛИМПИА 74" at the top, "БУРГАС" in the center, and "BORG. OLYMPIA 74" at the bottom. Overlaid on the stamp is a handwritten signature in blue ink.



WELCOME