



**Salome  
Pazhava**



**Eliso Bedoshvili**

# **V. Gracia RG Training Camp and I. International RG Training Camp**



**Maya Kondakova**

**Takács  
Bence**



**Svetlana  
Krasnikova**



**Kranevo, Bulgaria  
2023. 08. 1-12.**





## **„5 Stars” Rhythmic Gymnastics training camp Kranevo, Bulgaria**

Registration: <https://gm-events.com/event/3FB693668/>

### **V. Gracia and I. International Rhythmic Gymnastics training camp Kranevo, Bulgaria**

Date: 1-12 August 2023

Location: Aqualife, Kranevo, Bulgaria,

Arrival: 1<sup>st</sup> of August 2023

Training: 2-11 August 2023

Departure: 12<sup>th</sup> of August 2023

We are kindly inviting you to “5 Stars” international rhythmic gymnastics training camp by the seaside of Bulgaria. The trainings will be held by 5 world class coaches, judges, and dance teachers. The participating gymnasts will be separated in smaller groups during the trainings according to their age.

The participants will have the opportunity to improve their body difficulty skills, apparatus handling by taking part in Master Class, balet class, modern dance class, and also creation of new routines. There is an opportunity to spent the free time actively with the animators of the sports complex. At the end of the camp, we are going to organize a dance show together with all gymnasts.

Beside the above mentioned programs, there is an opportunity for private training:

- Creation of new routines
  - o 2011 and younger 50 Euro/routine
  - o 2010 and older 100 Euro/routine
- Private class 20 Euro/class
- Routine correction by category 1 Brevet judge 25 Euro/routine

The trainings will be held by:

-Salome Pazhava

Vice-President for Rhythmic Gymnastics at the Georgian Gymnastics Federation. Participant of two Olympic Games in 2016 and 2020, bronze medalist of the European Youth Championship in 2012, bronze medalist of the first European Game in 2015 in Baku in an exercise with a ribbon, winner of the Grand Prix tournaments, winner of the World Cup competitions, multiple champion of Georgia.

- Svetlana Krasnikova

Honored coach of the Republic of Kazakhstan, judge of the international category 3 Brevet since 1996. Coach of the highest category of the national team. From 2000 to 2011 Ms.

Krasnikovawas the head coach of the Republic of Kazakhstan. She trained more than 30 masters of sports of international class, winners and prize-winners of the championships of Asia and the Asian Games, Grand Prix competitions, World Cups and international tournaments, coach Anna Alyabeva participant of the Olympic Game in London.



- Eliso Bedoshvili - Brevet Category Judge

Judge of the international category Brevet 1 individual and group, honorary judge of the European Gymnastics Federation, head coach of the Georgian national team, world champion in group exercises in 1990.

- Maya Kondakova

Coach of the Turkish Rhythmic Gymnastics National team since 1997 years. Years of experience as a head coach of Turkish National Team, and former member of the Technical Committee of Turkish Gymnastics Federation. She worked with the leading gymnasts in Turkey, winners of international tournaments, finalists of the European championships, and Grand Prix series. Awarded by FIG for development of artistry composition in rhythmic gymnastics.

- Bence Takács – dance coach

corrective exercise specialist

As a trainer and choreographer I work with gymnasts and dancers, especially kids. My duties are mostly to improve their coordination, strength, prepare them for competitions and treat their sports injuries.

I really love developing my knowledge in international courses, as well to put my trainings on a higher level with the newest technics.

## Schedule

6:00 wake up

7:00-8:00 1<sup>st</sup> training- running and conditioning at the seaside

8:00-9:00 breakfast

9:00 – 12:00 2<sup>nd</sup> training - in the gym

12:00-15:30 lunch, free time

16:00 – 18:00 3<sup>rd</sup> training

18:00 – 19:00 dinner

19:00 – 21:00 activities with the animators

21:00 bed time



## **Equipments**

### **For the training:**

Ankle weights, elastic band, all apparatuses

Toe shoes, white socks for each training, small towel

T-shirt, top, shorts (preferably black) comfortable running shoes, knee pads

Hair stuff, (at least 10 hair pins)

All musics on a pendrive and one competition leotard

### **To the beach**

Swimsuite (2 pieces), flip-flops, SUNSCREEN!!, cap (pay attention that the cap would not fall down from the head of your kid during any activities), towel, games (ball, frisbee etc.)

### **For the evenings**

Mosquito repellent (cream or spray)

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**The online registration and the filling of the Excel spreadsheet is mandatory!**





*Tamás Morvai*  
PHOTOGRAPHER

## The official photographer of the camp is Morvai Tamás

Photography is not only his job, but also his passion. Tamas is one of the best artistic motion photographers in Europe. Over the years, he participated in many exciting projects and gained a lot of experience in rhythmic gymnastics, fitness and dance competitions, and training camps in many parts of the world.

"I don't look for direct challenges, but I like experimentation in the creation process. Nowadays, I only take pictures of sports girls (rhythmic gymnastics, fitness, dance and aerial gymnastics). I am impressed by the discipline and diligence they invest in their work with their coaches, which allows us to take much more interesting pictures."

Website: <https://gymnasticmoments.com/gymnasticmoments/>  
<https://morvai.hu/galeria.html>

Tamás Morvai beside taking the official pictures of the camp is providing private photo sessions also:

- 1 hour photo session at the beach - 12 edited pictures 150 Euro
- 40 min underwater photo session 8 edited pictures 120 Euro
- 20 min photo session with flour 10 edited pictures 90 Euro



The link for the registration for a photo session will be sent later by email.



## Registration, participation fee, accomodation

Participation fee: 850 Euro/gymnast and 500 Euro/coach

The prices containe:

- double bedroom with own bathroom in Sportactive Hotel.
- meals (breakfast, lunch, dinner) smorgasbord and drinking water
- free use of the gyms and pools of the sports complex
- evening activities with the animators of the complex
- 0-24 medical assistance
- the whole complex is secured by security guards
- the own beach of the hotel is just 100 meter from the complex
- all gymnasts will be awarded with a t-shirt, a diploma and a selection of pictures from the camp.

### Registration conditions:

- Any gymnast who was born in 2015 or earlier, has a membership in a rhythmic gymnastics club, registratered on time and completed all payments can take part in the camp.
- You must have a valid insurance starting from the day of arrival until the day of departure
- **The online registration and the filling of the Excel spreadsheet is mandatory!**

### Payment deadlines:

#### **Gymnast**

1st part - 100 Euro – 15.12. 2022  
2nd part -300 Euro – 15.03.2023  
3rd part - 450 Euro - 15.05.2023

#### **Coach**

1st part- 100 Euro – 15.12. 2022  
2nd part- 200 Euro – 15.03.2023  
3rd part- 200 Euro - 15.05.2023

**If you are willing to take part with 20 or more gymnasts you can register one coach free of charge.**

Refund of the payment in case of cancellation:

Until the 15th of May 2023 - 100%

Until the 15th of June 2023 - 50%

From the 15th of July 2023 - 0%

In case of force major the full payment is refunded.

**The number of participants is limited!**

**Bank account information :**

**Gracia Fair SE**

**HU 41 10102093-02035400-01004306**

**Swift code : BUDAHUHB**

Registration: <https://gm-events.com/event/3FB693668/>

**The online registration and the filling of the Excel spreadsheet is mandatory!**



## **Information about parents or any accompanying persons**

We can provide rooms in AquvaLife Hotel, which is next to the complex. Children under the age of 2 are accommodated free of charge.

**The prices are for person, not for room!**

1 bed, (sea view) 57 Euro/night  
1 bed 50 Euro/night  
2 bed (sea view) 41 Euro/night  
2 bed 35 Euro/night

Contains:

- Own bathroom and air condition in the room.
- Free use of the pool
- Smorgasbord
- The beach is less than 100 meters away from the Hotel
- drinking water

Deadline of the payment:

05th March 2023 - 50%  
15th May 2023 - 50%

**Bank account information :**

**Gracia Fair SE**

**HU 41 10102093-02035400-01004306**

**Swift code : BUDAHUHB**

You can make your reservation at the following link:

<https://gm-events.com/event/3FB693668/>

**The online registration and the filling of the Excel spreadsheet is mandatory!**

In case of vis major the full payment is refunded.

Transfer:

Varna-Kranevo-Varna: 18Euro/person max.7 persons  
75Euro/car max.3 persons/car

Burgas-Kranevo-Burgas: 36 Euro/person max.7 persons  
220 Euro/car max.3 persons/car  
300 Euro/minivan max.6 persons

Registration: <https://gm-events.com/event/3FB693668/>

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