



**Melitina
Staniouta**



**Zhasmina
Hristova
Ivanova**

**VI. Gracia RG Training Camp
and
II. International RG
Training Camp**



Maya Kondakova

**Takács
Bence**



**Irina
Lordkipanidze**



**Kranevo, Bulgaria
1-12. 08. 2024**





„5 Stars” Rhythmic Gymnastics training camp Kranevo, Bulgaria

Registration: <https://gm-events.com/event/B91058FF4/>

VI. Gracia and II. International Rhythmic Gymnastics training camp and I.”5” Stars Rhythmic Gymnastics international tournament Kranevo, Bulgaria

Date: 1-12 August 2024

Location: Aqualife, Kranevo, Bulgaria,

Arrival: 1st of August 2024

Training: 2-11 August 2024

Departure: 12th of August 2024

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. The “5” Stars competition date: 10.08.2024.

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

- Creation of new routines
 - o 2014 and younger 80 Euro/routine
 - o 2013 and older 100 Euro/routine
 - Private class 30 Euro/class
 - Routine correction by category 1 Brevet judge 30 Euro/routine
- Melitina Staniouta new routine 180€, private class 55€,
- Juliya Bichun Kamarova new routine 200\$ private class 40\$.

The trainings will be held by:

- Melitina Staniouta

Honored master of sports of Belarus. 28 medalist of world and European championships, 2 times Olympian, winner of world games, universiade, world cups and grand prix.

- Zhasmina Hristova Ivanova

She was born on 19.11.1977 in the city of Varna, Bulgaria. She graduated from the Georgi Benkovski Sports School with a profile in Rhythmic gymnastics. Graduated from the Academy of Music, Dance and Fine arts in Plovdiv, majoring in ballet pedagogy masters degree. She worked in Italy, Japan, Cyprus, Spain in rhythmic gymnastics clubs and with the national teams of France, Turkey and Switzerland. For several years, she has been working in the rhythmic gymnastics club Char DKS Varna.



- 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.

- Irina Lordkipanidze

She is the main coach of the UKS Irina from Poland

- 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 1st training- running and conditioning at the seaside

8:00-9:00 breakfast

9:00 – 14:00 2nd training - in the gym

14:00-15:30 lunch, free time

16:00 – 18:00 individual training

18:30 – 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.)

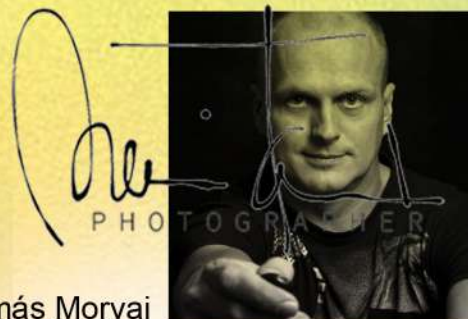
For the evenings

Mosquito repellent (cream or spray)

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





The official photographer of the camp is Tamás Morvai

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: 1100 EUR/gymnast + competition entry fee 60 EUR and 650 EUR/coach
The prices containe:

- double bedroom with own bathroom in Tower and 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 2016 or earlier, has a membership in a rhythmic gymnastics club, registrated 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	Coach
1st part - 100 Euro – 15.12. 2023	1st part- 100 Euro – 15.12. 2023
2nd part -400 Euro – 15.03.2024	2nd part- 200 Euro – 15.03.2024
3rd part - 660 Euro - 15.05.2024	3rd part- 350 Euro - 15.05.2024

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 2024 - 100%

Until the 15th of June 2024 - 50%

From the 15th of July 2024 - 0%

In case of force major the full payment is refunded.

The number of participants is limited!

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Information about parents or any accompanying persons

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

The prices are for room!

1 bed 70 Euro/night
2 bed 110 Euro/night
3 bed 160 Euro/night

Contains:

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

Deadline of the payment:

15th December 2023 - 50%
15th May 2024 - 50%

You can make your reservation at the following link:

<https://gm-events.com/event/B91058FF4/>

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

The transfer may change slightly until summer!

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Organizing committee: Irina Berek tel:+3630 924 4811 (russian ,hungarian)
Anita Fata tel:+3630 406 7395 (english, hungarian)
Maya Kondakova tel: +90532 643 7673 (turkish, russian, english)