

INTERNATIONAL COACH COURSE of AGG POMORIE, BULGARIA 10-12 JULY 2023



INFORMATION

HOST ORGANIZATION	<p>LOCAL ORGANIZING COMMITTEE: BULGARIAN FEDERATION OF AESTHETIC GROUP GYMNASTICS - BFAGG LOC tel. +359 887 30 40 79 – Marieta Dukova - Russian +358 888 90 70 12 – Elena Dukova – contact person E-mail: bfagg@abv.bg Website: www.bfagg.net</p> <p>INTERNATIONAL FEDERATION OF AESTHETIC GROUP GYMNASTICS - IFAGG E-mail office@ifagg.com Website www.ifagg.com</p>
INSTRUCTORS	<p>ELENA DUKOVA SANIJA GLIZINA KRISTINA TASHEVA</p>
REGISTRATION	<p>All registrations must be done on IFAGG web page https://ifagg.com/v1/page.php?n=8&event=0090 and bfagg@abv.bg Deadline of definitive registration on mail: June 15, 2023</p>
ACCOMMODATION MEALS & TRANSPORTATION	<p>Transportation and accomodation are not provided and suggestion of transportation and accomodation is upon request.</p>
ENTRY FEES	<p>The Entry fee is: 200 EUR – IFAGG members (IFAGG will send invoice)</p> <p>The fee covers all lessons of IFAGG instructors, practice lessons and materials that are prepared by the organizers.</p>

LECTORS AT THE 1ST IFAGG COACH COURSE

SANIYA GLIZINA

COACH OF WORLD CHAMPIONS TEAM MADONNA RFAG



ELENA DUKOVA

IFAGG VICE PRESIDENT, INTERNATIONAL IFAGG JUDGE

KRISTINA TASHEVA

COACH OF WORLD CHAMPIONS NATIONAL TEAM OF BULGARIA



AGG TECHNIQUE

- Body movements techniques
 - Body movements series
- Physical preparation for different age categories
 - Balances, Jumps and leaps
 - Working with IFAGG Rules



ARTISTICS IN AGG

- Music
- Building a choreography
- Formations
- Analysis of choreographies



EXECUTION IN AGG

- Philosophy of AGG sport
- Practical part in sport hall
- AGG history

