



INTERNATIONAL COACH COURSE **of AGG** **SOFIA, BULGARIA** **11-13 JULY 2024**



INFORMATION

HOST ORGANIZATION	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 INTERNATIONAL FEDERATION OF AESTHETIC GROUP GYMNASTICS - IFAGG E-mail office@ifagg.com Website www.ifagg.com
INSTRUCTORS	ELENA DUKOVA SANIJA GLIZINA KRISTINA TASHEVA
REGISTRATION	All registrations must be done on IFAGG web page https://ifagg.com/v1/page.php?n=8&event=0142 and bfagg@abv.bg Deadline of definitive registration on mail: July 1, 2024
ACCOMMODATION MEALS & TRANSPORTATION	Transportation and accomodation are not provided and suggestion of transportation and accomodation is upon request.
ENTRY FEES	The Entry fee is: 200 EUR – course IFAGG members (IFAGG will send invoice) 250 EUR – course non IFAGG members (IFAGG will send invoice) 50 EUR – exam IFAGG members only (IFAGG will send invoice) The fee covers all lessons of IFAGG instructors, practice lessons and materials that are prepared by the organizers.



LECTORS AT THE 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

