

Announcement and Invitation WFDF Sofia 2022 Development Coaching Clinic

*prepared by the World Flying Disc Federation (WFDF)
and the Bulgarian Flying Disc Federation (BFDF)*



6-9 October 2022

Sofia, Bulgaria



1. Executive Summary of the WFDF Sofia 2022 Development Coaching Clinic

Location: Sofia, Bulgaria

Dates: 7-9 October 2022, Arrival day: 6 October, Departure day: 9 October

Venue: Tsarsko Selo Spa Hotel 4* - accommodation, meeting room and playing fields available at the hotel.

Event type: 3-day development coaching clinic focusing on Ultimate Frisbee including both theoretical (indoor in meeting rooms) and practical (outdoor) sessions led by ultimate coaches.

Registration: must be completed no later than **31 August 2022** by sending an email including the registration form annexed hereto to igor.jankovic@wfdf.sport with a copy to ed@wfdf.sport AND bulfdf@gmail.com indicating the number of participants per country, detailing their names and date of birth and email contact using the form annexed hereto.

No late registrations are accepted for logistical reasons.

Payments: Payments must be done and on-site when registering for the event on Arrival day. No participation in the activities will be allowed if payments are not done properly.

This is a measure to save banking transfer costs for you so please make sure that you have the requested amount in EURO with you.

Target audience:

The event is aimed at the developing countries from the Balkan region, Eastern Europe including the Baltic States and Mediterranean region (**non-exhaustive list in alphabetical order**) including Albania, Armenia, Azerbaijan, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Egypt, Estonia, Georgia, Greece, Jordan, Kosovo, Latvia, Lebanon, Lithuania, Malta, Montenegro, Morocco, North Macedonia, Monaco, Republic of Moldova, Romania, San Marino, Serbia, Slovakia, Slovenia, Turkey, Ukraine, Uzbekistan etc. and particularly non-member countries of WFDF which are interested to develop a federation) as well as potential participants from Eastern and/or Southern Europe.

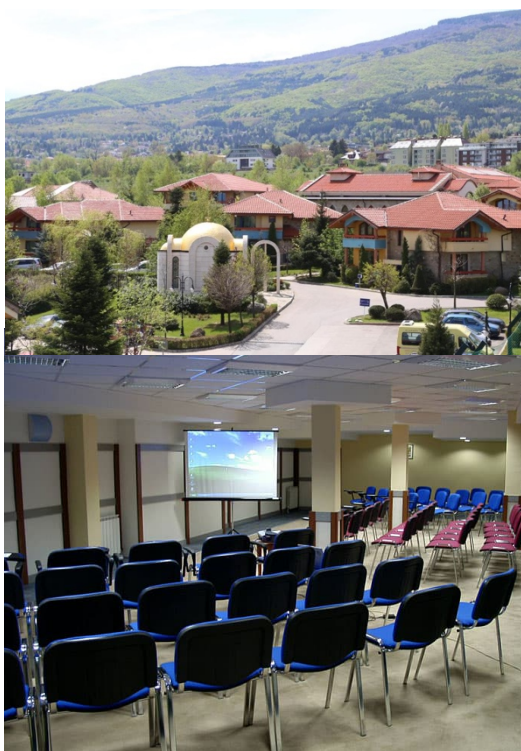
Maximum number of participants: 70 (up to 3-4 per country).
(to be confirmed on 31 August after the deadline)

2. Venue Details

- Tsarsko Selo Spa Hotel 4* - <https://tsarskoselo-bg.com/en/>

Situated on 50,000 sq. m. at the foot of Vitosha mountain, Tsarsko Selo Spa Hotel offers the comforts of 143 rooms and suites. The hotel has a main restaurant, where guests can have breakfast, lunch and dinner. The hotel offers a well-equipped SPA center outfitted with a hot tub and an indoor pool. Guests can make use of the on-site fitness center. The hotel meeting rooms are equipped with high-speed wireless internet, individually controlled air conditioning, flip-chart and projector screens.

Tsarsko Selo has extensive experience and a long-standing reputation for hosting various sport events, sport teams and training camps. The sports facilities available within the complex include both indoor and outdoor fields, swimming pools and escape room, which offer unparalleled opportunities for organizing a training camp. 4 outdoor football pitches with real grass with dimensions 100 x 65 m. and 2 astro pitches with dimensions 102 x 68 m. are available. In addition, there is a sports hall with 3 astro pitches, each measuring 25 x 40 m. All of these facilities are suitable for the training of team sports, organizing sports events, tournaments and team buildings.



3. Event Schedule

Day 1 – 7 October 2022

9:00am-12:00pm (Classroom Session)

- Introductions
- Culture and History of Ultimate
- Program/Team Building
- Basic Practice Planning

1:00pm - 5:30pm (Field Session) including 30 mins. break at 3:00pm

- Coaching Beginners: Throwing, Catching and Defense
- Basic Throwing & Catching Drills
- Basic Defensive Drills
- Mini Games

Day 2 – 8 October 2022

9:00am - 12:00pm (Classroom Session)

- Team Structure
- Long Term Team and Program Planning
- Developing a Season Program
- Addressing Spirit of the Game and Team Culture
- Detailed Practice Planning

1:00pm - 5:30pm (Field Session) including 30 mins. break at 3:00pm

- Practice Delivery & Drill Presentation
- Intermediate Drills - Multiple Skills
- Including Rule Discussions in Drills
- Scrimmages

Day 3 – 9 October 2022

9:00am - 10:30am (Classroom Session)

- WFDF Development Assistant (Development Grants)
- Anti-Doping
- Inclusion and Equity

11:00am - 2:00pm (Field Session)

- Simulated Practice
- Scrimmages

4. Conditions for participation

- Participants from non-member countries of WFDF are welcome. WFDF Development priority criteria apply at WFDF's discretion.
- WFDF/BFDF will cover all meeting/coaching expenses for the coaching clinic including provision of expert coaches, 3-day use of the facilities, accommodation costs of participants including breakfast from 6-9 October (3 nights in double twin rooms with double occupancy – no single rooms available).
- Participants will cover their travel to/from Sofia at their own expense and will contribute to the package for bed and breakfast at the venue for 3 nights from 6-9 October 2022 (sharing a double room) at a price of 33 EUR per participant.
- Players/Coaches participate in the Coaching clinic at their own risk and will be asked to sign the WFDF Event participant agreement (EPA).
- Participants certify that they hold a valid health insurance for Bulgaria/European Union. WFDF/BFDF will not be liable for insurance and Visa questions.
- COVID-19 prevention measures may apply. Participants agree to wear masks in classrooms should need be. Please consult: <https://reopen.europa.eu/en> on current rules in Bulgaria.

5. Logistics

- Venue Accessibility
 - By car: Easily accessible by car from any direction, as the venue is located at the Sofia ring road. Free parking available for hotel guests.
 - By plane: All flights to Sofia land at Sofia International airport (approximately 14km from the event venue)
 - Airport -> Venue by public transport: travel using the metro (line M4) and bus (line 111). Duration: 75 mins. Cost: 2 EUR
 - Airport -> Venue by taxi: Approximate duration: 30 mins. Approximate price: 10-12 EUR for a taxi one-way.
 - By train/bus: International bus/train lines travel to Sofia Central station (approximately 10km from the event venue)
 - Airport -> Venue by public transport: travel using the metro (line M2) and bus (line 64). Duration: 60 mins. Cost: 2 EUR
 - Airport -> Venue by taxi: Approximate duration: 35 mins. Approximate price: 10-12 EUR for a taxi one-way.

- Travel requirements: No COVID requirements for entering Bulgaria from any country since 1 May 2022. Regular passport control applies.
- Weather conditions: September/October is a mild climate in Bulgaria. The average temperatures during the day are between 20 and 25 degrees Celsius. Rainy days are not very common, but possible.

We are looking forward to welcome you to Sofia (Bulgaria) in October 2022.

Kindest regards,

Volker Bernardi
WFDF Secretary General

Stoyan Zahov
BFDF President

REGISTRATION for
WFDF Sofia 2022 Development Coaching Clinic

Name of organisation executing the registration: _____
please type

Name of person registering the participants: _____
please type

Number of participants registered: _____ (max. 3)

| | Name | First name | Country | Email – please type |
|---|------|------------|---------|---------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

| | Phone number | Gender* (DOP) | Language** Y or N | Comments (assistance needs, dietary etc.) |
|---|--------------|---------------|-------------------|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

Gender* is used for room allocation only operating “division of play gender” (DOP). The “division of play gender” is defined as follows: “F” will mean either an athlete playing in the women’s division, or an athlete playing in the mixed division matched against women; and “M” will mean either an athlete playing in the men’s division, or an athlete playing in the mixed division matched against men.

Languages** - the clinic language is English.

I agree on behalf of all registered participants to the conditions of participation outlined above under 4. I declare that the payments will be made as outlined above.

Date of registration: _____

Signature: _____

When registering the persons above I declare that I have consent of those persons to register them and to provide to WFDF/BFDF their personal and private data to be used for logistical reasons of the coaching clinic like accommodation booking, transportation etc. I hereby consent on behalf of the mentioned persons to the processing, storage and use of the data as described above. The WFDF Data Protection Declaration & Privacy Policy which I have read and taken note of will apply to the registration:

WFDF

WORLD FLYING DISC FEDERATION



<https://wfd.fwf.sport/about-wfdf/documents/data-protection-declaration-and-privacy-policy>

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<https://ultimatebulgaria.alle.bg/>