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*AC 2019/ Point7*

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### *Report on the activity of UWW's Centre in Sofia for 2018*

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In 2018 the Centre functioned as an elite school for the preparation of wrestlers in the three Olympic styles (FS, WW, GR) in different age groups. The organisation's work was in accordance with the requirements and instructions of UWW's Department for development and technical assistance.

The accommodation and the training programs were in line with the established standards and were tailored with specific needs of different delegations. In the preparation year-round, wrestlers from the Bulgarian national and club's teams participated as sparing-partners.

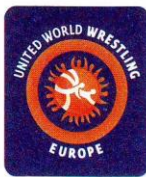
The training's content was determined by the stages of preparation, UWW's calendar, the atmosphere and climate conditions and other factors (health condition, emotional state etc.). Medical surveillance and help on high level were provided. During a stay in Bulgaria, the Centre provided the required transportation. The food and the recovery procedures were complied with the guests' wishes.

Wrestles 'all training activities were co-managed by the Centre's three full-time coaches, the coaches of the national team of Bulgaria and their colleagues in the delegations.

Except the Centre in Sofia, the preparation was held in the training facilities: Belmeken (high-altitude, Teteven and Samokov- middle mountain, Dimitrovgrad, Blagoevgrad and Varna (sea level).

#### I. Quantitative indicators

During the past year, the Centre had in total 22 delegations from 15 countries with 154 people (Algeria- 26, Indonesia and Romania- 18 each, France-13, North Macedonia-12, United States of America- 9, Italy- 7, Great Britain-4, Albania, Estonia, Switzerland,



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Slovakia-3 each, Greece- 2 each, Kosovo, Tunisia- 1 each. Total- 123 wrestlers). With the wrestlers 36 coaches and technical staff.

The wrestlers are in FS – 52, GR – 57, WW – 14.

Greco-Romain's training was held in total of 110 days with the participation of wrestlers from 8 countries (Algeria- 12, Albania-1, Estonia- 3, France-8, Italy-7, Indonesia-6, Romania-11, United states of America-9).

Freestyle's training was held in total of 147 days with wrestlers from 10 countries (Albania-2, Algeria- 12, Great Britain- 4, Greece-2, Indonesia-6, Kosovo-1, North Macedonia- 12, Romania- 7, Switzerland- 3, Slovakia-3).

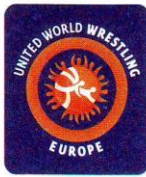
Women's wrestling's training was held in 74 days with the participation of female wrestlers from 4 countries (Algeria-2, France-5, Indonesia- 6, Tunisia-1).

## II. Material and technical conditions during preparation

In January, February, March in the Centre 91 wrestlers trained; in the period April-August- 39; before the World Championship in Budapest- 18.

The breakdown for 2018 is the following:

- Preparation in Sofia- 98 people, (FS, GR, WW) from 13 countries for 115 days.
- Preparation in Teteven- 36 people (FS, GR) from 4 countries for 35 days.
- Preparation in Samokov- 16 people (FS, GR) from 1 country for 21 days.
- Preparation in Varna- 3 people (WW) from 1 country for 13 days.
- Preparation in Dimitrovgrad- 8 people (WW) from 1 country for 21 days.
- Preparation in Blagoevgrad- 6 people (WW) from 1 country for 12 days.



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### III. Proposal to UWW

In 2018, 15 wrestlers from Venezuela trained in Bulgaria for the period of around 40 days. Contacts were not sought from their side with the Bulgarian wrestling federation, as well as with UWW-Europe. The training sessions were held outside the Centre's facilities with coaches, which are not authorised by the BWF or the Centre. The Centre's management or the competent organs of UWW to check the case and to provide their opinion on it.

Centre's Director:

(Ivan Tsochev)