



# Summer Fencing Training Camp

Mon 5 Aug to Thurs 8 Aug 2019  
9.30am – 4pm

The aim of the 4 day camp is to offer fencers the opportunity to receive additional training during the summer holidays to keep their fencing skills in practice and prepare for the new season. We will cover technical, tactical and conditioning requirements relative to age and experience. Also to practice competitive sparring on the electric box. We will also do a short section on armoury and how to look after your weapons, and a session on refereeing. There will also be a number of Chinese fencers attending, so will be a chance to practice with people you do not know.

Venue: Epsom College Sports Centre  
Epsom College, College Road, Epsom, Surrey, KT17 4JQ

Cost of training day is £50/day or £180 for all 4 days. Places are limited – min 3 months fencing experience required. Age 9 plus, but please contact Nick if you have a younger child that would like to attend. Taster session for siblings or friends who have never tried fencing is on Tues 6 Aug from 9-10am.

Please bring all your own fencing equipment, including electric plus a water bottle, additional drinks & packed lunch. Please let me know in advance if you need to borrow any kit.

Please let Nick know if you are interested in attending on 07799346829 or info@epsomfencingclub.com . Final confirmation will be required by the 1<sup>st</sup> of July. It is possible to attend individual days. **PLEASE EMAIL NOW TO REGISTER INTEREST.**

**NEXT BEGINNERS COURSE AT EFC STARTS WEDS 1<sup>st</sup> MAY JUNIOR 7-8PM ADULT 8-9PM**

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Bank transfer preferred to Barclays Bank 20-29-90 90990957. Please email to confirm attendance and return form along with payment confirmation.

Name of fencer.....Age.....Postcode:

Email address.....

Details of any medical issues.....

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Emergency name's & contact numbers for U18's

1<sup>st</sup> Name ..... Contact number.....

2<sup>nd</sup> Name..... Contact number.....

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Office use: