



# Summer Fencing training camp

**Mon 17 Aug to Wed 19 Aug 2020  
10am – 3pm**

The aim of the 3 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. We will also have a mini competition on Wed. There will be an additional sparring session on Tues and Wed 6-8pm (7-9pm time tbc) for more advanced fencers which course attendees are also invited to.

**Venue (tbc): Epsom College Sports Centre  
Epsom College, College Road, Epsom, Surrey, KT17 4JQ  
(alternate venue is KFTC Academy, KT19 9AP)**

**Cost of training day is £60/day or £150 for all 3 days. Places are limited and new Covid regulations for fencing will be followed with no sharing of kit, controlled sparring and no close contact work. 3 months fencing experience required. Age 10 plus. Possible Taster session (tbc) for siblings or friends who have never tried fencing is on Tues 18 Aug from 9.30-10.30am. Cost £15.**

**Please bring all your own fencing equipment, including electric plus a sterile hand wash/wipes, water bottle, additional drinks & packed lunch. Please let me know in advance if you need to hire any kit.**

**Please let Nick know if you are interested in attending on 07799346829 or info@epsomfencingclub.com . Final confirmation will be required by Fri 7<sup>th</sup> Aug 21<sup>st</sup>. It is possible to attend individual days.**

**NEXT BEGINNERS COURSE AT EFC STARTS WEDS 23<sup>RD</sup> Sep 2020  
JUNIOR 7-8PM ADULT 8-9PM. Please invite a friend for £10 referral fee.  
PLEASE EMAIL NOW TO REGISTER INTEREST.**

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

Name of fencer.....DOB.....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: