



## **Pre-Season Fencing training camp**

**Tues 14 and Wed 15 Aug 2018  
10am – 3pm**

The aim of the 2 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.

**Venue: Ebbisham Sports Club, Eastway, EPSOM KT19 8SG.**

**Cost of training day is £50/day or £95 for both days. Places are limited – min 3 months fencing experience required. Age 10 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 14 Aug from 10-10.50am and Wed 15 Aug from 10-10.50am.**

**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 confirm to Nick by 31 July on 07799346829 or [info@epsomfencingclub.org](mailto:info@epsomfencingclub.org) that you wish to attend. It is possible to attend only one day.**

**NEXT BEGINNERS COURSE AT EFC STARTS WED 19 SEP JUNIOR 7-8PM ADULT 8-9PM**

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Cash preferred or bank transfer to Barclays Bank 20-29-90 90990957. Please email to confirm attendance and return form along with payment on the day. Alternatively please email to confirm attendance and date transfer is made.

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: