

SUMMER TRAINING CAMP # 1

August 15th, 2022 - August 19th, 2022



The goal of the camp is to prepare the fencer for the next competitive season in all weapons. The emphasis will be on training athletes for Canada Cup 1/2, Canada Games, NAC and International Circuits. **Athletes who have at least one year of fencing are very welcome.**

Coach: **Ayach Bounachada - Manitoba Provincial Coach**
 Daria Jorquera Palmer - Assistant Coach
 Zach Allard - Assistant Coach

Venue: **Qualico Training Center, Sport Manitoba**

Program:

- **Physical preparation, Footwork, Technical and tactical preparation,**

Fees:

Provincial Team Members	Free
Out of-province athletes	450 \$
National Team Members	250 \$
Athletes from Manitoba	250 \$

TRAINING CAMP SCHEDULE

Day-Time	9h00 – 11:45	11:45 12:00	12h00 – 15h00
Monday 15. August	Group 1(Epee/Foil) Strength Training with Jeff at Flex 3 . Group 2(Sabre) Fencing Introduction Group Warm up-Team Sport – Skipping Fundamentals- Free Bouts	L	Group 2: Sabre Strength Training with Jeff at Flex 3 Group 1: Epee/Foil - Fencing Introduction Group Warm up-Team Sport – Skipping Fundamentals- Free Bouts
Tuesday 16. August	The two groups together Group Warm-Up – Team Sport - Footwork Conventional Exercises, Bouts with tasks	U	The two groups together Individual Warm up- GPP (Agility, speed reaction) Fundamentals, Bouts with Tasks,
Wednesday 17. August	Group 1: Epee/Foil Strength Training with Jeff at Flex 3 . Group 2: Sabre Fencing Group Warm up-Team Sport – Skipping Fundamentals- Free Bouts	N	Group 2: Sabre Strength Training with Jeff at Flex 3 Group 1: Epee/Foil Fencing Group Warm up-Team Sport – Skipping Fundamentals- Free Bouts
Thursday 18. August	The two groups together Group Warm-Up – Team Sport- Fundamentals- Lessons-Bouts w tasks	C	OFF
Friday 19. August	Group 1(Epee/Foil) Strength Training with Jeff at Flex 3 . Group 2(Sabre) Fencing Individual Warm-Up- Reno Lessons - Bouts, Italian Relay.	H	Group 2: Sabre Strength Training with Jeff at Flex 3 Group 1: Epee/Foil - Fencing Individual Warm-Up- Reno Lessons - Bouts, Italian Relay.

Manitoba Fencing Association
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Registration Form

August 15th, 2022 - August 19th, 2022

NameAgeSex.....

Address.....

City.....Province.....Postal Code.....

Phone (.....).....Email.....

Club Affiliation.....

Health Care Number/Medical Insurance information.....

Allergies/Special Requirements.....
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Classification Foil [.....] Sabre [.....] Epee [.....]

Payment must be received by August 12th, 2022.

Submit registration form and pay:
By etransfer fencing@sportmanitoba.ca

OR

By cheque/money order payable to:
Manitoba Fencing Association
145 Pacific Avenue, Winnipeg, MB
R2B 2Z6