



PROVINCIAL TRAINING CAMP # 8

June 11, 2022 – June 12th, 2022

The goal of the camp is to prepare the fencer for competitions in the three weapons. The emphasis will be on training athletes for Development, Nationals, International Events, and **Canada Games Preparation**.

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

Strength Trainer: Jeff Sport Manitoba Expert

Location: Fencing: At Qualico Training Center, Flex 2
Strength Training: Flex 3, Winnipeg

Fees: Non-Provincial Team Members **100 \$**
 Provincial Team Member: **FREE**
 Outside the province **250 \$**
 Outside de Country **300 \$**

Athletes Group: All the provincial team members (HP, Intermediate, and Squad).

Training Schedule:

Day/Time	9h00 – 12:00	12:15 – 3h00
Saturday June 11	<p align="center">SABRE Group</p> <p>Stretching, Team Sport</p> <p>Footwork</p> <p>Drills in pairs (Technical and Tactical Preparation) Bouts with Tasks</p> <p align="center"><i>FOIL-EPEE Group</i></p> <p>Strength Training with Jeff and Davis</p> <p>9:00 – 11:00 Strength & Stretch (Flex 3)</p> <p>11:00 – 12:00 – Mental Training session with Paige.</p> <p>Location: SM Performance Center</p>	<p align="center">FOIL-EPEE Group</p> <p>Stretching, Team Sport</p> <p>Footwork</p> <p>Drills in pairs (Technical and Tactical Preparation) Bouts with Tasks</p> <p align="center"><i>SABRE Group</i></p> <p>Strength Training with Jeff and Davis</p> <p>12:00 – 1:00 – Mental Training session with Paige.</p> <p>1:00 – 3:00 pm – Strength & Stretch (Flex 3)</p> <p>Location: SM Performance Center</p>
Sunday June 12	<p align="center">FOIL – EPEE</p> <p>Group Warm-Up</p> <p>Agility – Strength, and Power FOOTWORK</p> <p>Team Competition</p>	<p align="center">SABRE</p> <p>Group Warm-Up</p> <p>Agility – Strength, and Power FOOTWORK</p> <p>Competition Italian Format</p>

Manitoba Fencing Association
PROVINCIAL TRAINING CAMP

Registration Form

June 11, 2022 – June 12, 2022

NameAgeSex...M.....

Address.....

City.....Province

Phone.....Email.....

Club Affiliation.....

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

Allergies/Special Requirements.....

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Classification Foil [x.] Sabre [.....] Epee [.....]

The provincial athletes' members no need to fill up that registration form.