

BEGINNER SUMMER TRAINING CAMP

July 23rd and 24th, 2022

LIMITED AVAILABILITY!



Over the summer holidays, do the sport you love and improve your fundamentals! Our camp is run by the most experienced coaches in the province.

For: All fencers, ages 15 and under, who have less than 3 years of fencing. Provincial Team Members are very welcome.

Weapon: Foil/Sabre/Epee

Coaches:

Zach Allard, Rapier Fencing Head Coach, and Provincial Team Assistant Coach. (Supervisor)

Noah Merz Lakser, Lightning Foil Coach

Xavier Slocombe, Rapier Fencing Sabre Coach

Venue: Sport Manitoba, 145 Pacific Avenue, Winnipeg

Program:

- Prepare the next *Canada Games Generation*
- Learn to train
- Develop your fundamentals
- Fun activities

Fees: 100 \$ for the weekend

CAMP SCHEDULE

Time	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 15:00
PROGRAM For Days	Introduction Group Warm up- Team Sport – Footwork-	What is Technic? Why do we need technic? Drills in Pairs (working on key technic in your weapon).	Team Competition (Relay)	Lunch / Free Activities Basketball/Soccer	How to run an Individual Warm-up? Basic Tactical Preparation How to analyze? What to watch? What to do? Group lesson with the coaches. Free Boutings. Group Stretching
	Participants will receive gifts				

**Manitoba Fencing Association
SPRING BREAK TRAINING CAMP**

Registration Form

July 23rd and 24th, 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 [.....]

**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**

Payment must be received by July 15th, 2022.