



February Training Camp

Feb. 28 - Mar. 1

Harbour View High School

305 Douglas Ave.

Saint John, New Brunswick E2K 1E5

FENB would like to invite you participate in a three weapon training camp aimed at developing athletes in the Learn to Train, Train to Train and Train to Compete stages of LTAD. The camp will be run over the course of two days and looks to continue developing various skills through drills and exercises lead by NB coaches. The lead coaches for this camp will be Barb Daniels (Foil), Rick Gosselin (Epee) and Jim Stevens (Sabre). **All NB coaches are invited and encouraged to come and participate.** Where necessary, fencers will be split into smaller groups based on their respective LTAD levels in order to ensure that the correct needs are being met for each fencer.

Schedule:

Saturday

9:15 - Fencer check-in

9:30-10:00 - Welcome and warm up

10:00 - 11:15 - Footwork session

11:15 - Noon - Blade work/bouting

Lunch Break

1:15 - 1:45 - Training talk

1:45 - 2:15 - Warm up

2:15 - 3:00 - Blade work/bouting

3:00 - 4:00 - Partner drills/lessons/bouting

4:00 - 4:30 - Cool down and evaluation

Sunday

9:30 - 10:00 - Warm up

10:00 - 10:30 - Footwork/games

10:30 - 11:15 - Tactical drills

11:15 - Noon - Light fitness circuit and cool down

Lunch

***The afternoon portion is specifically aimed at Train to Train and Train to Compete athletes**

1:00-1:30 - Weapon specific footwork drills

1:30 - 3:00 - Tactical drills/pair drills

3:00 - 3:30 - Bouting

3:30 - 3:45 - Cool down

3:45 - Feedback from fencers

- Please note, participants for this camp must be 12 years of age or older (this season, born in 2003 or earlier).
- The cost for this camp is \$30/day for FENB members (\$50/day for non FENB members) or \$50 for both days. (\$80 for non FENB members)
- Payment can be made at the door by cash or cheque (payable to **Fencing-Esgrime NB**) at the door.
- To **register**, and for additional questions or information, please contact Michael Ivankovic at michael.ivankovic@gmail.com
- **Registration deadline Tuesday February 24 at 5:00pm Atlantic time**

NB Provincial Camp - Feb.28-Mar.1, 2015

Name: _____ E-mail: _____

Club: _____ LTAD Level: _____
(confirm with your personal coach)

Birth year _____

Entry Fees: Cheques payable to: Fencing-Escrime NB
\$30 – one day (\$50 non FENB members), \$50 - both days (\$80 non FENB members)

Participant Agreement: Please read carefully and sign below:

I understand that there is potential risk for injury inherent in fencing, as in all sports. These include but are not limited to:

- muscular injuries resulting from vigorous exertion and rapid changes of direction of movement.
- bruises resulting from hits received during fencing with an opponent.
- injuries resulting from my failure to properly use the fencing equipment.
- injuries resulting from the breakage of a fencing sword or failure of protective equipment,
- additional risks associated with my travel to and from the fencing event.

Personal protective equipment:

I understand that it is mandatory to wear a properly fitting fencing mask, underarm plastron on the sword arm, breast protector for females, fencing jacket, glove with gauntlet that covers the sword arm sleeve, and fencing breeches or long pants of robust material, all of which must be in good repair.

Safety rules in competition:

I understand that rules have been established for safe conduct at the training site that I must follow and the organizers have tried to create a safe and controlled environment for participation.

Release:

I am participating voluntarily in this event and agree to accept the risks and be responsible for any injury, equipment damage or other loss that I might incur as a direct or indirect result of my participation in the Provincial Camp. I agree to release Fencing-Escrime NB and their respective directors, officers, staff, coaches, tournament volunteers and officials of all responsibility for such injury, loss or damage.

Acknowledgement: I have read this agreement and understand its significance.

Fencer's Signature: _____ **Date:** _____

Parent/Guardian: _____