

Fencer and Coach Development Camp: December 19 -20



École le Domaine-Étudiant

636 Rue Principale, Petit Rocher, NB

Learn to Train Skills (Three weapon camp)

Coaching Development (Instructional level)

FENB would like to invite you to participate in a three weapon training camp aimed at developing athletes in the **Learn to Train** stages of LTAD. Fencers currently working on their **Yellow** and **Orange** level skills will benefit from this camp.

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 Jim Stevens, with developing coaches **strongly** encouraged to attend to practice their fundamental skills.

Instructor-Beginner Coaching: Any coaches that want to attend the coaching clinic run by CFF Coaching Developer Manuel Belmonte will benefit from this camp. Jim Stevens will be supervising the training, and developing the course plans. Coaches will receive feedback on their technique, and practice working with fencers at the appropriate level. FENB will be providing financial support for coaches travelling from other regions.

Yellow and Orange Level Skills: The fundamental skills of footwork, attack, and defense are covered by the Yellow and Orange levels. Fencers at these levels can demonstrate simple attacks, and are able to combine simple actions such as footwork and a beat attack.

Please note, participants for this camp must be 12 years of age or older (this season, born in 2004 or earlier).

Fees:

\$30/day for FENB members

(\$50/day for non FENB members)

\$50 for both days

(\$80 for non FENB members)

Payment can be made at the door by cash or cheque (payable to Fencing Escrime NB) at the door. To register please use the form linked to on: <http://www.fencingnb.ca>

For additional questions or information, please contact Jim Stevens: JamesStevens28@gmail.com

Schedule:

Saturday December 19

10am: Introduction, warm-up, footwork
11am: light conditioning and fitness
12pm: bladework (attacks and indirect attacks)

2pm: warm-up, games
3pm: bladework (parries and defense with distance)
4pm: bouting (coach feedback and analysis)

Sunday December 20

9am: warm-up, footwork
10am: bladework (footwork with attacks)
11am: bouting and one-on-one sessions with coaches

1pm: games and light fitness
2pm: footwork circuit with coaches
3pm: bladework (compound attacks or review)

Registration deadline Tuesday December 15

Coaches must confirm participation by December 10

Name: _____ E-mail: _____

Club: _____ Birth year _____

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-Esprime 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: _____