



Foil and Épée Training Camp, Introduction to Refereeing Clinic, and Secretariat Clinic

January 23-24, 2016

Harbour View High School

305 Douglas Ave, Saint John, NB

FENB would like to invite you to participate in an Épée and Foil Training Camp aimed at developing athletes in the Learn to Train and Train to Train stages of the LTAD. The first day of the camp will focus on Orange level skills and is aimed at fencers who have completed the Yellow Armband program or equivalent. The second day will focus on Green level skills and is aimed at fencers who have completed the Orange Armband program or equivalent. Fencers currently near completing their Orange-level program could be eligible to participate in both days of the camp. Please consult with your coaches about what portion of the camp would be best suited to help with your development. A list of the Orange and Green level skills for both foil and épée has been included below the camp flyer.

The training camp will feature coaches Aidan Matchett, Barbara Daniel, and Thierry Bourbonnais. Aidan is currently the coach on South Shore Duelists fencing club in Lunenburg; Barb is a fencing Master (NCCP level 4) in Foil and Épée, currently coaching at Damocles Fencing Club in Fredericton; and Thierry is a fencing Provost (NCCP Level 3) in Épée and Sabre, currently serving as head coach of Spartiates Fencing Club in Montreal. The foil portion of the camp will be directed and coached by Barbara Daniel and Aidan Matchett. The épée portion will be led by Thierry Bourbonnais. Registration for the camp can be completed here: <http://goo.gl/forms/UpSzgJlJFd>

There will also be a secretariat and **introduction to refereeing training clinic** held during the Saturday of the camp in the Harbour View High School cafeteria. This training clinic is targeted at parents or friends of athletes that would like to become more familiar with the rules of fencing and understand the calls that are made for or against their fencer. If you are interested in attending the refereeing training and certification clinic lead by Thomas Nguyen on January 30-31 in Moncton, this introductory clinic will help prepare you with some basic refereeing tools and experience to make that more intensive clinic, the weekend after, less overwhelming. **No prior fencing experience is required for this clinic.** Registration for the referee clinic can be completed here: <http://goo.gl/forms/0O79lzGGat>

Secretariat training will be led by Rachael Wyatt, where attendees will learn how to use the Enguard tournament management software. The Secretariat training clinic is limited to two attendees on a first-come, first-served basis (priority will, however, be given to participants from clubs without a current, trained secretariat volunteer). Registration for the secretariat clinic can be completed here: <http://goo.gl/forms/Y9CEQvvJB0>

The deadline for registration for any of the above activities is **January 20th**, after which a late fee of 10\$ will apply.

Fees

Foil and Épée Training Camp:

30\$/day for FENB members

(50\$/day for non-FENB CFF members)

Introduction to Refereeing Clinic:

Free for FENB members or Associate Members

(15\$ for non-FENB members)

Secretariat Training Clinic:

Free for FENB members or Associate Members

(15\$ for non-FENB members)

Payment can be made via cash or cheque (made out to Fencing-Esgrime NB) on the morning of each day. FENB Associate Membership forms will be available onsite (Membership cost: 45\$).

Armband Levels

Foil Yellow-Level Skills:

Footwork: step forward, step backward, lunge, combinations

Technical elements: grip, on guard position, Defence in 4 and 6; Engage 4 and 6; Simple offence (direct and with disengage); Immediate riposte (direct and indirect).

Foil Orange-Level Skills:

Footwork: jump forward, jump backward, fleche.

Technical elements: Compound attacks; Circular parries; Octave parry; Direct attack on preparation; Counter-ripostes.

Foil Green-Level Skills:

Footwork: balestra; fleche; combinations.

Technical elements: Attack on preparation; Prise de fer attacks (opposition, bind); Remise of attack; Beat attack (attack on the blade); Compound attack (with the blade); Counter-attack; Line.

Épée Yellow-Level Skills:

Footwork: step forward, step backward, lunge, half-lunge, combinations.

Technical elements: grip, on guard position, offence and counter-offence to the hand, to the arm, to the body (direct and indirect); Offence by remise and redouble; Counter-offence by 6 and 8 opposition; Beat 4; Engage 6 and 8.

Épée Orange-Level Skills:

Footwork: cross-over forward and backward, fleche, redoublement, combinations

Technical elements: prise de fer attacks (taking the blade); opposition and bind; Derobement; Circular and semi-circular parries (6, 2, 8); Compound attacks to the hand, to the arm, to the body; Beat 8 and 7.

Épée Green-Level Skills:

Footwork: Jumps, half-steps forward, half-steps backward

Technical elements: Angulated attacks; Counter-attacks with angulation to the advanced target; Opposition parries; Simple attacks on preparation; Actions on the bending of the opponent's arm.

Camp Waiver



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 competition 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 FENB Training Camp. I agree to release Fencing-Escrime NB and their respective directors, officers, staff, coaches, 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: _____

Parent/Guardian (if fencer is under 18 years old): _____

Date: _____