



# Provincial Team Training Camp #1

Sept. 30/Oct. 1

(Sat 1-5pm / Sun 9:15am-4pm)

Location: Harbourview High School  
305 Douglas Ave., Saint John, NB

FENB invites all fencers participating in the 2017-2018 Provincial Team to attend the first Provincial Team Training Camp. This camp is aimed at giving Provincial Team athletes the tools they need to make a strong start to the season.

The Saturday session is exclusive to the Provincial Team, and athletes will engage in directed bouting, take part in a fitness assessment, and participate in a workshop for developing a competition plan and training plan. The Sunday session is open to all fencers with competitive experience, and it features a more traditional training camp format. The Epee component of the camp will be led by Rick Gosselin, and the Foil component will be led by Barbara Daniel.

Fencers must wear indoor shoes and bring their fencing equipment, including gear to fence electric. They should also bring athletic wear like shorts and t-shirt for warm-up and fitness activities. Fencers should also bring a lunch on Sunday.

Provincial Team members are also reminded that **all Provincial Team application materials, except for the training plan and competition plan, are due on September 30th**, and may be handed in at the camp.

Cost: \$30/fencer, payable by cash or cheque at check-in on Sat.