



**Epee and Foil Training Camp**  
**Oct. 22, 2017**  
**9am-4pm**  
**Alberta Alumni Recreation Gym**  
**Richard J. Currie Centre, University of New**  
**Brunswick**  
 15 Peter Kelly Dr., Fredericton, NB

FENB would like to invite you to participate in an Epee and Foil Training Camp aimed at developing athletes in the Learn to Train and Train to Train stages of the LTAD. The level of the camp is aimed at fencers working on Orange and Green level skills. Those at the Orange level will find that the camp offers an excellent opportunity to acquire advanced skills, and those at the Green level will be able to consolidate their skills.

Time	Activity
9:00-9:10	Warm-up
9:10-9:25	Footwork
9:30-9:50	Distance Exercises
9:50- 10:20	Technical Drills
10:20-10:50	Bouting
<b>11:00-13:00</b>	<b>FENB AGM and Lunch</b>
13:00-13:30	Rules and Intro to Refereeing
13:30-13:40	Warm-up
13:40-14:00	Footwork
14:00-14:45	Technical Drills
14:45-16:00	Directed Bouting

In Epee, the training camp will be led by Rick Gosselin with David Themens as assistant coach. Rick is an NCCP level 3 coach who served as the Epee coach of Team NB at the 1995-2007 Canada Games. Rick is currently the head coach at the Fundy Fencing Club in Saint John, NB, and David Themens is the advanced Epee coach at the UNB Fencing Club.

In Foil, the training camp will be led by David Collins, with Diane Raiche-Philips and Elena Redkina as assistant coaches. David Collins is a Junior medalist at the National level, a double gold medalist at the Ontario University Athletics

Championships, and has been the assistant Foil coach for the Brock University Fencing Team. David Collins is currently the advanced foil coach at Fundy Fencing, and Diane and Elena coach at the Escrime K.V. Fencing Club.

The FENB AGM will be held during the camp lunch break. Lunch will be provided for FENB members.

**Cost:** 20\$ for FENB members, 30\$ for others. Payment may be made by cash or cheque the day of the event.

The **deadline for registration is Wed., Oct 18th**. You can register online [here](#) but please also remember to **bring to the camp a completed and signed copy** of the waiver on the next page.

# **WAIVER: FENB Epee & Foil Training Camp, Oct. 22, 2017**

**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/training:** 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 FENB Training Camp. I agree to release Fencing-Esime 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:** \_\_\_\_\_