

March 2018 Camp + Tournament

Location: Fundy Fencing Club
99 Burpee Ave, Saint John, NB

Date: March 10 (10am-5:30pm) &
March 11 (9am-4pm)

Invited: Provincial Team members
Competitive bouting partners at Green level or equivalent

Coach: Jim Stevens

Camp + Tournament Cost: \$30 (Provincial Team) / \$40 (Standard)

Registration: [Register online](#) & bring a signed copy of the page 2 waiver.
Max. 20 participants; registration priority goes to Provincial Team Members.

FENB is pleased to announce **a training camp plus mini-tournament** this March to keep the momentum going forward for our NB Provincial Team program. The camp is aimed at fencers who are competing in New Brunswick and outside of the province. All three weapons will work collaboratively, and focus on improving training techniques as they strive to develop towards their competitive goals.

Saturday's activities will help fencers **focus on their training efforts, and get the most out of those efforts**. Training will be largely weapon non-specific and bring NB Team members together as a group. On **Sunday** we will be holding an **Open tournament with epee and foil events** to try out skills from the camp in a competitive environment. Events will be sanctioned if entry levels permit.

Schedule:

Saturday: 10am	Arrival and welcome
	Training to train sessions
12pm	Lunch and video review session
1:30pm	Conditioning and optimization sessions
3:30pm	Bouting
5pm	Cool downs, debriefing
Sunday: 9am	Arrival and warm ups
	Footwork
	"How to train smart" sessions
11am	Open Tournament-Close of registration
4pm (or end of events)	Awards and debriefing



Waiver for March 10-11 Training Camp + Tournament

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 clinic. I agree to release Fencing-Escrime NB, the Fundy Fencing Club, 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.

Athlete's Signature: _____ Date: _____

Parent/Guardian: _____

Please come prepared with the appropriate fencing equipment for your weapon type.