



4th - 10th AUGUST 2009

DETAILS:

Fighting Fit have the honour, yet again, to be invited to the famous Trekanten Summer fencing camp in Denmark. This year we are fortunate to be able to extend our capacity for British Fencers to attend.

The camp is a large event, this has become increasingly more international with young talented fencers coming from countries such as Denmark, Sweden, Switzerland, America, Germany, French and the UK.

The camp will offer instruction in all 3 weapons, however the camp will focus on foil & epee on all levels up to the highest standard. The training sessions are lead by Trekanten's own coaches together with a group of specially invited fencing masters from abroad. Of course we will also have some of our own coaches attending.

PROGRAMME

The summer camp will not only consist of fencing but will also focus on physical development with structured fitness sessions hosted by professional instructors. The importance of the tactical preparation is also emphasised at all levels. All fencers can receive lessons from the fencing masters (at no extra charge) present at the camp and take part in the numerous fencing drills organised throughout the day.

PRE CAMP

The Trekanten summer camp officially starts on the 6th August. However, the best International fencers are invited to attend a pre camp starting on the 4th August. This pre camp is only open to specially invited fencers from the cadet/junior age group (14+). The cadet/junior programme has been designed for the fencers who have or will be starting on the international fencing circuit in the coming season. For the fencers unable to attend due to their age or level. Fighting Fit will be hosting its own pre camp sessions at the same time. All pre camp sessions will be held on the 4th & 5th August.

COURSES

Separate courses are available to our fencers if they wish to attend at no extra cost:

Sports massage - this course is recommended for all athletes who wish to know more about how the body works under stressed athletic pressure and how soreness etc can be cured with easy hands on exercises.

Refereeing - This beginners course is designed to help fencers referee a match in both epee and foil. The course will focus on seeing and understanding the different fencing actions and call the right phrase in connection to the action seen on the piste

Summer biathlon - Trekantens's pentathletes will be organising a biathlon course. Summer biathlon is a combination of cross country running and precision target shooting. The course will consist of shooting practice and biathlon races.

LOCATION

This year the camp will be held at Sakskobing Sports centre which is situated on the Island of Lolland. Approx 85 miles south of Copenhagen. Facilities include: two large gyms which will be used for fencing as well as a swimming pool, alongside separate rooms for the courses etc.

ACCOMMODATION

Accommodation will be in a local youth hostel assigned to the sports centre campus. The accommodation has been exclusively rented for the fencing camp only.

FOOD

The food on this camp is 2nd to none. Every meal is home made (by the volunteer parents from Trekanten) and freshly cooked daily. There is always huge amounts and all the meals have a large selection of food for every fencer from any nationality to eat.

WHAT TO BRING

Fencing kit, running trainers, swim costumes, sleeping bag, camera and enthusiasm. A very small amount of pocket money as the children will have the option to purchase one or two goodies throughout the camp.

IMPORTANT BITS

All the children will be instructed by fully qualified fencing coaches along side other members of staff and will be chaperoned at all times. All F.Fit staff have a CRB and qualified first aiders will always be present including life guards for swimming. Staff have been selected for their dedication to junior fencing and their expertise in specific areas of fencing.

This camp is intended for serious young fencers who would like to expand their technique, knowledge and general fencing experiences. All fencers will be expected to attend the fencing sessions during the camp including the physical activities run by Trekanten. We will accept any fencers at any level (although not beginners) at any age. However for the cadet age fencers this camp is a must as the standard of fencing is particularly strong



TYPICAL DAILY SCHEDULE:

07.30 - 08.00 Morning run	13.00 - 17.00 Fencing & courses*
08.00 - 09.00 Breakfast	17.00 - 18.30 Swimming
09.00 - 12.00 Fencing & course*	18.00 - 19.00 Dinner
12.30 - 13.00 Lunch	20.00 - 22.00 Fencing, games & relaxing*

*depending on age and fencing level

PRICE

Due to the the current situation with the exchange rate the camp is more expensive than usual. However, to combat this we can offer a monthly payment scheme open to any fencer attending the camp. The prices below include all travel to Denmark, transfers from Copenhagen to Sakskobing, travel insurance, all accommodation, food, snacks, training, group & individual lessons with any or all of the coaches in attendance, swimming & physical training, extra courses such as sports massage, refereeing, excursions to the local town and in Copenhagen. The fencers may wish to bring a very small amount of pocket money to purchase a bar of chocolate or two!

Fighting Fit Members £495.00

Non Members £545.00

Payable either in 1 lump sum upon application or £49.50 x 10 months for members and £54.50 x 10 months by standing order to be signed on completion of the application form.

If you are interest or would like to book a place for your child please contact Fighting Fit by

Phone: 0207 272 6246 or 07832 241 215

Email: info@fighting-fit-fencing.com

Please note there are limited places available for this camp - we will work on a first come, first served basis with preference to Fighting Fit fencers first.