

Summer Training Camp

Grosvenor Fencing Club

<http://www.grosvenorfencingclub.co.uk/>

We are delighted to announce that we have secured the services of one of the Top British Coaches who will conduct a Training Camp based in our New Sports Hall in Grosvenor. We are opening up this fabulous opportunity to ALL fencers from any club.

The Coach: Don McKenzie

One of the most highly respected coaches in British Fencing today and coach to some of the current top British Fencers. Don has previously coached some of our fencers before and we are delighted to have him come back over to N.Ireland for this training camp. Don himself has achieved among other things Gold, Silver and Bronze in Commonwealth Games competitions, along with representing G.B in the World Championships and Olympic Games.

Training Camp Information

Dates: 16th - 20th August 2010 (monday - friday)

Times:

Morning Session: 9.30 am – 12.30pm

Lunch 12.30pm – 1.30 pm

Afternoon Session: 1.30 pm – 4.30pm

To ensure sessions begin on time, all fencers are requested to be ready at least 15 mins. before the stated time.

Prices:

We have kept prices to a minimum, when you consider that you could spend up to £500.00 for a similar course in Europe or England and then have travel costs on top of this.

Full Week Only: £95.00

Mornings Only: £ 60.00

Single Day: £25.00

Please Note that the morning only option is aimed at very young fencers whose parents may feel that they cannot manage a full day's training.

The Single Day option is primarily aimed at fencers travelling long distances who may not be able to attend a Full Week.

There will be separate disciplines focused on in each session, so to ensure a complete training experience a full week is strongly advised. If you require further information either ask at the club or just drop an email to John Little:

grosvenor.fence@hotmail.co.uk

Equipment:

Fencers are reminded that they are responsible for their own equipment.

All fencing equipment should be in good condition and comply with current BFA regulations. **BREECHES** and **SOCKS** must be worn for any blade work.

Individual item's may be hired from Grosvenor Fencing Club at £5.00 per day.

Grosvenor club members will be issued with any necessary equipment.

ALL fencers should supply their own food and drinks.

Fencers should also have an adequate supply of water with them for training. (at least 3 litres) It should be possible to refill these at the school.

Venue:

Grosvenor's New Sports Hall. Built to incorporate the latest flooring, lighting and ventilation. ([See gallery for pictures](#))

Please Note places are limited.

We have a maximum number that we will be allowing on this course. So we would strongly advise if you are interested to notify us via. email and send your payment ASAP. We are anticipating demand for this course to be high.

For further information please contact Mr. John Little at email below.

Entry Form [Here](#)

Email: grosvenor.fence@hotmail.co.uk