



# Veterans Sabre Training Camp

## March 2019

### THE CAMP

Truro Fencing Club is hosting a training weekend aimed at competitive veterans who are preparing for the 2019 veteran sabre competitions. The training will begin on Friday March 1st at 630pm and end on March 3rd at 400pm.

Training will take place at the Cornwall Fencing Centre, Truro School, Trennick Lane, Truro, Cornwall, TR1 1TH. The camp will cater for sabre only.

Coaching will be delivered by Nikolay Dinev, Truro Fencing Club's Sabre coach, former international sabreur and former Bulgarian national coach. Nikolay is an experienced international fencer and coach, and has worked with youth, senior and veteran fencers at the highest level.

The camp costs £99 including an individual lesson. To enrol, return the form below to Truro Fencing Club, Trennick Lane, Truro, TR1 1TH with a cheque, or email it to [admin@trurofencing.com](mailto:admin@trurofencing.com) and make a BACs payment (details below).

### TRAINING PROGRAMME

#### Friday March 1st

630pm Warm-up, footwork & sparring  
900pm Close

#### Saturday March 2nd

1000am Warm-up and footwork  
1030am Tactical Workshop  
1230pm Lunch-break  
1400pm Competitive sparring & 1-to-1 lessons  
1600pm Close

#### Sunday March 3rd

1000am Warm-up and footwork  
1030am Technical pairs exercises  
1115am Tactical Workshop  
1230pm Lunch break  
1400pm Competitive sparring and 1-to-1 lessons  
1600pm Close

### TRURO VETERANS SABRE CAMP - March 2019

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name/Tel \_\_\_\_\_

#### Medical conditions

Please state any medical conditions or serious allergies of which we should be aware: \_\_\_\_\_

I confirm I am in a fit condition to take part in rigorous physical exercise. I accept that Truro Fencing Club, and its coaches, volunteers and officers, cannot be held liable for any loss or injury to property or person arising during this Training Camp.

I enclose a cheque to 'Truro Fencing Club' for £99/I have made a BACs payment with the reference "vets camp" to:

Sort Code 40-44-34, Account 41728296

Name \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_

**SEND TO:** Truro Fencing Club, Cornwall Fencing Centre, Trennick Lane, Truro, TR1 1TH or [admin@trurofencing.com](mailto:admin@trurofencing.com)