SUMMER TRAINING CAMP 2020

Supported by Leon Paul London

THE CAMP

The 2020 Truro Fencing Club Summer Training Camp will take place between Monday July 27th & Saturday August 1st.

All facilities for training, accommodation & catering are on-site at Truro School, Trennick Lane, Truro, Cornwall, TR1 1TH. The camp caters for sabre fencing only.

The Truro Fencing Club Summer Camp boasts a team of world-class fencing coaches and support staff to help prepare athletes for the forthcoming fencing season. The camp is suitable for all ages from 10+, and all abilities except for absolute beginners.

Lunch, water, sports drinks and energy snacks are all included in the cost of training. Full board option is also available – please see the attached form.

Full details, enrolment forms and payment information can be found at www.trurofencing.club

CONTACT

TFC Administrator - Joanne Bennett

T: 07532 310382 E: admin@trurofencing.com

INCLUDED IN YOUR FEE

- At least 3 individual lessons with top-class coaches
- Footwork training
- Technical and tactical training
- Sparring & Competitions
- Fitness training, including CV, interval, flexibility, core, circuit training, yoga & other aspects of fitness
- Sessions with expert support staff in the fields of strength and conditioning, injury prevention, and other sports sciences
- Extra evening fencing sessions at Truro Fencing Club
- A TFC Summer Camp Tee Shirt and drinks bottle
- Daily sports drinks, water, energy snacks and lunch

ADDITIONAL RESIDENTIAL FEE ALSO INCLUDES:

- 6 nights accommodation (Starting Sunday 26th July) in comfortable, fully equipped accommodation
- Full buffet breakfast on site
- Dinner on site every evening
- A mid-week leisure trip

OTHER INFO:

- Dinner is available for non-residents at an extra charge
- Leisure trip is available for non-residents at an extra charge

CHECKLIST

IN ADDITION TO YOUR NORMAL CLOTHING, PLEASE BRING:

- Full Fencing Kit (mask, jacket, plastron, breeches, glove, socks, fencing shoes or trainers, working weapons, wires and lame). Free kit hire available - book ahead!
- Outdoor running shoes
- At least 2 towels
- Lots of tee-shirts
- Running shorts
- Beach and swim-wear; Sun-cream

RESIDENTS:

- Toiletries (none provided on-site)
- Any medication you may need. **NB WE CANNOT PROVIDE ANY MEDICATION, INCLUDING PAIN-KILLERS**
- For residents there is a common room with TV, DVD player and stereo system. Bring your devices!
- Under 18s will be chaperoned in the accommodation block by qualified staff

THE COACHES

Course Manager **Jon Salfield** is Head Coach at Truro Fencing Club and leads the club's High Performance Programme. Jon has coached at numerous Senior World and European Championships, and the 2012 London Olympic Games, and has produced World Cup and World Championship finalists at Cadet and Junior Sabre. Jon is current GB National Sabre Coach.

Peter Frohlich is one of the world's most respected sabre coaches. As well as GB Olympic Sabre Coach in 1992, 1996, 2000 & 2008, Peter was the national coach of Hungary in the 1980s, and has coached senior World and Olympic medallists.

Fernando Medina is Head Coach at Barajas club in Madrid. As a fencer he was a world medallist and ranked number 1 in the world. Fernando has produced a string of internationals and has coached the Spanish team at Junior & Cadet Championships.

Balazs Kurucz is Assistant Head Coach at Truro Fencing Club. Formerly sabre coach at Godollo Club in Hungary, (winners of the 2012 Hungarian Team Championships) and coach to Senior World Cup & Junior World Championship team gold medallists.

Chris Buxton is a 3-times GB sabre champion & former Lead Sabre Coach at Truro Fencing Club, now head coach at Guernsey's Elizabeth College. Chris has produced European youth medallists and coached the GB team at Worlds & Europeans.

Nikolai Dinev is Lead sabre coach at Truro Fencing Club. Previously at the Etropolski Academy in Sofia, and Bulgarian Assistant National Sabre Coach. Nikolay has produced European Cadet Circuit medallists and coached at Senior World Cup level.

Rhys Melia represented GBR at many World and European Championships in foil and won the British Championships. He took his coaching diploma in Hungary and is a level 5 coach in all 3 weapons. Now a full-time coach, at the up and coming PDFA club.

Fraser Ward formerly a Truro fencer, Fraser is now a full-time coach in New Jersey, USA. He represented GBR at Senior and Junior World Cup level, and trained full-time in Hungary and the UK, before moving on to working successfully with young fencers.

Steve Petrie is a leading strength and conditioning coach, workig closely with the TFC High Performance program. Steve leads Strength and Conditioning training of all the club's elite fencers up to Olympic level.

Jon Rhodes Is an expert in Sports Psychology, and has worked with Truro's High Performance athletes since 2009. Jon has worked across a range of sports, including football, judo, rugby, tennis and many other professional sports.

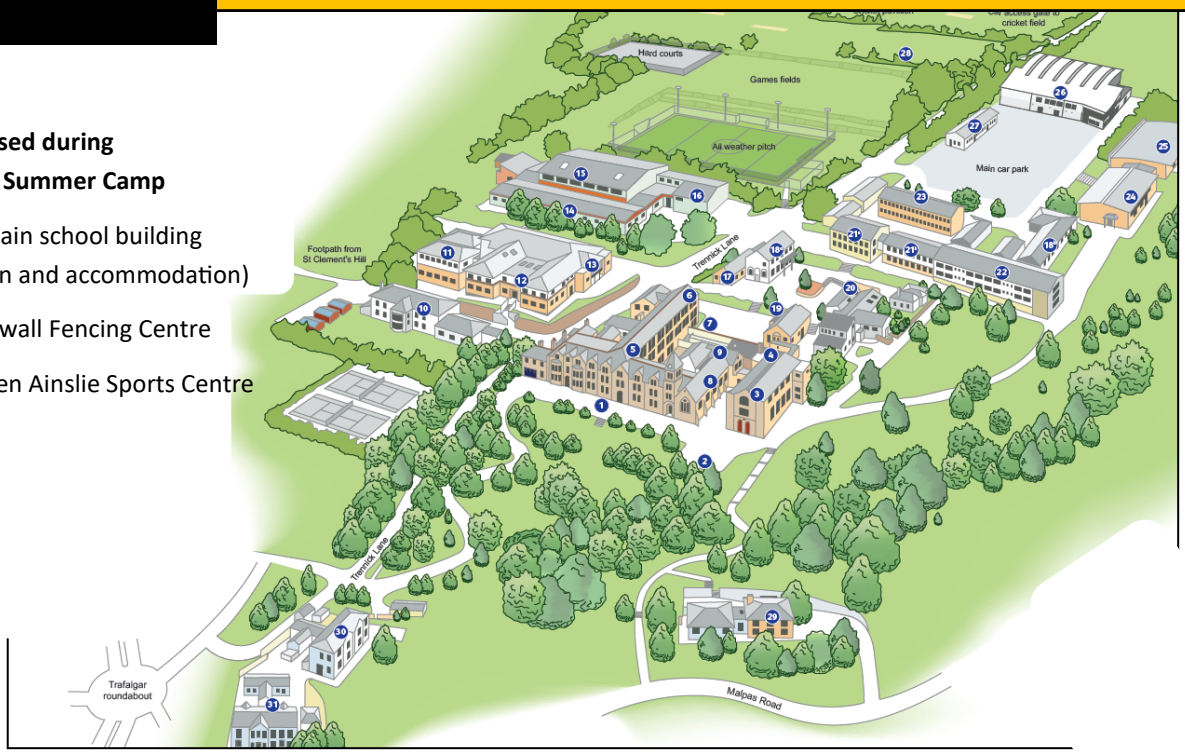
THE SITE

Areas used during the TFC Summer Camp

1 & 5 Main school building (Canteen and accommodation)

24 Cornwall Fencing Centre

26 Sir Ben Ainslie Sports Centre



SUMMER TRAINING CAMP 2020

Monday, July 27th - Saturday, August 1st

Online enrolment is available at www.trurofencing.club

PLEASE ENROL ME ON THE 2019 TFC SUMMER CAMP AS FOLLOWS [please tick]:

	TRAINING ONLY	FULL BOARD + TRAINING	EARLY BIRD DISCOUNT! PAY BY:
TFC MEMBERS	£230 [ ]	£545 [ ]	**January 31st 2020 = £50 discount**
NON-MEMBERS	£280 [ ]	£595 [ ]	**March 31st 2020 = £25 discount**

Payment can be made by bank transfer to the following bank account:

Account Name: Truro Fencing Club
Payment reference: SC20 + 'your fencers name'
Account Number: 41728296
Sort Code: 40-44-34

IBAN: GB35HBUK40443441728296
SWIFT Code: HBUKGB4160H

FENCER

Name_____ **Weapon** _____ **Age (on July 27th 2020)** _____

Address_____

Mobile _____ **Email**_____

Emergency Contact Name/Tel_____

Dietary requirements_____

Medical conditions

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

_____

Please note, food/snacks provided on the course may contain nuts.

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.

Name_____ Date_____

Signed (Parent or Guardian if U18) _____

RETURN THIS FORM:

By return email to TFC Administrator Joanne, admin@trurofencing.com, or, by post to Truro Fencing Club, Cornwall Fencing Centre, Truro School, Trennick Lane, Truro, TR1 1TH

Any questions queries or concerns, to Joanne, admin@trurofencing.com or call 07532 310382