



## **Prise de Fer Fencing Club**

### **Beginner and Intermediate Camp**

### **July 26<sup>th</sup> - 30<sup>th</sup>, 2010**

The Prise de Fer beginner and intermediate camp is for fencers with class experience through fencers who are preparing to enter into competitive fencing. The coaches include David Blake and Ariana Klinkov. Ariana Klinkov and David Blake have coached over 90 national medalists including youth national champions, Junior Olympic champions, and US National Team members.

This camp will incorporate physical conditioning, footwork, tactical drills and competition fencing. Fencers will learn the fundamentals of foil, epee or sabre and progress through individual electric bouting and team format fencing. Fencers will also view video footage from world championships in all three disciplines.

This year we will have a number of junior sabre fencers from England.

Table pool, ping pong and other games will be available during lunch break. Fencers may bring bag lunches or can order from a local deli each day.

Camp will run from 9am to 3pm each day. Early drop-off is available.

Enrollment forms can be found at [www.prisedefers.com](http://www.prisedefers.com).

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