South West Fencing Regional Hub

Training days/Talent clinics 2013

Dear Fencer, Coach, Parent etc.

As I hope you will have heard the South West region is intending to run a succession of 6 Training Days/Talent Clinics throughout 2013.

The aims of the days can be described as “More Fencers, better fencers”.

The training will be open to all fencers age 13 and over on 1st january 2013. The only limit to numbers will be availability of space and staff. If there is sufficient demand and geographic spread then there may be multiple sessions within the regions on the same day.

The emphasis will be on “Training to train”. The intensity and subject of the sessions will aim to reference where the fencers are within their season. These sessions are intended to augment pre-existing training programmes.

It is intended that, at most sessions, there will be an athletic development/strength and conditioning expert. It is also intended at most sessions an expert from a different field of fencing or sport will be working with the athletes e.g. armourer, nutritionist, sport psychologist etc.

We aim to have an approximate ratio of 1 coach to 5/6 fencers and each weapon group will be led by an experienced top level coach. All personal coaches are actively encouraged to attend and observe. Indeed, if any personal coaches would like to be included within the coaching team then please could they email trp@millfieldschool.com.

The information and application form is included below, please

1. Forward this on to any people you know who may be interested
2. Complete the application and email/post it back to me ASAP AND BEFORE 7th APRIL
3. Please email me with any extra questions or suggestions you may have.

Thank you for your time and I hope to see lots of you in 2013.

Tristan Parris

South West Fencing Regional Hub

Training days/Talent clinics 2013 (apr + june)

Dates	21/4/2013, 30/6/2013
Times	Arrive 0900, training starts 0915, finish 1630, depart 1700
Venue(s)	Millfield School, Butleigh Road, Street, Somerset, BA16 0YD
Costs	£40 per session or £70 for two sessions
Requirements	All sparring will be done in full whites (breeches and socks required) irrelevant of weapon. Each fencer should bring full electric kit, gym kit, food and drink for the day, training diary/notepad pen. Once you have applied I will send more details.
How to apply	Please fill out and return below to Tristan Parris – trp@millfieldschool.com or Tristan Parris, Director of Fencing, Millfield School, Butleigh Road, Street, Somerset, BA16 0YD.
How to pay	If paying by cheque please enclose cheque for relevant amount made payable to South West Fencing Regional Hub
Or	If you email me then I will provide details for bank transfer.

Name DOB Mobile number

Address

Email address

Emergency contact number

Any medical conditions

I wish to attend the training days on: 21/4/2013 30/6/2013

I enclose a cheque for I will pay by bank transfer

Disclaimer: The organisers accept no responsibility for loss or damage to fencers or equipment

Signed (parent or guardian if under 18)