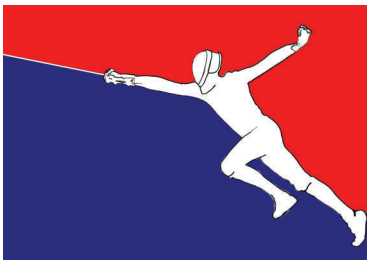
PLYMOUTH FENCING CLUB

Summer Fencing Course

An intensive but fun, skills and technique course for fencers of all standards.



A 5 Day Course from Monday 27th to Friday 31st July 2015



Plymouth Fencing Club are once again pleased to announce it's ever popular Epee Fencing Summer Course for fencers of all standards. Including Cadet, Junior, Senior and Pentathlete fencers.

The course is being run by the outstanding coaching team at Plymouth Fencing Club. Andy Hill, Peter Barrett and the recent addition to Plymouth Fencing Club, Nicola Martino.

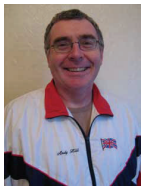
This 'non-residential' fencing course is structured to help you improve and develop your technical and tactical fencing skills. Whether you are a novice, intermediate, international fencer or pentathlete, then this course is for you.
Each day will consist of warm-up and footwork skills, group and pairs training, one-to-one lessons and 'electric box' fencing incorporating competitive and scenario matches. While the aim of the course is to develop fencing skills, we also aim to make the course fun for all participants too.

PLEASE NOTE: The course will be held at the following location…

MONDAY 27th to FRIDAY 31st July 2015 = Plymouth College, Ford Park. PL4 6RN.

Times are from 9am to 4:30pm all days. Cost: £150 for 5 days or £35 for individual days.

The Coaching Team……



ANDY HILL
Head coach at Plymouth Fencing Club and Director of Pentathlon at Plymouth College. Andy has been a British under 17 and under 20 coach and Coach to the England senior team at the Commonwealths in 2006. From 1987-2015 he has coached 105 National Champions in Fencing and multi events, In the last year he has coached to success a youth Olympic Fencing finalist, a European pentathlon bronze medallist and a World team Pentathlon gold medallist, a Senior Commonwealth Silver medallist as well as National Champions in multi eventing and Fencing.



PETER BARRETT
Joint Head Coach at Plymouth Fencing Club and Former Great Britain Under 17 and Under 20 Men's Epee Coach and an international fencer himself, Peter has coached numerous Cadet, Junior, Senior, Veteran and Paralympics Champions.



NICOLA MARTINO
Italian Fencing coach (Istruttore Nazionale) recognised by the Italian Federation. Top 10 Italian cadet and Junior rankings. represented Italy in Junior world cups in Paris, Catania and Warsaw. Second place senior Italian Cup. Coached in the U.S.A at Riverdale Fencing, Atlantic Fencing Academy and Brooklyn Fencing Club. Coached at Scherma Giannone Caserta, Italy.

Places on the course are limited to ensure a good pupil-coach ratio so please book early to avoid disappointment. Fencers will have the opportunity to work with both coaches. Participants will need to bring their own packed lunch and a water bottle (please let us know if you require any fencing equipment).

For further information please contact Andy Hill at andyhill@plymouth-college.co.uk or call 07891 489824.

Please complete the attached application form and give it to your coach or email Andy with your details

Summer Fencing Course 2015. Booking Form

Please complete the form below and send with a cheque for £150 (or £35 daily rates as required) payable to **'Plymouth Fencing Club'**

Please send/email (andyhill@plymouth-college.co.uk) or hand in on a club night) to:
Andy Hill, Plymouth College, Ford Park. Plymouth PL4 6RN
Please indicate (circle) how many days you wish to fence.

I wish to fence: ALL Days or Monday, Tuesday, Wednesday, Thursday, Friday

Please circle the number of days you wish to attend

NOTE: This is a 'NON-RESIDENTIAL' camp and you will need to make your own accommodation arrangements

Fencer's Name: _____ D.O.B. _ _ / _ _ / _ _ _ _

Address: _____

_____

_____

Email Address: _____

Fencing Club/School: _____

Emergency Contact Numbers: _____

_____

Please List any existing medical conditions or injuries:

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