SUMMER TRAINING CAMP
2015

Supported by Leon Paul London

THE CAMP

The 2015 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, foil and epee, & includes training for wheelchair athletes.

The Truro Fencing Club Summer Camp has a top-class coaching and support team in all three weapons to help prepare athletes for the forthcoming fencing season. The camp is suitable for all ages and abilities except for absolute beginners.

Lunch, water, sports drinks and energy snacks are all included in the cost of training. Dinner or Dinner/B&B is available – please see the attached form.

Online enrolment and payment is also available - visit www.trurofencing.com



INCLUDED IN YOUR FEE

- At least 4 individual lessons with top-class coaches
- Footwork training
- Technical and tactical training
- Sparring & Competitions
- Fitness training, including CV, core, interval, flexibility, circuit training and other aspects of your 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
- 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

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). 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 **(WE CANNOT PROVIDE ANY MEDICATION, INCLUDING PAIN-KILLERS)**
- There is a laundry room for residents and a common room with pool table, TV, DVD player and stereo system. Bring your DVDs, CDs and games consoles etc!
- Under 18s will be chaperoned in the accommodation block by qualified staff

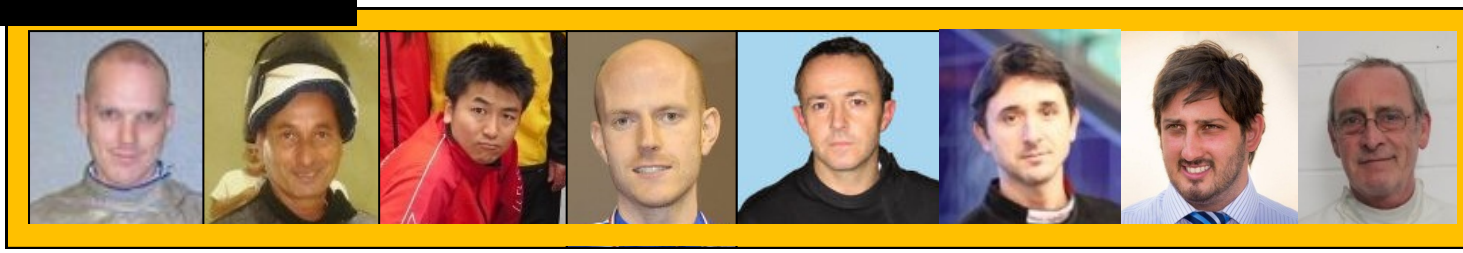
CONTACT

TFC admin - Louise Bond-Williams

T: 07532 310382

E: admin@trurofencing.com

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.

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. Peter coached on the TFC Performance Program for 3 years, and still works closely with the club

Kenichi Yamamoto is Lead Epee Coach at Truro Fencing Club. As a senior International fencer he reached a World Cup final and world top 60 ranking' Kenichi lived, trained and coached in Budapest for many years and has coached the GB Cadet and Junior Epee team at many events.

Chris Buxton is a three-times GB sabre champion, a former Olympic pathway athlete, and is Lead Sabre Coach for Truro Fencing Club. Chris's fencers have won international cadet medals and he has coached the GB youth team at World & European Championships.

Paul Caine is Lead Foil Coach at Truro Fencing Club, Paul has produced GB team fencers who have qualified for European and World Youth Championships, as well as a large number of GB championship medals and finalists.

Rob Bruniges is a triple Olympian and former Junior World Foil Champion, renowned for his flair and unconventional style. Formerly foil coach at Truro, Rob is guest Foil Coach at the camp, bringing his extensive experience of world-level foil fencing to the coaching team.

Balazs Kurucz is formerly sabre coach at Godollo Club in Hungary, (winners of the 2012 Hungarian Team Championships) and coach to Junior World Championship gold medalists. Balazs has coached at Truro Fencing Club since 2012, and works with the club's youth, cadet and junior fencers.

Jon Rhodes – Sports scientist and performance consultant for the TFC Performance Programme, Jon sets and leads all the Strength and Conditioning training of the club's elite fencers. With wide experience at professional level in many sports, Jon periodises the athletes' training programmes

Additional international guest coaches and further support staff will attend the camp - TBC.

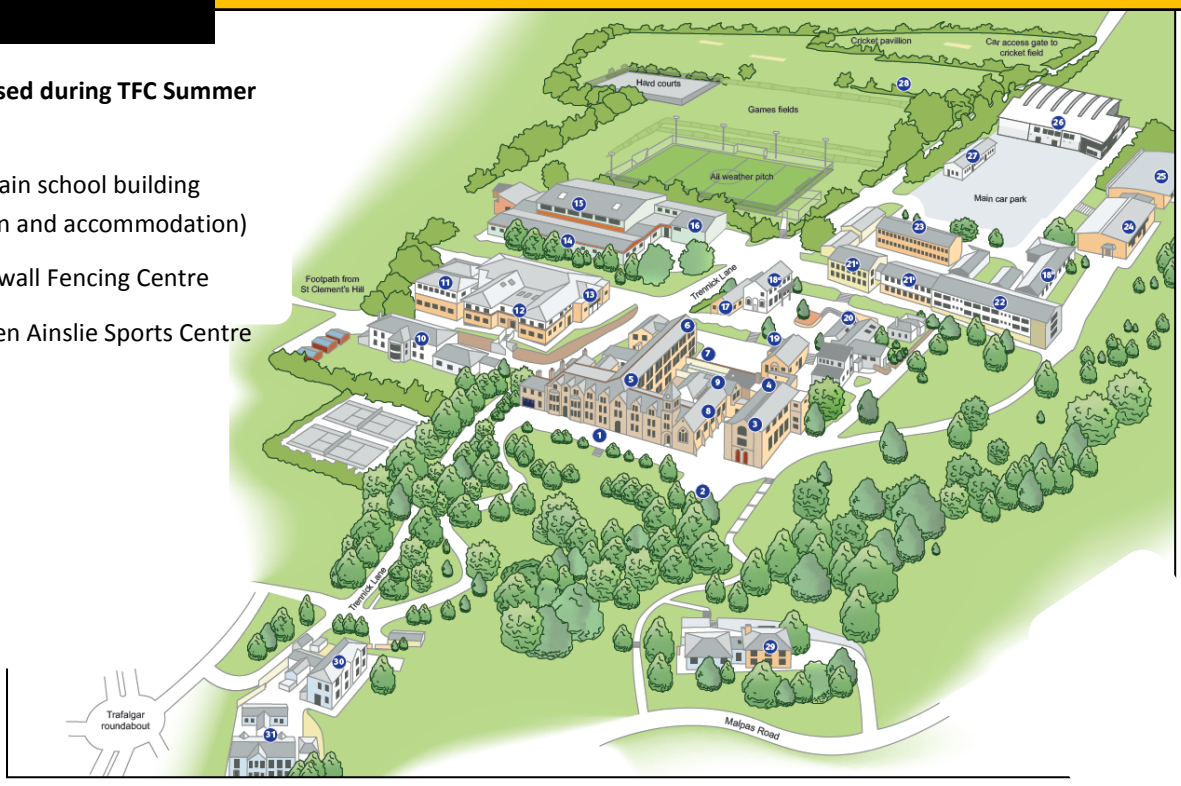
THE SITE

Areas used during TFC Summer Camp

1 & 5 Main school building (Canteen and accommodation)

24 Cornwall Fencing Centre

26 Sir Ben Ainslie Sports Centre



SUMMER TRAINING CAMP 2015

Monday July 27th - Saturday August 1st

Online enrolment is available at www.trurofencing.com

PLEASE ENROL ME ON THE 2015 TFC SUMMER CAMP AS FOLLOWS (tick):

	Training (inc Lunch)	Wheelchair rate (inc Lunch)	Dinner, B&B
TFC Member	£215 [ ]	£160 [ ]	£220 [ ]
Non-Member	£235 [ ]	£175 [ ]	£220 [ ]

NB. A surcharge of a 3.5% applies for credit/debit card/PayPal payments on the online enrolment system.

I enclose a cheque made payable to 'Truro Fencing Club' for £_____

Name_____ Weapon _____ 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:_____

_____

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 TO: Truro Fencing Club, Cornwall Fencing Centre, Truro School, Trennick Lane, Truro, TR1 1TH

ALL ENQUIRIES TO: admin@trurofencing.com

07532 310382