



The  
***ACT Fencing Association***

is pleased to announce a

***Performance Improvement Day***  
***hosted by ANU Fencing Club***

to be held at

***ANU Sports Hall***  
**Building 19, ANU campus**

On  
**Sunday, 8<sup>th</sup> April**



<b>Cost</b>	ACTFA members	\$50
	non-members	\$60

**Registrations via RegisterNow website:** <https://www.registernow.com.au/secure/Register.aspx?E=29450>  
(closes 3 April)

**Visiting coach:** Bill Ronald OAM, a well known Sydney coach specialising in foil and epee. His Speed and Agility program is part of the Sydney University Fencing Club program and Bill has delivered over 200 of these popular sessions for as many as 22 participants. Bill believes that training is best “self regulated” and with a bit of encouragement can be productive, enjoyable and fun! You don’t need to be a world Champion to benefit, just interested in self improvement and being the best that you can be! Bill is a former National Foil & Epee Champion, Junior Foil Champion State Champion and an Olympian in Foil and Epee and a Commonwealth Games silver medallist.

**Schedule:**

- **8:45 arrive & check-in**
- **9:00 warm up**
- **9:15 Speed and Agility, Fitness – drills, exercises and games**
- **11:15 lunch break**
- **12:00 Footwork**
- **1:00 Situational Bouting – scenarios**
- **2:00 Cool down, review and self planning**
- **3pm finish**

**Guidelines:**

- Be on time!
- Have a light meal approx. an hour prior to the session
- Wear shorts and wicking shirt
- Sports shoes and fencing shoes
- Water bottle or Sports drinks
- Bring a chamois to moisten shoe soles
- *Be prepared to work hard*, but to rest if you need to!
- There is a warm up before exercises. Failure to warm up suitably can result in damage
- **BE ON TIME – we start on time!**

**Bring with you:**

- Fencing shoes + sports shoes if required
- suitable clothing for lots of exercise
- towel
- changes of “T” shirts
- drinks and suitable snacks
- lunch if no cafe available
- fencing equipment
- a big smile

**If you have any problems finding the venue, please call 0448 183 868 on the day for assistance.**