

Dear Fencers / Parents / Coaches,

Please read the information below on a number of fencing camps and training opportunities that will be run by VRI Fencing Club at the State Fencing Centre in North Melbourne over December.

The Ultimate Fencing Camp & Junior Development Camp – State Fencing Centre, Arden Street North Melbourne.

Fencers from Australia, New Zealand and beyond are invited to participate in the following camps:

1. The Ultimate Fencing Camp (UFC) – 10am Tuesday 9th December - 5pm Monday 22nd December

2. Junior Development Camp (JDC) - 10am Saturday 18th December - 5pm Friday 22nd December

The **UFC** is an intensive training camp for up to 60 fencers, in all three weapons, that will involve highly competitive and challenging fencing and fitness sessions. The camp will include guest lectures on sports psychology, nutrition, injury prevention and management, being an elite athlete and sports science, along with video analysis of both elite fencers and camp participants. This camp is suitable for fencers who are competing at National level and above and is open to all ages.

A minimum number of places are reserved for each weapon, and due to recent demand from budding younger fencers, a small number of places will be available for younger fencers wishing to transition to higher level, competitive fencing.

The **JDC** will be running concurrently with the UFC and is suited for fencers in their first 1-3 years of fencing. Subject to numbers, the JDC will be separated into Under 14 and Under 20 age groups. It is an opportunity for participants to learn more about fencing, discover new skills and see higher level fencing close up. They will have the opportunity to work with Olympians and will come home full to the brim with enthusiasm for the season ahead! This camp is an optional billeted camp for those fencers living outside of Melbourne. Arrangements can be made for late pick-ups of participants if required (the UFC camp goes until later in the day so supervision can be provided).

Experienced coaches and mentors will be working with both camps' participants. Confirmed coaches and mentors include: National Foil Coach David Mok, 1992 Olympian Scott Arnold, and Elli Wellings. Subject to participation numbers a range of other coaches and mentors in all weapons will be included. UFC 2009 included 2004 Olympian Frank Bartolillo, 2000 Olympian Nick Heffernan, 1992 Olympian Nick Mihailescu and Maître Neil Hick as coaches, and numerous senior internationally experienced fencers across all three weapons as mentors.

3. Modern Pentathlon Camp

We are in discussions with Modern Pentathlon Australia to include a coordinated Pentathlon training camp in conjunction with the UFC and JDC. This will be a great opportunity to help develop both fencing and pentathlon athletes. If you are a pentathlete or pentathlon coach please contact Elli Wellings by email below.

Accommodation

As it is not possible to use the generous Kardinia International College, Geelong as a live-in training base this year, UFC 2010 will be a day and day/evening camp. Interstate, regional and international participants will choose between billeting options (at \$150/person including some primary board), subject to availability and will be prioritised, but not limited to, U/18 fencers.

We are arranging block bookings at a range of high-quality and tested local Hostel/Backpacker venues and apartments. We will ensure that a trusted adult mentor will stay with any U/18 fencers in group hotel bookings. Naturally, if you have family / friends with whom to stay while in Melbourne, this will be ideal.

Potential Billeting Families / Participants

In order for UFC 2010 to be a success, we rely heavily on the willingness of local families and fencers to billet one or more fencers. If you are able to do this, please let us know. Billeting is a great way to make new contacts in other cities when you are travelling for competitions, and also an opportunity to build lasting friendships. Families will be provided with \$150 per person to cover some expenses related to board. It is understood that snacks, luxuries, and dining out is to be at participants' expense, however the expectation is that billets will be provided with healthy breakfast, lunch and dinner options, and fruit. We can arrange to use our bulk-buying memberships of larger providers (e.g. Campbell's Cash & Carry, Cadbury Factory (Brunch Bars and jellies for recovery) and Costa's fruit & vegetables) to aid in purchasing supplies and groceries – please let us know if you are interested. It is anticipated that camp participants will be very rarely at home during the 2 week camp, and are likely not to be a great burden on billets aside from sleeping, showering and eating!

ATTENTION - Senior Fencers!!

Obviously, many senior fencers will be busy working during this time of year and unable to attend the camp in its entirety. We would like to extend an invitation to you to participate in the camp when you can. It is a mutually beneficial arrangement where both you and our camp participants should get new people with whom to train. Senior fencers can nominate to participate in full or half day sessions at a small cost. This will involve participation in all training, lectures, exercises, and competitions scheduled for that day.

If you would like to attend, please email Elli to discuss further. We will need to know in advance your intention to come for planning purposes.

For more information on the camp, including registration forms, and if you have any questions, please email Elli on elliwellings@hotmail.com.

Regards,

Elli Wellings
Camp Manager