

The **ACT Fencing Association**  
is pleased to announce the  
**ACT 2012 Warm Up Camp**  
to be held at

**ANU Sport and Recreation Centre**

10am-3pm Sunday 19<sup>th</sup> February 2012

Open to experienced fencers 12yrs+ (fencing for at least one year)

Coach: Mark Booth

Weapons: Please indicate your preferred weapon when registering. The camp will be tailored to cover all weapons depending on interest.

Areas covered throughout the day:

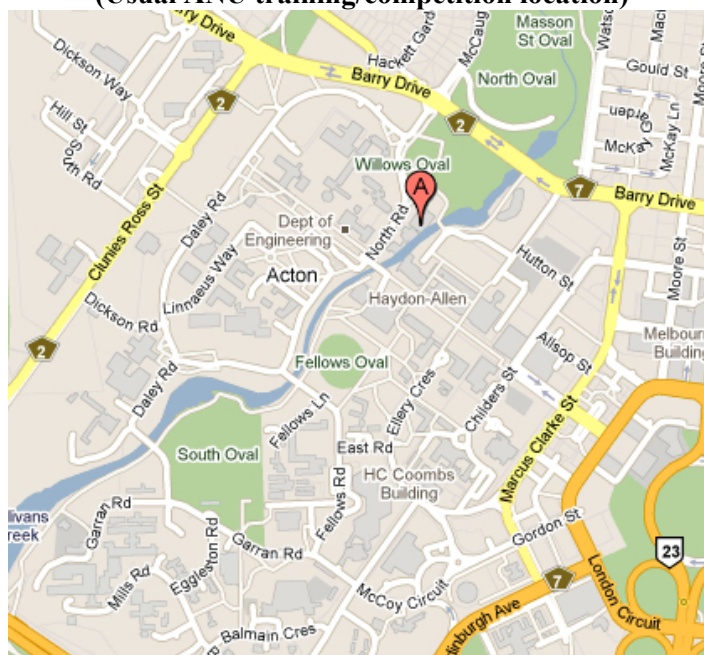
- goal setting
- fitness training
- footwork
- drills
- bouting

Cost will be \$25 for the day including lunch

Dress requirements: Long pants and Fencing Jacket required

Participants need to be affiliated with ACTFA or fully paid ANU members (SRA & club)

ANU Sport and Recreation Centre, Building 19 North Road Acton  
(Usual ANU training/competition location)



Register by Thursday 16<sup>th</sup> February 2012 to indicate your preferred weapon.

To register:

Email your name, club, number of years fencing and weapon preference (1-3) to  
[anu.delegate@actfa.org.au](mailto:anu.delegate@actfa.org.au)

Payments will be taken on the day. Please arrive 30 minutes before starting time to ensure the camp starts promptly.