



Training Camp

Details of the first training camp of the year are given below. This camp is an ideal one to get back into training before the season starts! Camps will be held on a monthly basis throughout 2013.

- Date: 24 February 2013
- Time: 10am – 3pm
- Location: MacKillop Catholic College
Mackinnon St, Wanniasa
(Near Erindale)
- Cost: \$25
- Skill level: all fencers with more than 1 years' experience
- Age limits: over 12 (but contact Mark if younger fencers want to attend)
- Format: this training camp will concentrate on goal setting for the year, fitness training, footwork and some fencing
- What you need: fencing gear, pen, paper, lunch and plenty of water / liquids

Contact: Mark Booth:
coachingdirector@actfa.org.au

Please contact Mark to confirm your attendance