

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 really kicks in! Camps will be held on a monthly basis throughout 2013.

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| Date: | 23 March 2013 |
| Time: | 10am – 3pm |
| Location: | MacKillop Catholic College, Mackinnon Street, Waniassa (near Erindale) |
| Cost: | \$25 |
| Skill level: | all fencers with more than 1 year's 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 |

Registration is required. You can register via online form on the ACTFA website by 21st March.