

ACTFA Training Camps

The purpose of the training camps is to provide a longer period of training than fencers can achieve during a typical evening session. The camps concentrate upon three key areas:

- General fitness – with a combination of games and exercises designed to enhance stamina and flexibility
- Footwork – the basis of all successful fencing is good, balanced footwork. The camps spend a significant amount of time with fencers practicing footwork
- Bouting – time is given over to practicing specific moves.

The camps cater for fencers who have more than one year's experience. All weapons are catered for although the amount of time devoted to each weapon will depend upon the numbers attending. If fencers have specific requests for topics to be covered they can be catered for.

All fencers can benefit from attending the camps and all fencers who compete should attend.

Dates and Times

The training camps are held monthly at Mackillop college on Mackinnon Street, Wanniasa. They are held on alternate Saturdays and Sundays to best fit in with fencers' schedules. The camps run from 10am – 3pm with a 30 minute lunch break.

If transport is a problem please contact Mark Booth.

There is a \$25 fee for the camp.

If you need any more information please contact State Coaching Director Mark Booth at: coachingdirector@actfa.org.au

The next Training Camp will be held on **Saturday 18 May**. As well as general training this session will contain a specific section on fencing tactics.