



The
ACT Fencing Association Inc.
is pleased to announce a
Performance Improvement Day
hosted by Engarde at Mackillop

to be held at
St Mary Mackillop Catholic College in Mackinnon St, Wanniasa
on
Saturday, 1st September

Cost	ACTFA members	\$50
	non-members	\$60

Registrations via RegisterNow website:
<https://www.registernow.com.au/secure/Register.aspx?E=31550>

Visiting coach: Simon Capon, NSW State Coach for Epee, Assistant National Coach for Epee, 5 years national team Foil, 3 years national team coach Foil.

Schedule: (subject to change depending on numbers)

- 9:15 arrive & check-in
- 9:30 warm up, Agility & Fitness
- 10:30 Footwork, Group work, Drills
- 11:45 LUNCH BREAK
- 12:15 Monitored Bouts
- 2:45 Warm down, Stability and Stretching work
- 3:15 Q&A
- 3:30pm finish

Guidelines:

- Be on time!
- Have a light meal approx. an hour prior to the session
- Wear shorts and wicking shirt suitable for lots of exercise
- *Be prepared to work hard*, but to rest if you need to!
- There is a warm up before exercises. Failure to warm up suitably can result in damage
- BE ON TIME – we start on time!

Bring with you:

- Clothes suitable for training
- Large towel for stretches
- Water bottle or Sports drinks
- drinks and suitable snacks
- **LUNCH** (no cafe available)
- fencing equipment
- You may bring a camera and tripod to record yourself bouting.

If you have any problems finding the venue, please call 0448 183 868 on the day for assistance.