



The
ACT Fencing Association Inc.
is pleased to announce a
Performance Improvement Day
hosted by ANU Fencing Club
to be held at
ANU Sports Hall
Building 19, ANU campus
Sunday, 28th October

Cost	ACTFA members	\$30
	non-members	\$40

Registrations via RegisterNow website:

<https://www.registernow.com.au/secure/Register.aspx?E=31917>



Master coaches:

Mark Booth; *is a Level 2 coach in all three weapons and has been coaching in the ACT since 2010. He has been a coach for over 30 years and has coached in the UK, New Zealand and the USA as well as in Australia.*

Nigel Nutt, OAM; *has been winning medals Nationally and Internationally since 1987, including gold for Commonwealth Veteran Foil in 2010, 2012 & 2014.*

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

This training day will also be used to facilitate practical training for our level 1 coaches.

Schedule: (subject to change depending on numbers)

11:00	–	warm up, Agility & Fitness
11:45	–	Footwork, Group work, Drills
1:00	–	LUNCH BREAK
1:30	–	Monitored Bouts
2:30	–	Warm down, Stability and Stretching work
3:45	–	Q&A
4:00pm	–	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.