



www.actfa.org.au

The
ACT Fencing Association
is pleased to announce a

Level 1 Coach Course

Saturday, 27th October, 11am to 5pm

North Oval Pavilion Building 19B, ANU campus

Sunday, 28th October, 11am to 4pm

ANU Sports Hall Building 19, ANU campus

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|-------------|----------------------|--------------|
| Cost | ACTFA members | \$80 |
| | non-members | \$100 |

Registrations via RegisterNow website:

<https://www.registernow.com.au/secure/Register.aspx?E=31916>



Trainers:

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.*

Saturday Schedule:

| | | |
|--------------|----------|---|
| 11:00 | – | Introduction, Ethics & Terminology |
| 12:00 | – | break |
| 12:15 | – | Pedagogy |
| 2:15 | – | break |
| 2:45 | – | Foil/Epee/Sabre Focus Group |
| 4:45 | – | Sunday's schedule and activities. |
| 5:00 | - | Finish |

Sunday Schedule:

| | | |
|---------------|----------|---|
| 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 |

Please arrive a few minutes early so we can start on time.
Bring note taking materials and lunch.

Please note you are required to complete both days to be eligible for level 1 accreditation.

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