



The
ACT Fencing Association Inc.
is pleased to announce a
Speed, Agility, Fitness & Footwork
hosted by ANU Fencing Club
to be held at

ANU Sports Hall
Building 19, ANU campus

Sunday, 1st September - 11am to 2pm

Cost	ACTFA members	\$20
	non-members	\$25

Registrations via RegisterNow website:

<https://www.registernow.com.au/secure/Register.aspx?E=35797>

Master coach:

Bill Ronald OAM, a well known Sydney coach specialising in foil and epee. His Speed and Agility program is part of the Sydney University Fencing Club program and Bill has delivered over 200 of these popular sessions for as many as 22 participants. Bill believes that training is best “self regulated” and with a bit of encouragement can be productive, enjoyable and fun! You don’t need to be a world Champion to benefit, just interested in self improvement and being the best that you can be! Bill is a former National Foil & Epee Champion, Junior Foil Champion State Champion and an Olympian in Foil and Epee and a Commonwealth Games silver medallist.

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.