Senior (13+) Foil Performance Training Day
Saturday 19th March 2016 - 10am to 4pm
Nottingham Trent University Lee Westwood Sports Centre Clifton Campus,
Clifton Lane, Nottingham. NG11 8NS

£26 per fencer - Spaces limited - Please Register ASAP

Closing Date - 5th March 2016 - £10 Late Registration Fee

Foil Coach – Adam Blight

Adam is based in Sheffield and coaches predominantly throughout Yorkshire and Derbyshire. He has also coached in other parts of Britain and abroad, occasionally on behalf of Taiwan as a coach at International events. Fencers he has coached at foil and epee have won National Championships at all ages from Under 10s to Senior level, most notably perhaps, the 2011 British Men’s Foil Champion Husayn Rosowsky. In addition to this, fencers coached have won medals in British Senior Championships, World Cadet (Under 17) and European Junior (Under 20) Championships. Many fencers he has coached have represented their country in International events at all levels including European and World Cadet (Under 17) and Junior (Under 20) Championships and Senior World, Asian Championships, an Olympic Qualifier and the 2012 Olympic Games. For many years has coached many times British wheelchair foil and epee champion Suzannah Rocket. Also, coaching a number of stuntmen, one of whom went on to employ his skills in a French Three Musketeers film!!! He has on many occasions spent time in Hungary to learn about fencing and coaching fencing.

PLEASE NOTE

• This is a day aimed at intermediate to advanced fencers (13+) Please be advised that this training day is not suitable for beginners or fencers who have been fencing for less than one year and/or have not fenced competitively at region or National level.

• Bring FULL kit (including electric kit), including gym/running gear for warm-up/footwork sessions.

• There is NO onsite catering available. It is recommended that you bring a packed lunch, snacks and drinks with you as it will be a long day.

• The training day is open to ALL British Fencing registered members; EM Fencers will be given priority before THE CLOSING DATE of 5th March 2016

TRAINING SCHEDULE

10:00 - Morning session
• Warm up.
• Footwork - with a focus on technical and tactical aspects.
• Pairs practice - a succession of technical, tactical and competitive routines.
• Bouts - themed bouts.

13:00 - Lunch
13:30 - Afternoon session
• Warm up/footwork
• Bouts - competitive bouts probably employing a fencing ladder structure.
• Lessons and technical/tactical advice.

16:00 - End
Senior (13+) Performance Training Day
Saturday 19th March 2016

Name: 

DOB: 

Club: 

Address: 

BFA No: 

Telephone: 

E-Mail: 

Male/Female: 

Left/Right Handed: 

Left/Right Handed: 

Competition Experience: 

Club: 

County: 

National: 

International: 

Closing Date: 5th March 2016

I accept that EM Fencing cannot be held responsible for any accident, loss or damage sustained at this Performance Training Day and that EM Fencing reserve the right to take photography for publicity purposes.

Signature of Entrant OR Parent/Guardian if Under 18:

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Return this form and a cheque for £26 payable to: -

East Midlands Region England Fencing

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Nottingham. NG4 2RD

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