



MUNSTER BLADES FENCING CLUB

Hit Others First. Run With Sharp Objects. Always Start It. Everything Your Parents Tell You Not To Do.

Easter Fencing Camp

St Joseph's CBS, Nenagh

Tuesday 3rd April – Friday 6th April 2018, 10am to 4pm



Coaching for girls and boys aged 10-18 years. Beginners & Improvers – all equipment provided.

Tuition: €90 (or €75 for existing club members and there are also reductions for siblings – contact Patrick for details)

Lunch: Bring a packed lunch and plenty of water

Equipment: Wear indoor trainers and comfortable tracksuit bottoms (with zipped pockets or no pockets).

munsterblades.ie

It's that time of year, again, when parents scramble to find activities that will keep their kids occupied and entertained when they are not at school.

This spring we are providing Tipperary kids with an Easter camp that explores the exciting world of fencing. With centuries of history, fencing is a respected Olympic sport that combines nobility, athleticism, strategy, and speed.

Fencing can build your child's self-esteem, help them make new friends, acquire valuable time management abilities, and develop strategic thinking.

Inspired by the long and illustrious history of fencing, we've designed fencing camps that will focus on building basic skills in all aspects of fencing:

- **Correct footwork:** Beginner/improver fencers will integrate the proper fencing stance and learn how to move on the strip – becoming fluent in changing directions and tempos.
- **Distance control:** Your child will develop the ability to gauge the optimum distance for specific actions such as defence or attacks, as well as recognize the precise timing of when to strike.
- **Blade work:** We will use specific exercises and drills to help campers develop a natural way of handling the weapon. Participants will learn the correct technique of making a touch or hit in order to score.
- **Etiquette:** Learning the rules, manners, and sportsmanship of the game is an important part of fencing and we will make sure to educate your child on these matters.
- **Sparing:** Campers will experience the thrill of using the electrical equipment while fencing. This will help them become used to the equipment before a friendly competition on the final day.

	Tuesday 3rd April	Wednesday 4th April	Thursday 5th April	Friday 6th April
10am - Noon	Check in	Warm Up	Warm Up	Warm Up
	Warm up	Footwork / Game	Footwork / Game	Competition
	Footwork / Game	Fencing Lesson	Fencing Lesson	Seeding Poules
	Fencing Lesson			
Noon - 1pm	Lunch *	Lunch *	Lunch *	Lunch *
2pm - 4pm	Presiding Workshop	Foil Maintenance Practical	Diagnosing Electrics Practical	Competition DE
	Fencing - Sparing	Fencing - Sparing	Fencing - Sparing	

* - Lunch - participants should bring a packed lunch and lots of water !

For intermediate fencers the camps will strengthen technique, improve conditioning, advance fencing skills, and deepen the understanding of the sport.

We understand that the session needs to be fun and engaging for the kids. This is why our exercises often combine the elements of games and activities that work on a specific set of muscles or necessary skill. For example, sometimes our warm up exercises will include a game of handball or dodgeball, which builds endurance, hones spatial relation capabilities, encourages team spirit, enhances hand-eye coordination, develops defensive strategies, and gets the camper used to assessing a situation quickly and then reacting just as fast. Other times, coaches will create a competitive game between fencers to practice their footwork – it can be physically challenging, but the fencers don't notice because they are so distracted by the fun of the game!

At the end of the camp, there will be a friendly fencing competition among the participants. This is not a formal competition, it will be held in the spirit of fun and learning.

Please contact Patrick Dight 087 906 8753, patrick@munsterblades.ie if you are interested, or sign up for the event on Facebook.

