

UFC4



The annual *Ultimate Fencing Camp* and *Junior Development Camps* are back for their 4th year. As usual, the camps will involve:

- Intensive training for elite and sub-elite fencers (UFC)
- Fun and developmental training for our younger and newer fencers (JDC)
- International guest coach Professor Enrico di Ciolo (ITA) as well as a bunch of Australian coaches and mentors
- Fencers from all over Australia and New Zealand
- Footwork sessions
- Technical & Tactical 'Skills & Drills' sessions
- Structured Boutings
- Competitive Boutings
- Recovery sessions (e.g. swimming, hydrotherapy, ice baths, stretching)
- Strength & Conditioning Sessions at the AAMI High Performance Centre
- Video Analysis
- Guest Lectures (e.g. Sports Nutrition, Sports Science, Injury Management)
- And more!

UFC4 involves a suite of training opportunities for our most elite international fencers to our newer and younger fencers:

- The **Ultimate Fencing Camp** – 2 weeks of intensive training for elite and sub-elite fencers (e.g. people who are competing in National and International events or who are planning to do so in 2013). As with UFC2012, we are thrilled to announce that the highly regarded multi-Olympic, Italian National Team Coach, Enrico di Ciolo will be joining us. Enrico is known for his intellectual approach to coaching, and has published several articles and books on fencing, including psychology, didactics, pedagogy and the sociomotoric and psychomotoric aspects of fencing. He is a highly engaging and inspiring coach, who will challenge fencers to think and learn.
- The **Junior Development Camp** – we are running two separate 4 day camps for foil and épée fencers who are between 9-14 years old and who are yet to or just starting to compete in Age-based National events. Participants will have the opportunity to join in with exercises with the larger UFC group (e.g. footwork, games, team matches) and will perform technical activities separately, to enable them to develop new skills and confidence.

Younger fencers are welcome to join the full UFC, however a high level of fitness and stamina is recommended, as well as a level of technical ability in their weapon of choice. If you are not sure which camp suits you/your child, please email the Camp Manager at elliwellings@hotmail.com.

Where?

UFC4 will be hosted by VRI Fencing Club at "Tigerland" (Richmond Football Club), in the Black and Yellow ME Bank Centre on Punt Road, Richmond in the shadows of the MCG. The venue has 14 fencing pistes, and is close to public transport (train, tram and bus).

When?

1. Ultimate Fencing Camp – Wednesday 2nd January 2013 – Sunday 13th January 2013 (end of camp dinner). **COST: \$700**

2. Junior Development Camp FOIL – Friday 4th January – Monday 7th January 2013. **COST: \$250**
3. Junior Development Camp EPEE – Tuesday 8th January – Friday 11th January 2013. **COST: \$250**

Please note that start and finish times will be set closer to the date, but will involve AM and PM sessions. UFC participants will be training at various outdoor venues and in the AAMI High Performance Centre, as well as VRI Fencing Club.

Accommodation

UFC4 is NOT a live-in camp. You have 4 accommodation options:

1. Stay with family/friends
2. If you are U15, we will do our best to find you a billet (you will need to register to participate in the camp before December 12th to give us ample opportunity to find you a billet). If you are over 15, and unable to stay in the third accommodation option, below, we will do our best to find you a billet as well. We ask that you pay a small fee to contribute to the costs of meals (\$10/night) and \$20
3. If you are 15 & over, we have arranged accommodation at a local backpackers. The backpackers is relatively small, is near the club, has kitchen facilities, as well as lounge rooms etc. This will enable fencers to enjoy the communal atmosphere of UFC'09 at minimum cost. The entire second floor has been booked out for fencers.
4. Organise your own accommodation!

Individual Lessons

Fencers will be able to book individual lessons with Professor Enrico di Ciolo and the other camp coaches, should they wish. These lessons are *not included* in the cost of the camp and will occur outside of general training sessions (e.g. in downtime or breaks). Places are strictly limited. Lessons will be arranged on the first day of UFC.

To Register...

Because places are limited, we require people to pay a deposit and register their interest in attending the camps by 23rd November 2012. Your application will be confirmed by 30th November 2012 and you will be required to complete the registration process by 16th December 2012. Late registrations will be accepted, however there is no guarantee there will be places available at the camps.

Email Camp Manager Elli Wellings for Registration forms - elliwellings@hotmail.com

If you have any questions, please do not hesitate to get in touch!