

Bryant Blades Summer

Camp



Mini Musketeers Age 5-7 (plastic equipment)
Combat Kids Age 8-10 (metal equipment)
Swashbucklers Age 11+ (metal equipment)

Wodson Park Leisure Centre

29th August 9:30am-12:30pm
30th August 9:30am-12:30pm
31st August 9:30am-12:30pm
Cost £25 per day or £65 for the camp.
Payment In full in advance, non-refundable

Sessions include:

Games – specifically designed to help improve balance and mobility.

Refereeing – to develop judgment, deduction and observational skills, understand a fencing match and to learn fencing 'etiquette'.

Team Competition – to develop confidence, decision making skills, self-discipline and good sportsmanship.

Fencing Footwork and timing exercises – To improve speed, movement and change of direction.

Blade Skills – to develop and increase the fencers repertoire of attack and defensive actions.

Individual analysis – assessment of the fencers strengths and weaknesses to maximize their potential.

Individual coaching sessions – one-to-one lessons from our GB squad coaches.

Strength and Conditioning – fencing specific exercises to improve competition strength and stamina.

Nutrition and Psychological awareness – guidance to maximize the athletes potential.

Competition – to implement learned skills in the competition environment.

www.bryantbladesfencing.com

Facebook: 'Bryant Blades Fencing Club'

Email: bryant_blades@btinternet.com

Name:

DOB:

Parent's Name:
(if under 18)

Address:
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Email:

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Telephone:

Mobile:

Emergency Contact:

Any special needs:

Venue: Wodson Park

Sessions:

Wed	Thurs	Fri

BACS: Sort Code: 30-84-85 Account No: 30009968
Cheques made payable to: **Bryant Blades Limited**

Parent's Signature: _____