



FENCING CAMPS

Camp Director: 408-210-2655 or info@calfencingacademy www.calfencingacademy.com

West San Jose Club: 5289 F Prospect Road, San Jose, Ca 95129 Mountain View Club: 950G North Rengstorff Avenue, Mt View Ca. 94039

INTRODUCTORY CAMPS: For those who have never fenced before

CFA MEMBERS!

For every person who enrolls in our intro summer camp who was referred by you, and hands in this EXACT flyer with their registration you will receive **\$17.50 towards a private lesson!**

Please see the reverse side of this flyer for all the camps offered and the registration form.

FENCE FOR FUN CAMPS: For Developmental & Recreational Fencers

These are three weapon fencing camps with the foil, epee, and saber for ages 7 and older. Ages, levels and weapons are separated into different groups. These camps is for Novice and intermediate standard and electrical fencers. Everybody will have a great time, get lots of fencing experience, and definitely graduate to the next level. Equipment rental and other activity fees are included. Campers must supply own lunches and drinks (or bring lunch/drink money). Host families are available for guests for an additional fee. Please see the Fence-For-Fun Camp schedule for further information and registration (reverse side of flyer)

Fee: \$385.00

Deposit fee:\$150.00

Registration deadline: June 25th

TEAM CFA Camps: Mountain View & San Jose Members

#9. June 23-26 M-TH Pre-National Training Camp Foil-Saber-Epee San Jose Facility

This camp is only for fencers attending the national Championships in San Jose, California. The pre-national camp is very important for Championship preparation. It should be mandatory for all attendees. Times are from 1:30-6:00 PM with a 1/2 break for youth fencers before their regular practice of 1.5 hours, which they should attend. Teens will have 1.5 hour break for dinner and return for a 1.5 hour fencing practice from 7:30-9:00 on your weapons evening practices. This format simulates the pools, delays, and stamina needed for going far in the direct elimination tableau. The camp is 2.5 hours longer than past years and includes most private lessons during this time. The club will close at 9:00 PM during this week. Mountain teams should attend this camp in SJ and attend their regular practices.

Fee: \$285.00

Deposit fee:\$150.00

Registration deadline: June 1st.

#10. Aug. 11-15 SUMMER (PRE SEASON) Training Camp Foil-Saber-Epee San Jose Facility

Be ready to work hard, and to focus individually and as a team on the necessary components to perform at your best for the 2007-08 season. Last seasons goals, and ups and downs will be discussed and evaluated in order to set future training and result goals for the 2007-08 season. Individual and team physical fitness will be addressed and a plan developed for the needs of each fencer and the teams. Technique of each fencer will be evaluated and improved and goals set for continued progress in this area. Tactical knowledge and application will also be evaluated, discussed, and elevated individually and as a team in order to make marked improvements before and during the upcoming season. Mental toughness exercises leading to improvement in this area will be taught, and applied. Keeping your fencing records, journal and notes will be covered. Thorough knowledge of your personal game and tendencies will be evaluated by the fencer with the goal of "his/her" game becoming clearer themselves. Analyzing your opponent for flaws, strengths, and tactical choices will be practiced. Of course nutrition and proper tournament preparation will be covered, as well as a hands on armory workshop. There will be lots of bouts in various formats. We will also be doing some physical training outside so wear running shoes and shorts to camp (do not arrive in fencing knickers and shoes), and bring a water bottle. This is not a camp to miss. Weeks plan will be handed out the first morning. Bring snacks and drinks. Lunch can be packed or you may eat with a group at the many eateries in the plaza. Camp is from 9:00 AM-5:00 PM (1 hour longer than past years). Next year we should have enough team members to hold another camp in Mountain View and fencers from both clubs can attend both camps on different weeks. Also do to extraordinary membership and team growth in all three weapons in both clubs we will likely have different camp weeks for the different weapons starting next summer.

Fee: \$475.00

Deposit fee:\$250.00

Registration deadline: July 1st.