

# UFC3



Information and registration forms for the 3<sup>rd</sup> Annual Ultimate Fencing Camp are now available. To receive them, email [elliwellings@hotmail.com](mailto:elliwellings@hotmail.com) or via FB email.

UFC3 is delivering all the things you loved about the last camp... and MORE!!

- Intensive training for elite and sub-elite fencers
- Fun and developmental training for our younger and newer fencers
- International guest coaches (Sergei Golubitsky & Iván Kovács) as well as a bunch of Australian coaches and mentors
- Fencers from all over Australia and New Zealand
- Access to the inner sanctum of a professional AFL club
- Footwork sessions
- Technical & Tactical Drill sessions
- Structured Boutings
- Competitive Boutings
- Recovery sessions (e.g. swimming, hydrotherapy, ice baths, stretching)
- Video Analysis
- Guest Lectures (e.g. Sports Nutrition, Sports Science, Injury Management, Elite Sportsmanship, Future Pathways, Sports Psychology, Strength & Conditioning)

UFC3 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 2012). As with UFC2010, we are thrilled to announce that 3x World Champion and Olympic medallist, Sergei Golubitsky, will be coaching at this camp alongside several other Australian coaches.
- In the middle of the Ultimate Fencing Camp, we will be running an Elite & Invitational Development Epee Camp – a 5 day high intensity épée camp delivered by Olympic and World Championship medallist Iván Kovács. *NB places are limited with priority going to those who are doing the full UFC camp and on National rankings.*
- Junior Development Camp – we are running two separate 5 day camps for foil and épée fencers who are between 9-15 years old and who are yet to or just starting to compete in Age-based National events

### **Ultimate Fencing Camp – Attention SABREURS!**

The UFC is an intensive training camp for up to 60 fencers in *foil* and *épée*. that will involve highly competitive and challenging fencing and fitness sessions. The camp will include guest lectures on sports psychology, nutrition, injury prevention and

management, being an elite athlete and sports science, along with video analysis of both elite fencers and camp participants. This camp is suitable for fencers who are competing at National level and above and is open to all ages. A minimum number of places are reserved for each weapon.

**Sabreurs**, we are currently liaising with Antonio Signorello (National Sabre Coach) to run a Sydney-based intensive training camp for sabre, however the dates and details are yet to be confirmed. Sabreurs please stand by for more details. ***IF the Sydney sabre camp is on a different date and you are keen to attend both, please send me an email. If there are sufficient numbers of sabreurs interested, we will cater for your needs. Please note that we will not run a sabre component to the camp if a sabre camp in Sydney goes ahead at the same time as UFC.***

The JDC will be running concurrently with the UFC and is suited for fencers in their first 1-3 years of fencing, who are under 15 years old. This camp is an opportunity for participants to learn more about fencing, discover new skills and see higher level fencing close up. They will have the opportunity to work with Olympians and will come home full to the brim with enthusiasm for the season ahead! This camp is an optional billeted camp for those fencers living outside of Melbourne.

### **Where?**

UFC3 will be hosted by VRI Fencing Club at its new venue at "Tigerland" aka Richmond Football Club, ME Bank Centre on Punt Road, Richmond in the shadows of the MCG! The venue has 14 fencing pistes and we will have access to other RFC facilities for the camp including the gym, pool, oval, recovery rooms and lecture theatre.

### **When?**

1. Ultimate Fencing Camp – 4pm Friday 6<sup>th</sup> January 2012 – 10pm Friday 20<sup>th</sup> January 2012 (end of camp dinner)
2. Elite & Invitational Development Epee Camp – Wednesday 11<sup>th</sup> January 2012 – Sunday 15<sup>th</sup> January 2012
3. Junior Development Camp FOIL – Saturday 7<sup>th</sup> January – Wednesday 11<sup>th</sup> January 2012
4. Junior Development Camp EPEE – Monday 16<sup>th</sup> January – Friday 20<sup>th</sup> January 2012

### **Cost?**

1. Ultimate Fencing Camp – \$700
2. Elite & Invitational Development Epee Camp – \$350 for non-UFC, **free** (e.g. inclusive in UFC fees) for UFC épéeists selected to attend
3. Junior Development Camp FOIL – Saturday 7<sup>th</sup> January – Wednesday 11<sup>th</sup> January - \$250
4. Junior Development Camp EPEE – Monday 16<sup>th</sup> January – Friday 20<sup>th</sup> January - \$250

Places are limited and priority will go to those attending the full camps. However, if you cannot make it to the entire camp and would like to participate, contact Elli Wellings for details of daily or weekend rates.

## **Accommodation**

UFC3 is NOT a live-in camp. You have 4 accommodation options:

1. Stay with family/friends
2. If you are U16, we will do our best to find you a billet (you will need to register to participate in the camp before December 12<sup>th</sup> to give us ample opportunity to find you a billet). If you are over 16, 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).
3. If you are 16 & over, we are working on a deal with a local youth hostel to book out several dorm rooms for less than \$20/night. The youth hostel is relatively small, is within a walk or quick bus ride from training, has kitchen facilities, as well as lounge rooms etc. This will enable fencers to enjoy the communal atmosphere of UFC'09 at minimum cost. Stand by for confirmation of pricing – coming soon! *For those taking up this option, we will provide a \$70 discount on the full cost of the UFC camp to help cover your costs.*
4. Organise your own accommodation!

## **Individual Lessons with Sergei Golubitsky**

As with UFC2010, fencers will be able to book individual lessons with Sergei Golubitsky. 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.

If you would like lessons with Sergei, please email Elli Wellings with your expression of interest, and how many lessons you would like to have, prior to December 12<sup>th</sup>. Lessons are only available to those who are participating in the full UFC camp.

## **Potential Billeting Families / Participants**

We are looking for generous fencers/fencing families to billet camp participants! We are looking for people who can billet fencers for either the 5 day camp, 7 days (1/2 the UFC camp) or the full camp. We particularly need families who would like to look after our U16 fencers from interstate and overseas, but we will also have a few older fencers who may need a place to stay.

In order for UFC3 to be a success, we rely heavily on the willingness of local families and fencers to billet one or more fencers. If you are able to do this, please let us know! Billeting is a great way to make new contacts in other cities when you are travelling for competitions, and also an opportunity to build lasting friendships. Families will be provided with \$60-\$150 per person (depending on the length of stay) to cover some expenses related to board. It is understood that snacks, luxuries, and dining out is to be at participants' expense, however the expectation is that billets will

be provided with healthy breakfast, lunch and dinner options, and fruit. It is anticipated that camp participants will be very rarely at home during the 2 week camp, and are likely not to be a great burden on billets aside from sleeping, showering and eating!

### **To Register...**

Because places are limited, we require people to pay a deposit and register their interest in attending the camps by **Friday 18<sup>th</sup> November 2011**. Your application will be confirmed by Monday 28<sup>th</sup> November 2011 and you will be required to complete the registration process by Friday 16<sup>th</sup> December 2011. 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](mailto:elliwellings@hotmail.com)

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