

NATIONAL FENCING FORUM

COACHES CONFERENCE

FENCERS' CAMP

Proudly supported by  Queensland Government
Currimundi Active Recreation Centre
Sunshine Coast Queensland Australia

26TH Nov – 3RD Dec 2010

26TH Nov – 1ST Dec 2010

Time	Friday 26 Nov	Saturday 27 th Nov	Sunday 28 th Nov	Monday 29 th Nov	Tuesday 30 th Nov	Wednesday 1 st Dec
7-8am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8-9:30		Fencing	Fencing	Fencing	Fencing	Competition
9:30-10		Tea Break	Tea Break	Tea Break	T Break	Tea Break
10-11:30	Arrive	Fencing	Fencing	Fencing	Fencing	Competition
11:30-12	Welcome	Free	Free	Free	Free	Free
12-1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1-2:30	Fencing	Workshop #1 Artistic Fencing	Workshop #2 AF Fencing	Canoeing Or Beach/Swim/ Surf/ Tennis/ Walks	i. Fencing/ practice/FES	Rehearsal
2:30-3pm	T Break	Tea Break	Tea Break		ii. Rehearsal practice	Fencing
3-4:30	Fencing	Beach/Swim/Surf/Tennis/ Table Tennis/Walks	Beach/Swim/Surf/Tennis/ Table Tennis/Walks			Fencing
4:30-5:30	Pool	Pool	Pool			Rehearsal
6-7pm	Dinner	Dinner	Dinner	Dinner	Dinner	
7-8:30pm	Lecture*i	Lecture*ii	Lecture*iii	Lecture	Skit Nite	
	6 units	8 units	8 units	8 units	10 units	

Fencing	Indoor Court – Full Court
Lecture	Conference/Meeting Room - Large
Pool	Pool

Stats: Sport Fencing: 12 sessions x 1.5 hours = 18 hours of sport fencing PLUS Individual Lessons: 2 lessons / day = 12 lessons
 Artistic Fencing: 2 x 1.5 hrs Workshops = 3 hours artistic fencing instruction + 2 x 1.5 hrs (3hs) Rehearsals prior to Performance (Skit Nite)
 Lectures: *i. Fencing Theory & Terminology Lecture Notes: Fencing Theory / Terminology
 *ii. Competition Performance - Psychological Preparation & Tactical Application. Lecture Notes: *En Garde!* The serious fencers' training diary
 *iii. Artistic Fencing/Swordfight Choreography Film Footage / Feature Film

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Lecture/Practice	Conference/Meeting Room	Large
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Time	Wednesday 1 st December	Thursday 2 nd December	Friday 3 rd December
7-8am		Breakfast / Overview - Epee	Breakfast
8-9:30		EPEE Lecture / Practice	Summation / Assessment MAOB/GW/CV/BM/JM
9:30-10		Tea Break	
10-11:30		EPEE Lecture / Practice	Departure
11:30-12		EPEE Practice / Assessment	
12-1pm	Lunch / Overview - Foil	Lunch / Overview - Sabre	
1-2:30	FOIL Lecture / Practice	SABRE Lecture / Practice	
2:30-3	Tea Break	Tea Break	
3-4:30	FOIL Lecture / Practice	SABRE Lecture / Practice	
4:30-6	FOIL Practice / Assessment	SABRE Practice / Assessment	
6-7	Dinner	Dinner	
7-8:30	Open Forum	Open Forum	
	8 units	14 units	
Stats: 1 unit = 45 minutes			Total 62 units

Lectures:

Overview: General Coaching Principles (NCAS Levels 1-2

CV

Overview: Sport Specific / Technical / Pedagogy AAF-AAI (NCAP Levels 0-1-2-3-4-5)

GW

Lecture Notes:

En Garde! The serious fencers' training diary

En Garde! Fencing Orientation and Class Instruction

En Garde! A Manual on the sport, introduction and administration of FENCING

Lectures/Practice:

Individual Lessons:

Foil / Epee / Sabre

MAOB/GW/CV/BM/JM