

LONG CAMP/SHORT CAMP

The SHORT CAMP is for all fencers regardless of age and level and starts on Thursday the 5th.

The best Danish and International fencers are invited to start the camp 2 days earlier on Tuesday the 3rd. The LONG CAMP is only open for cadet, junior and senior fencers.

VENUE

The camp is held at Sakskøbing Sports Center which is situated on the island of Lolland approximately one hour south of Copenhagen. The center has two large gymnasiums and a swimming pool, which make facilities ideal. The fencers will be accommodated at a hostel at the sports centre. Shuttle transport to and from Copenhagen Central Station will be arranged.

FEES	Short camp	2.000 kr. / € 270
	Long camp	2.400 kr. / € 320

The fee covers accommodation, all meals, courses, fencing and fencing lessons. The fee can either be transferred to the club's bank account or paid in cash upon arrival. Account details will be given upon registration.

INFORMATION

For information about the camp please contact:

- Ferenc Tóth
ft@trekanten.org, tel. ++ 45 60 82 44 08
- Malte Trier Mørch
mtm@trekanten.org, tel. ++ 45 26 83 44 08

Participants will receive a full program in mid June.

REGISTRATION

Please send all entries to Signe Hertzum via e-mail sh@trekanten.org **no later than June 15th**. As places at the camp are limited early registration is encouraged.

PARENTS AND COMPANIONS

Parents, siblings and other companions can stay at the camp at a reduced price. The fee is reduced with 100 kr./ €13 per day. Alternatively it is possible to stay at the neighboring camping site, the town hotel or to rent a summer house in the area. Check with the local tourist information for options.

SAKSKØBING SPORTS CENTER
WWW.SAXSPORT.DK

SAKSKØBING CAMPING
WWW.SAXCAMPING.DK

VISIT LOLLAND FALSTER (tourist information)
WWW.VISITLOLLAND-FALSTER.DK

SUMMER CAMP 2010

LONG CAMP August 3RD- 8TH
SHORT CAMP August 5TH- 8TH



**SAKSKØBING
SPORTS CENTER**

Fencing Club Trekanten has the great honour of inviting you to participate in our annual summer camp. We hope you will join us for a week of intensive fencing training in preparation for the new season.

The camp is a large social event for the entire club of Trekanten but has over the years become increasingly more international with talented fencers coming from countries such as: Sweden, Germany, England, Switzerland, Italy, the Netherlands and the United States.

The camp will offer instruction in all three weapons on all levels up to the highest international level.

ABOUT FENCING CLUB TREKANTEN

Fencing Club Trekanten has existed since 1929 and is one of the most successful clubs in Scandinavia with many fencers participating in international tournaments all around the world.

Please visit our website for more information about the club WWW.TREKANTEN.ORG

COURSES

The fencers have the possibility to participate in many different courses. Some courses are only in Danish while others are in English. Courses that will be open for international entries are:

Refereeing

Refereeing will be thought on two levels. The beginners course will focus on seeing and understanding the different fencing actions – and call the right phrase in connection to the action seen on the piste. The advanced course is open to fencers who have previous experience in refereeing and will prepare the fencers to for the Danish refereeing exam. The exam will be in English.

Sports massage

The course is recommended for all fencers who wish to know more about how the body works under stressed athletic pressure and how soreness etc. can be cured with easy hands-on exercises.

Pentathlon

Get an introduction to modern pentathlon. We will practice pentathlon fencing (one touche bouts), swimming and the combined event. The combined event is a combination of cross country running and target shooting. The combined event has recently replaced the traditional running and shooting events in modern pentathlon.



FENCING

The training sessions are lead by the clubs own coaches together with a group of especially invited fencing masters from abroad.

The summer camp will not only consist of fencing but will also focus on the physical development of the fencers. We also emphasize the importance of technical preparation and all fencers will therefore be able to receive lessons from the fencing masters present at the camp and take part in numerous fencing drills.

Typical day schedule

- 07.00 – 07.30 Morning run
- 07.30 – 08.30 Breakfast
- 09.00 – 12.00 Morning program
Fencing and courses
- 12.30 – 13.00 Lunch
- 14.00 – 16.30 Afternoon program
Fencing and courses
- 17.00 – 18.00 Swimming pool
- 19.00 – 19.30 Dinner
- 20.00 – 22.00 Evening program
Courses and seminars