

WINTER FOIL & EPEE



CAMP 2018



Copenhagen, Dec 27th - 30th 2018



After two successful years running a winter camp, Trekanten Fencing Club has joined forces with the Danish Fencing Federation to welcome experienced epee and foil fencers to come to Copenhagen.

Join our winter camp to stay in top form for the early competitions of the new year!

Schedule

The camp will consist of two training sessions per day and will focus on both physical training and sparring. Typical day:

10.00-12.30 Morning session- Warm up, footwork, conditioning, sparring

12.30-14.00 Lunch break- with Video Analysis session

14.00-16.30 Afternoon session- Warm up, footwork, sparring

16.30-17.00 Stretching/ Warm down/ Body scan meditation

17.00 Social time- including a big, communal dinner on one evening

Note- Depending on group sizes, session times may differ according to weapon/age.

Price

Incl. 4 days high quality, high intensity training + snacks each day + one social dinner at the club – **160 Euros** To be paid on first day of the camp.

Sandwiches, coffee/tea will be available to buy each day.

Venue

Trekanten Fencing Club, Ryparken, Lyngbyvej 110, 2100 Copenhagen Ø.

Registration

Just send an email with your name, date of birth, weapon, club name and any food allergies to sportschef@trekanten.org

All questions and contact regarding the camp can be directed to the same email.

Also, please join the Facebook event page- DFF-Trekanten Winter Epee Camp 2018.

Accommodation

Hotels in the centre of Copenhagen- Saga Hotel, www.sagahotel.dk and Ansgar Hotel www.ansgarhotel.dk

Hostels: www.copenhagendowntown.com and www.steelhousecopenhagen.com

Or there are plenty of apartments walking distance from the club on offer on Airbnb.com

<https://www.rejseplanen.dk/webapp/index.html>