



## Easter fencing camp Alkmaar 2023

In the week before the Ludus et Gladius tournament, young foil fencers between 11 and 17 years old, can participate in the training of our athletes at fencing club HollandSchermen. We will provide a morning and evening training each day from Monday to Friday from the 11<sup>th</sup> to the 14<sup>th</sup> of April. We will gladly share best practices with visiting coaches that accompany the fencers.

### Organization

Fencing club HollandSchermen in Alkmaar (NL).

Contact person: Jeroen Divendal, Head coach, +31651783516 [jdivendal@gmail.com](mailto:jdivendal@gmail.com)



### Location

Venue of the fencing camp and competition: Sportcomplex De Meent, Terborchlaan 301, 1816MH Alkmaar

### Program of the week 11<sup>th</sup> / 14<sup>th</sup> of April 2023

Tuesday 11th	09:30-11:30 Ath. Skills & fencing	17:15-18:15 physical training 19:00-21:00 Warm-up & fencing
Wednesday 12th	09:30-11:30 Ath. Skills & fencing	18:00 20:00 Warm-up & fencing
Thursday 13th	09:30-11:30 Outdoor tr. & lunch	18:00-19:00 lessons 19:00 -21:00 W-up, fencing
Friday 14th	09:30-11:30 Lessons & Games	19:00 -21:00 FUN fencing
Saturday 15th	Fencing tournament Alkmaar LUDUS ET GLADIUS (See invitation)	

### Sign up & information?

Please contact coach Jeroen Divendal [jdivendal@gmail.com](mailto:jdivendal@gmail.com) +31651783516

Sign up? We need to know: Name, date of birth, Name and cellphone number of contact person that will accompany the fencer to the camp, e-mail address and telephone number of parents.

### Costs and payment

Participation for all trainings and costs €190,- per fencer.

Meals, accommodation, and participation in the tournament are not included in this fee and must be arranged by the participants themselves. Participating coaches don't pay any fee. Of course we will help and assist you to find the best possible accommodation.

The fee can be paid by bank transfer before the 1<sup>st</sup> of April 2023 to: HOLLANDSCHERMEN, SWIFT/BIC-code RABONL2U, IBAN NL27 RABO 0145 6570 00. Please specify: Easter fencing (Name)

**Liability:** All participants under 18 years old must be accompanied by an adult that is responsible for this person during the whole period of the camp. The organization by HollandSchermen is not liable for any accidents, damage, missing items and / or other mishap of any kind.

### Accommodation

- In a cottage near the venue <http://www.woudhoeve.nl>
- Hostels of Stay Okay in Egmond, Bakkum, Haarlem or Heemskerk <https://www.stayokay.com>
- Hotels at the beach you find in Egmond aan zee. For example <https://zuiderduin.nl>

### More information about Alkmaar and accommodation:

VVV Alkmaar Tourist Information

<http://www.vvvhartvannoordholland.nl>

website <https://www.easterfencing.nl/>

