

FENCING TRAINING CAMP

More Than Sport Ltd.

DEBRECEN, HUNGARY

5th August-15th August 2020



More Than Sport Ltd. is proud to organize this year's Debrecen Training Camp which the 18th time will be held. This is an open invitation to sabre fencers aged 13 and over.



Cost 400€, inclusive of:

- 2 training sessions per day
- international level of coaching
- Full board (great food, 3 times a day)
- Internet access
at the university accomodation
- Supervision for U18s
- Transfers from/to airport
- Transport within Debrecen
- 25 Hungarian (U17, U14)
training partners
- Footwork sessions
- Technical sessions
- Individual lessons
- Daily sparring
- Great atmosphere
- Course Language - English



Patócs Ákos
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morethansporthungary@gmail.com



Registration deadline 1st of June with 100€ deposit,
and send the filled document (attached) to morethansporthungary@gmail.com

Debrecen Training Camp

5th August – 15th August 2020

Hungary

More Than Sport Ltd.

1113 Badacsonyi utca, Budapest, Hungary

Tel: +36 70 245 4267 E-mail: morethansporthungary@gmail.com

More Than Sport Ltd. are delighted that you are signing up for this year's training camp, and we look forward to seeing you in August.

The following information is designed to provide a useful guide for preparing you for the camp. Please feel free to contact us to ask any questions you may have prior to departure.

The Debrecen Training Camp is managed by experienced coaches from Hungary, Romania and Great Britain. This allows us to ensure there is full clarity of what to expect even if you are not Hungarian. We have been running this camp for 18 years and it has been host to many top International fencers in Under 17, Under 20 and Senior categories. There is a core group of Hungarian fencers from Debrecen itself, supported by a Top 8 ranked club in Hungary from Budapest, a contingent of fencers from Romania and Great Britain. These fencers are also usually joined by fencers from all over Europe in order to train together and maximise their development. The training is aimed at competitive fencers and is of high intensity; however, we still find plenty of opportunity to enjoy ourselves around training and in the lovely town centre of Debrecen.

Accommodation and Food

The camp accommodation is a university accommodation made up of 2-3 bed bedrooms. This means each fencer is allocated a bed in a room with 1-2 roommates, ensuring everyone has a small social group from Day1 and can help each other get to training safely and on time. Adults and U18s are separated. Pastoral care staff are located on the same corridor as fencers, particularly the U18s.

All meals will be taken in a restaurant, and special dietary needs can be easily catered for. Please ensure that any information we need regarding this is provided on the attached forms. There are several shops located within 100m of the accommodation so that fencers can buy bottled water and snacks to take to the training venue, or any toiletries they may need. There are also lots of restaurants, cafés and shops in town for the odd extra or alternative meal.

Venue

We train each day in a sports venue which has a good floor, plenty of light and good ventilation. The venue is in the town and easily accessible by tram. All fencers will be taken to the training hall on the first day as a group to ensure everyone knows how to get there – tram passes are included in the price of the camp. The training hall has shower facilities and equipment can be left there for the duration of the camp. Fencers are free to choose to shower in the venue and go straight to the restaurant from there, or alternatively shower at the accommodation before heading to the restaurant. Everyone must be clean from training when they attend the restaurant.

Travel

Fencers should make their own travel arrangements to **arrive** in Budapest airport or Debrecen airport or Debrecen Railway Station on **5th August 2020**. There are InterCity trains (tickets will cost you about 20Eur) from Budapest airport station (short bus ride from terminal) direct to Debrecen where you can take the tram to the accommodation (full instructions will be given on how to do this). If you fly directly to Debrecen it is a short taxi ride to the accommodation which will cost around 20 Euros and can be arranged in the terminal. For any Under 18s it may be possible to arrange to be met by a coach on arrival and brought as part of the group travelling from Budapest to Debrecen (please liaise with Patocs Akos regarding arrival times and onwards journey details).

The **return** journey will be on **15th August 2020** with fencers again making their own flight arrangements.

Equipment

Debrecen is usually very hot at this time of year and we will be training twice a day. Fencers need to bring sufficient sports kit to ensure they have clean training clothes for each session. There are laundry facilities at the accommodation. Keep casual clothing to a minimum and choose mainly lightweight items, consider protection from the sun and bring a waterproof jacket in case of rain.

Remember that luggage weight is limited and check your flight details. We do not recommend that you bring expensive items. Note: most airlines have a 'Sports Baggage' possibility, this is slightly more expensive than a normal luggage but it allows you (normally) up to 32kg which is significantly more than a normal luggage weight allowance.

Recommended packing list:

| | | |
|-----------------------|------------------|---------------------|
| Towel x 2 | Underwear x 5 | Training Shoes |
| EU power adaptor | Wash kit | Waterproof Jacket |
| Tracksuit | Notebook and pen | T-shirts x 5 |
| Casual clothes (2?) | Sun lotion | Min £70 cash in HUF |
| Shorts x 3 | Swimwear | Daysack |
| Photocopy of passport | | |

Personal Admin

You should also have personal travel insurance and be in possession of an EHIC card.

Please send us your flight details once you have booked. We need flight number, carrier, departure and arrival airport and arrival time, including terminal - and the same information for your return flight.

In the event of there being a problem with your flight (delays, etc) please contact Ákos Patócs on +36702454267 or Eszter Patócs on +36304647088 as soon as possible so that we can make contingency plans.

Please also make sure that your mobile phone is authorised for use overseas.

Staff

Trip leader is Ákos Patócs. Coaching will be provided by More Than Sport Ltd.

Contact Details

If you wish to contact us before the trip, please use email in the first instance: morethansporthungary@gmail.com or contact Ákos Patócs on +36702454267 or Eszter Patócs on +36304647088.

If you need to make emergency contact during the trip, Ákos Patócs on +36702454267 or Eszter Patócs on +36304647088.

Behaviour

This trip is not a holiday, it is a training camp aimed at providing fencers with an environment where they can train and improve their fencing ability. As such, we expect fencers on the camp, regardless of age, to take the event seriously and participate fully in the planned activities. This includes getting a good night's sleep before training, eating and drinking sensibly, presenting with all their kit in good working order and complying with camp rules.

A verbal briefing will take place on arrival to provide detailed information on admin and training requirements and daily briefs as required during the camp. Fencers can approach staff at any time to raise queries or make suggestions. They will be received in the spirit in which they are offered.

Fencers must remember that they represent themselves, their coaches and their families. Unruly conduct is not acceptable and serious misbehaviour (actions contrary to British/Hungarian law or which endanger members of the group) may result in a fencer being expelled from the camp at their own cost. If any staff believe that an individual is not to be trusted to behave in accordance with camp policy, then they may be excluded from training. This decision will be made by the trip leader.

All U16 fencers will be supervised at all times. 16-18 year olds may book out in mixed groups of 3 (min) during agreed leisure times. Daytime leisure 13:30-15:30; evening 19:30 – 21:30 – pool hall (supervised) is available to U18s until 22:30hrs. There is generally no “lights out” curfew, but fencers U18 should be in their own rooms and quiet by 23:00 o'clock to let those who want sleep.

A member of staff will always be present in the accommodation outside of training hours, and the pool hall next door is also supervised during the evenings. Coaches/responsible adults will share their phone numbers at the beginning of the trip so that someone is always quickly reachable.

Medicines

If you take any medication regularly, bring adequate supplies, together with full written information from your doctor in case of any problems. If you are unsure of the format for this, we can help. The trip leader will hold any medication as necessary. If you are keeping your medication yourself, please ensure we know about it and its location in case of an emergency.

We are not legally authorised to administer pain relief medication, but will have a first aid pack for minor injuries and sports associated ailments. Sports massage will also be available. Medical emergencies will be taken to the local hospital.

Any medical information supplied for the trip will be held in strict confidence and destroyed on return.

What do I do now?

1. You or your parent or guardian (if U18) should complete the attached medical documents and consent forms and sign it.
2. You must sign the attached code of conduct and get your parent or guardian to countersign if you are U18. If there is anything you don't completely understand, ask.
3. Check your t-shirt size and let us know (they are men's sizes)
4. Book your flight and send us the details.
5. Return the forms by post to More Than Sport Ltd. 1113 Budapest Badacsonyi u 5/b. Or a scanned version to morethansporthungary@gmail.com
6. If you are bringing medication, get full details (from your doctor if necessary) of medication appearance, dosage and any other info we may need, and present it to the trip leader (Ákos) on arrival at the accommodation.
7. You should pay deposit (100Eur) to secure your place. Our bank details:

Beneficiary:
More Than Sport Kft.

Address: 1113 Budapest, Badacsonyi u, 5/b

IBAN:
HU88 1171 1041 2992 2820 0000 0000

account number:
11711041-29922820 (OTP)

Swift: OTPVHUHB

Address of the Bank:
1051 Budapest, Nádor u.16

Medical Details and Consent Form

Name of Fencer:

National Fencing Association No:

Home Address:

Date of Birth:

Age on first day of camp:

Mobile number (fencer):

Email address:

Name and Telephone Number to contact in an emergency (include relationship to fencer):

1.

2.

3.

Name and phone number of fencer's doctor (just in case):

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Is she/he allergic to anything? E.g.: aspirin, antibiotics, food. Please give details:

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Does she/he suffer from any of the following: asthma; chest complaints; hay fever; migraines; fits or faints; travel sickness; diabetes; coeliac disease or any other illness or disability? If so, give details.

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Is she/he having any medical treatment at present? If so, please give details if necessary.

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Date of last anti tetanus if known:

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Does the fencer have any physical disability? Please give details of any special attention required:

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Please give details of any dietary requirements:

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Are there any activities likely to occur in the course of the camp in which your child should not participate?

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Is there any other information (including cultural or religious) about which staff should be aware?

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Medical Details and Consent Form

I wish my son/daughter to be allowed to take part in the trip specified above and, having read and understood the information provided, I agree to his/her taking part in any or all of the activities described.

I understand that More Than Sport Ltd. assumes a duty of care for my son/daughter from the time that s/he reports to the Trip Leader, Ákos Patócs at the Meeting Point and that More Than Sport Ltd. duty of care ends when the Trip.

Leader dismisses the fencer at the airport, having seen him/her check in successfully if she/he is travelling alone, or dismisses him/her into the care of the parent or guardian or other nominated person at the agreed collection point.

I agree to photos and video of my son/daughter being taken during training and leisure time. These photos may be used for publicity for future camps. Video is for analysis of training and technique.

I understand that, while the trip organisers will take all reasonable care of the fencers, they cannot be held responsible for any loss, damage or injury suffered by my son/daughter arising during or out of the trip. I accept all normal risks of participation in a fencing event and travelling for that purpose.

I, (Your name in BLOCK CAPITALS) give consent to the medical examination of my son/daughter/child of whom I am a guardian

(name in BLOCK CAPITALS) when necessary, and for drug testing where required, whilst (s)he is taking part in the trip, and I request that any operation or any other measures considered necessary by a medical authority for his/her diagnosis and treatment shall be performed and I hereby give my permission for such operations or other measures to be carried out in an emergency only, and for the administration of a general or local anaesthetic if necessary.

Signature: Date:.....

Code of Conduct

I agree that:

1. I will accept the authority of the Trip Leader, Ákos Patócs, and I will carry out the Trip Leader's reasonable instructions and intentions to the best of my ability and in the spirit of the sport. I accept the authority of supervising adults on the trip in the same manner as the Trip Leader and I will behave in a respectful manner towards all such officials.
2. I am attending a sporting event, where the aim is to excel at physical activity, my aim is to achieve the best result and my actions and behaviour will mitigate towards that goal.
3. I will behave in a manner that will bring credit to my National Governing Body, my club, my coach and myself.
4. I will not conduct myself in a manner prejudicial to, or that could compromise good order and normal discipline.
5. I will not conduct myself in a manner prejudicial to, or that could compromise the welfare of other people or their property.
6. I will set a good example of effort, conduct and behaviour to the other people on the trip.

For Under 18s

7. I will not drink, or be in possession of alcoholic beverages.
8. I will not undertake any sexual activity.
9. I will not smoke.
10. More Than Sport Ltd. and Team Melia reserves the right to exclude anyone who repeatedly misbehaves on this course. This may result in a telephone call to parents at any time of the day or night, requiring them to collect (or make arrangements to remove) their child.

Signed: Date:

NAME(Please PRINT) Date of Birth

Passport Number.....

Please send the filled application to morethansporthungary@gmail.com, and attach the copy of your passport.

For Under 18s

Confirmed by parent or guardian and signed

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