

HFC Easter Fencing Camp

13.04.-18.04.2020
in Hagen, Germany



for foil, epee and saber

HFC "EASTER FENCING CAMP" 2020

In April 2020, the Hasper Fencing Club will host the 'Easter Fencing Camp' for the second time. Fencers from Israel, Great Britain, France, Italy, the Netherlands and Germany meet again in Hagen in order to fence and have a good time. Join us and improve your technique, tactics and fencing strategy together with former German National Coach Klaus Kotzmann and more international Coaches, while enjoying the presence of friends from all around the world! Improve your understanding of the rules with the FIE class-A official Olaf Grützner who offers you insight into the pitfalls of the FIE rulebook. Specially trained coaches work with you to improve your fencing-specific stamina.

General Information:

Accommodation in the youth hostel or in request and additional charge in the Campus Hotel Hagen

Personal equipment of the fencers is required to meet the FIE standard!

Program

13.04.20 05:00 pm: Arrival, check in and getting acquainted

14.04 - 17.04: Two to three daily training sessions and leisure program

18.04.20: 14:00: Departure

Rate: 310,- € incl. Accommodation, Catering and Training

→ Airport Transfer available!

- Technique Training, Tactical Training, Lessons, daily Free Fencing
- Athletic Training, Performance Diagnostics (on request also by lactate measurement)
- Video Analysis

Contact:

Email: jannisselbach@gmx.net
Instagram: [hfc_easter_fencing_camp](https://www.instagram.com/hfc_easter_fencing_camp)
Homepage: [under construction](http://www.nahouw.net/events)
More Info: www.nahouw.net/events



Participants camp 2019



- Be part of the second Easter Fencing Camp in Hagen, Germany
- Meet fencers from all parts of Europe and enjoy one week of fencing, sports and fun
- 5 days of intensive fencing training with international coaches
- Minimum age is 12 years

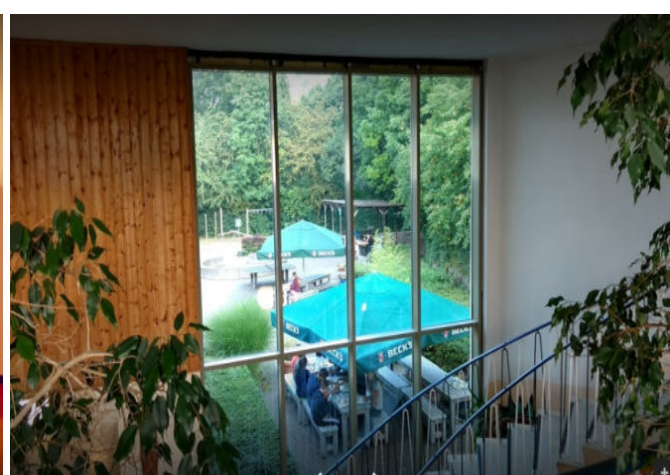


- Work with former German National Coach Klaus Kotzmann (foil)
- Improve your referee skills with a former FIE A-Class Official
- FOIL, EPEE and SABER
- 2-3 Training sessions per day
- Individual lessons including
- Daily fencing
- Footwork
- Partnerwork
- Technical and tactical training
- Physical preparation
- Coaches for every weapon and Athletic Coaches
- Performance Diagnostics (on request also by lactate measurement)

- Free time activities in the evening
- Airport transfer possible against a fee
- Supplier Marker Fechtwelt (FWF) will be on site
- It will be possible to get your fencing gear repaired against a fee at the camp

- The accommodation is 5 minutes by shuttle from the sport center (max.4 person per room, you find more information on the next page)
- 3 meals per day, snacks and water in sport centre during training including

- **Rate: 310,- €**
- (including training, individual lessons, accommodation, full board, leisure program in the evening, shuttle to training centre)



Accommodation Youth Hostel Hagen

Sign in and more information

Mail to:

jannisselbach@gmx.net

Instagram:

[hfc_easter_fencing_camp](https://www.instagram.com/hfc_easter_fencing_camp)

HFC Easter Fencing Camp

Application Form

| | |
|---|---|
| Last Name | |
| First Name | |
| Sex | Female: Male: T-Shirt Size: |
| Age | |
| Address | |
| Zip Code | |
| Country | |
| Club | |
| Weapon | |
| Club | |
| Coach | |
| Experience/ Ranking | |
| Injuries | Yes: No: |
| If yes, please give details | |
| Current Medication | Yes: No: |
| If yes, please give details | |
| Special dietary needs, food allergies, or intolerance | Yes: No: |
| If yes, please give details | |
| Permission to take photographs/videos of your child for coaching, analytical and feedback purposes. | Yes: No: |
| Permission to take photographs of your child for publicity purposes | Yes: No: |

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|---|-------------------------------|
| Airport/station transfer * | Yes: No: |
| If yes, please inform in time about place and arrival time to | jannisselbach@gmx.net |

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|---|
| Parents/Guardians contact in case of emergency: |
| <u>Name:</u> |
| <u>Emergency number:</u> |
| <u>Address:</u> |
| <u>Country:</u> |
| <u>Place,Date:</u> |
| <u>Personal signature:</u> (if under 18, one of the parents) _____ |

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| Any other important information: |
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| Payment information: | |
| Camp fee: | 310,00 - € |
| Airport/station transfer: | 25,00 - € p.p. |
| All Payment to | HASPER FECHT-CLUB 1932/97 E.V. |
| IBAN: | DE50 4505 0001 0100 1282 89 |
| BIC: | WELADE3HXXX |
| Reason of payment: | HFC Easter Camp + name of participant |

Hasper Fecht-Club 1932/97 e.V. Amtsgericht Hagen Vereinsregister Nr. VR2100