



WINTER EPEE CAMP 2016

**Trekanten Fencing Club, Copenhagen,
Dec 27th - 30th 2016**



Trekanten Fencing Club would like to welcome all Junior and Cadet epee fencers to join us for a winter camp to shake off the holiday cobwebs and get in shape 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

17.00 Chance for shared meal on some days- depending on volunteer engagement

Price

Incl. 4 days training + at least one social lunch at the club - **300 DKK** or **30 Euros**

To be paid on first day of the camp.

Venue

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

Registration

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

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

Accommodation

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

www.ansgarhotel.dk

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