



SUMMER CAMP

6th-10th August, 2019



INVITATION

Fencing Club Trekanten and Gothenburg Fencing Club take great pleasure in inviting you to join our **Summer Foil and Epee Fencing Camp**, where during the 5 days of intensive fencing training you can prepare yourself for the new season.

The Summer Fencing Camp is led by a team of very skilled Danish, Swedish and International Fencing Masters, and they offer instruction at all levels.

At the camp you will get to know approx. 100 other talented fencers from many different countries, including fencers from Denmark, Germany, France, Italy, Netherlands, Singapore, Sweden, United Kingdom and United States.



THE COACHING TEAM

Malte Trier Mørch	Trekanten's Head of foil fencing. Responsible for the fencing program.
Martin R. Kronwall	Coaches from Gothenburg – partner on planning the fencing program.
Ed Jeffries	Trekanten's Sports-manager and foil/ epee coach. Former British national team fencer.
Sulvain Puteaux	fencing master and head of French fencing master education.
Stéphane Le Bleis	Fencing Master at CEP Paris. Organizer of the world famous Challenge CEP-Marathon.
Natalia Krolak	Former epee coach at Trekanten. Former Polish National team fencer. Now residing in London.
Chimed Mfoungou	Coach at Belfort Escrime

... and more to follow. Stay tuned at www.trekanten.org or Facebook/Instagram

Bring your own coach and get a discount on the stay of the coach. See next page ...

THE FENCING CAMP

The summer camp consists mainly of fencing and physical training. We also emphasize technical preparation and all fencers can receive lessons from the fencing masters and take part in numerous fencing drills.

DAILY SCHEDULE

07.30 – 08.00	Morning run or physical training
08.00 – 08.30	Breakfast
09.00 – 11.30	Fencing and courses
12.00 – 12.30	Lunch
14.00 – 16.30	Fencing and courses
17.00 – 18.00	Swimming
18.30 – 19.00	Dinner
20.00 – 22.00	Fencing and courses

FENCING GROUPS

Upon arrival the fencers will be grouped into 3-4 different groups after weapon, age and/or talent.

The coaches may change the groups at the beginning of each morning to make sure that you get the optimal training/coaching.

WEAPONS REPAIR

It will be possible to get your fencing gear repaired against a fee at the camp. More info at the camp.



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PRACTICAL INFORMATION

VENUE

The camp is held at Saksøbing Sports Center, approx. one hour's drive south of Copenhagen. The Sports Center has two large gymnasiums and an indoor swimming pool.
Address: P. Hansensvej 15, DK-4990 Saksøbing

SHUTTLE BUS (limited number of seats)

Shuttle bus is available to/from Copenhagen Central Station at DKK225 or €30 each way (or DKK 450 / €60 both ways).

The shuttle bus leaves from "DGI-byen" (just next to the Central Station at Ingerslevsgade) and takes you directly to the Sports Center.

From Copenhagen, Tuesday, August 6th:
Departure: 9:00. Arrival at Saksøbing: 11:00

From Saksøbing, Saturday August 10th
Departure: 15:30. Arrival Copenhagen: 17:30.

PARENTS OR OTHER COMPANIONS

Parents, siblings and other companions can stay at the camp at a reduced price. However, only one person per fencer.

ACCOMMODATION

Just next to the Sports Center, the fencers will be accommodated at the hostel or in cabins (4-6 per room). Pillow/ blanket are included in the price, but bring your own towel and bedclothes or rent it at the hostel for a fee.

Included are 4 meals a day from Wednesday to Friday and 3 meals Tuesday and 2 Saturday.

BRING YOUR OWN COACH

Coaches are welcome to accompany their fencers. Coaches bringing 6-8 fencers get a 50% discount on the entry fee. Coaches bringing more than 8 fencers can stay at the camp for free. Coaches receiving a discount are expected to help out at the camp.

GENERAL INFORMATION

For general information about the camp please write to summercamp@trekanten.org.

For questions related to fencing please contact Malte Trier Mørch at mtm@trekanten.org or mobile +45 2683 4408.

Early bird prices! Pay before June 1st 2019!

Accommodation at hostel or camp site	TREKANTEN MEMBERS	NON-MEMBERS
Full camp Per day	Dkr. 2.700,- Dkr. 700,-	Dkr. 3,100 / €415 Dkr. 800 / €110
No Accommodation		
Full camp Per day	Dkr. 2.200,- Dkr. 600,-	Dkr. 2,600 / €350 Dkr. 700 / €90
No fencing or only courses (parents)		
Full camp Per day	Dkr. 1.850,- Dkr. 500,-	Dkr. 2,300 / €310 Dkr. 600 / €80
Extra day arriving Aug 5 th	-	Dkr. 300/ €45
Rental of linens and towels	Dkr. 100	Dkr. 100/€13

NB! PAYMENT after June 1st extra Dkr. 300,-/45 € pr person

Camp fee is non-refundable after June 30th 2019.

REGISTRATION AND PAYMENT TERMS

Please register electronically via the web-page:
<https://camp.trekanten.org>.

Please pay just after registration. On the money transfer please write the exact name of the participant (use the registered name).

For obtaining the discounted price, payment must be made before June 1st, 2019.

There is a limitation as to the capacity of the camp, so please register as soon as possible. Entries made after **July 1st 2019, are only accepted if free capacity.**

After registration and payment, you will receive an e-mail confirmation.

PAYMENT INSTRUCTIONS

Payments from Denmark to:
Danske Bank, Reg.nr. 1551 Kontonr. 707 94 35

Payment from abroad to:
IBAN account: DK2730000007079435
BIC (SWIFT address): DABADKKK
Bank: Danske Bank, Holmens Kanal 2, DK-1092 Copenhagen K

If you book shuttle bus transfer as well, then please transfer the full amount (camp fee and shuttle fee) in one go.

CAMP PROGRAM

Will be forwarded to you at the end of July.

