

PERFORMANCE COURSE Summer 2009

9 – 15 August 2009



Fencing technique and fitness training
For foil, epee and sabre



Aldershot Fencing Club

www.aldershotfencingclub.com



Aldershot Fencing Club

The Frensham Heights Performance Course is a successful performance course with the emphasis on technique and fitness. The course director ensures attention to detail and personal care for participants with a ratio of no more than 1 coach to 12 pupils

Each day will incorporate up to 5 hours tuition. There is also the opportunity in the evenings to put all this tuition into practice with free fencing for up to 3 hours.

The course will be lead by three Hungarian top coaches who have all produced World Championship fencers and they will be supported by up to three English coaches.

Mr Istvan Lukovich leads the foil and has written numerous coaching books which are used by our English coaches as training material. He has also trained our other two coaches Mr Bela Patocs and Mr Akos Patocs.

Mr Bela Patocs leads the epee and also the fitness activities.

The course is directed by Steven Davey of the Aldershot Fencing Club who has in his own right trained a young foilist to World Championship level in 2006.

Frensham Heights School is situated three miles south of Farnham in wooded parkland with spectacular views over the Surrey and Hampshire countryside. The school buildings are grouped round a handsome Edwardian country house.

Accommodation is in small boarding houses with 24 hour supervision. Participation at the course for one or more days is also possible, but would have to be on a non-residential basis.

If you wish to check availability please e-mail cathdvy@yahoo.co.uk.



Performance Course Summer 2009 (9 – 15 August 2009)

Name:.....

Address:.....
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Telephone no..... Mobile no.

Email address.....

Club Coach

Weapon Date of Birth

Course	Cost	Deposit (non refundable)
<input type="checkbox"/> Full course residential	£ 395	£ 50
<input type="checkbox"/> Full course, non residential	£ 235	£ 50
<input type="checkbox"/> Participation per day*	£ 45	£ 10

10% discount when Full Course booked and paid for in full by 31st Dec 2008

* only available when booked in advance

Please make cheques payable to “Frensham Heights Training” and send this form including your cheque to:

Steven Davey, 3 Ennerdale Grove, Farnham, Surrey, GU9 0RX

A Medical Consent form and a Code of Conduct for our junior members will be sent with the confirmation of your booking.

Further information:

07785791118